

Knowledge and Its Coping Strategies Regarding Impact of Lockdown During Covid 19 Among Mothers of Adolescence at Selected Urban Areas of Bangalore with A View to Develop an Information Booklet

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How to cite this article: Priyanka D. Knowledge and its Coping Strategies regarding Impact of Lockdown during Covid 19 among mothers of Adolescence at Selected Urban Areas of Bangalore with a View to develop an Information Booklet. GFNPSS-IJMR 2025; 6:10: 3164-3169

Submitted: 23 October 2025; **Accepted:** 31 October 2025; **Published:** 08 November 2025

Abstract

Background: COVID-19 pandemic and lockdown has brought about a sense of fear and anxiety around the globe which caused short term as well as long term psychosocial and mental health implications on children and adolescents. The quality and magnitude of impact on minors is determined by many vulnerability factors like advancing age, academics, psychological wellbeing, poverty-stricken, drawn out by gadgets, yet quarantined and insecurities.

Materials and Method: This is a quantitative approach with descriptive design. Sample size of 60 mothers of adolescence was selected by purposive sampling techniques. Structured knowledge questionnaire and self-structured coping strategy checklist was used to collect data from the participants. The data was analyzed by both descriptive and inferential statistics and informational booklet was given.

Results: The level of knowledge score among 60 mothers of adolescence 36.7% had adequate knowledge, 63.3% had moderate knowledge and none had inadequate knowledge. However, the association between Screen time apart from online class and Knowledge level of respondents found Statistically Significant. The obtained chi-square test value 7.884 is greater than the table value and was found significant at the level of 0.05.

Conclusion: This study concludes the fact that during COVID-19 lockdown adolescence who spent more screen time apart from their online clashed greater impact.

Keywords: Adolescence; Informational booklet; COVID-19; Lockdown

Introduction

Adolescence is the period of transition from childhood to adulthood and plays a decisive role in the formation of pro social or antisocial adults¹. All of us undergo this stage where, we come across a numerous confrontation and full of eagerness, eventually at the same time it demands adjustment on various fronts.

In India, the adolescents do most of the work themselves but the final decision regarding various domains of life is taken by their parents². During adolescence, the regions of the brain that control emotions develop and mature. Adolescents gradually learn to suppress inappropriate thoughts and actions and replace them with goal-oriented behaviors. Adults

have very important task to perform and achieve like, masculine or feminine social role, selecting and preparing for an occupation, marriage and family life, this phase is characterized by acceleration of physical growth, psychological and behavioral changes³.

Consequently, COVID-19 pandemic has affected children worldwide impacting their health, nutritional status and economic structure, predominantly seen in the parts of low and middle income countries. Therefore, for the further prevention, safety and to decrease the morbidity, fatality and mortality rate, they implemented lockdown and quarantine⁴.

There are more than 2.2 billion children in the world who constitute approximately 28% of the world's population among which 16% of the population are aged between 10-19 years (UNICEF 2019). Since March 2020, more than 600 million students globally have been forced to miss school and study from home. Of these, a large percentage did not even have any digital device and had to rely on the Smartphone of their parents to continue studies. It was ironic that parents, who would not allow kids to use gadgets even for a few minutes, now were given gadgets to use for hours daily, which gradually held responsible for gadget addiction during pandemic.

Sitting in front of a screen for 9am to 4pm, learning complex subjects like math without face-to-face interaction, no lab experiments; this process brought a lot of stress, anxiety and anger which reflected in the falling performance grades, directly influencing their mental health. The online school and inability to live the conventional, free routine had a great effect on daily habits⁵.

This vulnerability was heightened as the pandemic disrupted emotional, behavioral and eating pattern of adolescence.⁶ Their normal lives, deprived them of schooling, socialization and physical activities. Therefore, an Informational Booklet will help adolescents to devoid dependency of gadgets, encourages on mindful eating habits which establishes balanced growth and development, prevent teens from addiction over gaming and screen time and helps in parent – teen bonding and spiritual affinity.⁷

The objective of the study was to assess the knowledge and its coping strategies regarding impact of lockdown during COVID-19 among mothers of adolescence and to provide them an informational booklet –on how to cope up with this crisis. Results of this study may help

us to scrutinize significant developmental changes in adolescents seen before and after COVID-19 pandemic lockdown.

Hypothesis:

H₁– There will be significant association between the levels of knowledge of mother of adolescence with their selected Socio Demographic variable. H₂ – There will be significant association between the Coping Strategy Score regarding impact of COVID-19 Lockdown with their selected Socio Demographic variable.

Materials and Methods:

This was a non-experimental descriptive design based quantitative research approach, conducted in residence of K Narayana Puram, Kothanur, Bangalore, India during the period April to June 2022. Mothers of adolescence (12-18 years) were the study participants. Sample size was calculated based on the expected population size and confidence interval. The calculated sample size of 60, were finally enrolled in the study using purposive sampling technique.

To achieve the objectives of the study, Structured Knowledge Questionnaire to assess the knowledge of and self-structured coping strategy checklist adopted among the mothers of adolescence in urban area was used.

The tool consisted of three sections. Section I consisted of socio- demographic variables, consists of 13 selected socio-demographic variables, that provide the baseline data regarding Age (in years) of adolescence and mother, religion, educational status of child and mother, occupational status of mother, type of family, Family income, accommodation status, dietary pattern, consumption of junk food and screen time of adolescence. section II consisted of Structured Knowledge Questionnaire regarding impact of lockdown with 25 items was made based on behavioural, eating disorder, mental & emotional area and screen time content and section III consisted of self-structured coping strategy checklist of 15 statements in terms of Yes/No Table. The reliability of the tool was checked by the test-retest method i.e., Karl Pearson's correlation coefficient, and it was found reliable at $r = 0.97$. Data were entered in Microsoft Excel and analyzed using Statistical Package for Social Sciences (SPSS) version 21. Mean, standard deviation and percentages were calculated and Chi square test was used to study association.

Results:

The total number of study participants in our study was 60. Out of them, 22 were 37% children were found to be in the age group 14-15 years and 50 mothers of adolescence accounted for 83% in the age group of 35-45 years. Majority of the study participants were females. Female study participants were 39 (65%) and the remaining 21 (35%) were males. In relation to religion (42) of adults were Hindu with 70%, (10) were Christian of 17% and (8) were Muslim of 13%. Majority of the study participants (44) were joint family which accounted for 73% the remaining 14 study participants were nuclear which accounted for 23 % and (2) were extended family of 3%. Out of 60 study participants 33 children had secondary level education 11 (18%) had primary, 10 (17%) graduate and 6 (10%) higher education. Majority of mothers (20) were educated till secondary level with 33%, 17 were with no formal education of 28% and 12, 11 mothers studied up to primary and graduates with 20% and 18% respectively. In relation to occupation of mother 49 (82%) were homemaker and 68% i.e., 41 accommodated in independent house. With regard to income majority (26) 43% had monthly earning in the range of 26001-30000 rupees. Forty nine of the study participants (82%) diet pattern were non vegetarians in which 45 (75%) didn't consume junk food while 25% (15) children didn't consume junk food. It was observed that 32 (53%) of children spent 3-4 hours of screen time apart from online class which was a huge number while 15 and 13 spent 1-2 hours and more than 5 hours ie., 25% and 22% respectively fig (1.1).

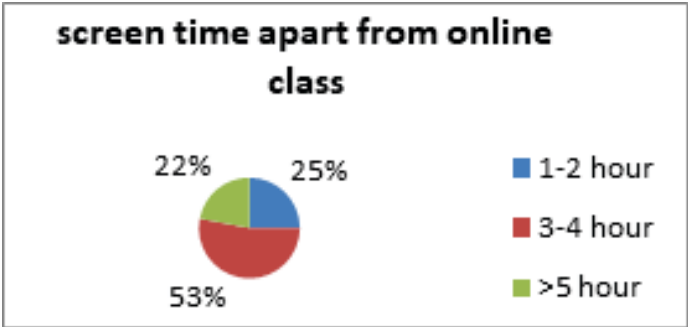


Figure 1: Screen time apart from online class of the study participants (n=60)

LEVEL OF KNOWLEDGE AND COPING STRATEGY: The level of scores of knowledge of mothers of adolescence regarding Impact of Lockdown during COVID-19, it reveals that 63.3% had Moderate Knowledge and 34.7% Mothers had the

inadequate knowledge. The level of scores of Coping Strategies adopted by mothers of adolescence during COVID-19 Lockdown, it reveals that 30.0% had Moderate Level of Coping Strategies and 70% Mothers had Low Level of Coping Strategies.

Item wise analysis : The Mean, SD, Median score regarding Impact of Lockdown during COVID-19 knowledge score of Mothers of adolescence is 11.37, ± 3.14 and 11.5 respectively, Maximum items answered were 16 and minimum items answered were 7 with the range of 9 and mean percentage score was 45.47%. However, Mean, SD, Median score of Coping Strategies adopted by Mothers of adolescence is 7.20, 1.62 and 7 respectively, Maximum items answered were 10 and minimum items answered were 5 with the range of 5 and mean percentage was 48%.CategoryFrequency (N)Percentage (%)Moderate Score (51 - 75 %) 38 63.3 % Adequate (>75%)2236.7%Association between Knowledge and Coping strategy level selected Demographic Variables: Depicts that the calculated chi square (χ^2) value (7.884) is greater than the table chi square (χ^2) value (5.991) at 0.05 level of significance. Thus, it was inferred that there was a significant association between level of knowledge

Category	Frequency (N)	Percentage (%)
Moderate Score (51-75%)	38	63.3%
Adequate (>75%)	22	36.7%

regarding impact of COVID -19 lockdown and Screen time apart from Online class among the mothers of adolescence in a selected area of Bangalore at $p \leq 0.05$. Coping strategy level was found to be significant with gender of adolescence variable showing 9.799 at table value 3.841 P value (–0.022) as their obtained chi-square value is greater than table value at 0.05 level. Table 1 reveals that 63.3% had moderate knowledge and 36.7% had adequate knowledge.

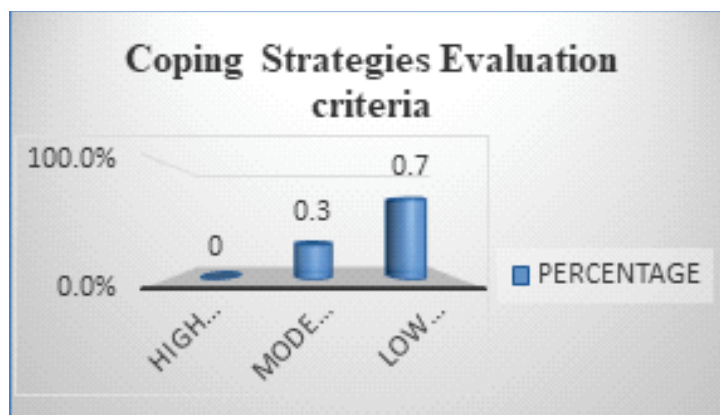


Figure 2: reveals that 30.0% had Moderate Level of Coping Strategies and 70% had Low Level of Coping Strategies.

Demographic Variables	Knowledge		x ² values	Df	Table χ^2 value
	Moderate	Adequate			
Screen time apart from Online class					
1-2 hours	10	5	7.884	2	5.991
3-5 hours	5	10			
>5 hours	24	8			

Table 3: Association between coping strategy adopted by mothers of adolescence and Selected Demographic.

Demographic Variables	Knowledge		x ² value	df	Table χ^2 value
	Moderate	Adequate			
Gender of Adolescence					
Male	1	20	9.799	1	3.841
Female	17	22			

Table 4: Descriptive Statistics of level of knowledge and coping strategy adopted by Mothers of adolescence

Demographic Variables	Knowledge		χ^2 value	df	Table χ^2 value
	Moderate	Adequate			
Gender of Adolescence					
Male	1	20	9.799	1	3.841
Female	17	22			

Discussion:

Present study was conducted among purposively selected 60 mothers of adolescence from an urban area in K.Narayanapuram, Kothanur in Bangalore for assessing the knowledge and coping strategy adopted among them during COVID-19 pandemic lockdown. No similar studies have been conducted in this area among mothers of adolescence for this particular objective.

In our study out of 60 study participants 37% aged 14-15 years, 83% mothers were around 35-45 years old with 65% of female child. In a study conducted by Pietrobelli A et al. on effects of covid-19 lockdown on lifestyle behaviours among 41 adolescents with obesity, BMI ($>25\text{kg/m}^2$) The 41 participants included 22 males and 19 females with a mean baseline age of 13.0 ± 3.1 (range, 6–18) years.⁷

The level of knowledge scores of mothers of adolescence regarding Impact of Lockdown during COVID-19, it reveals that 63.3% had Moderate Knowledge and 34.7% Mothers had the inadequate knowledge. Similar study was conducted by Bhupinder Kaur Sama, Palak Preet kaur, Parteek Singh Thind 2021 showed that during the lockdown period of COVID-19 pandemic compromised children's physical and mental health with 18.7% and 17.6% of parents resembled moderate and inadequate knowledge towards impact of lockdown.⁸

Coping Strategies adopted by mothers of adolescence during COVID-19 Lockdown, reveals that 30.0% had Moderate Level of Coping Strategies and 70% Mothers had Low Level of Coping Strategies. A study conducted by Vera Clemens, Franziska Köhler-Danner aimed to assess the role of Adverse childhood experience and socio demographic factors associated to parental coping during the COVID-19 pandemic lockdown which resulted in 8.8% of parents reported they had Poor level of coping strategy and 2.2% of parents had a moderate level of coping strategy with a total of 687 participants.^{9,10,11.}

However, our study had significant association at 0.05 levels between knowledge and screen time apart from online class (socio demographic variable) with 7.884 values lesser than the table value. The findings are similar with the study conducted by Jovan Vidovic, Rudenko1, Ivana M Milovanovic (2021) on children's daily routine during COVID-19 lockdown revealed children who spent more time with multimedia content

(screen time apart from online class) had greater changes in anxiety, sensitivity, nervousness ($\beta = -0.38$). [10]. Coping Strategy Score adopted by mothers of adolescence had association with Gender of Adolescence of 9.799 at table value 3.841 P value (-0.022) as their obtained chi-square value is greater than table value at 0.05 level.

Acknowledgement:

This thesis becomes a reality with the kind support and help of many individuals. I would like to extend my sincere thanks to all of them. Foremost, I want to offer this Endeavour to my Lord Jesus Christ for the wisdom he bestowed upon me. I am very glad to express my sincere thanks and deep appreciation my guide, Mrs. Divya Reghunath, Professor, HOD, Pediatric Nursing, FCON, Bangalore, for valuable to complete this work systematically. I express my sincere thanks to KRUPANUCON for the platform with expert guidance and suggestions throughout the process of publishment; I extend my profound gratitude to my fellow scientific paper presenters and on this manuscript review path.

Conclusion:

This study was an exceptional effort in identifying the level of knowledge and coping strategy adopted by mothers of adolescence during the COVID-19 pandemic lockdown with a view to develop informational booklet. It was found that out of 60 study participants 37% aged 14-15 years, 83% mothers were around 35-45 years old with 65% of female child. It's clearly evident that 32 (53%) of children spent 3-4 hours of screen time apart from online class. The level of knowledge score among 60 mothers of adolescence 22 (36.7%) had adequate knowledge, 38 (63.3%) had moderate knowledge and none of them had Inadequate knowledge. 30.0% had Moderate Level of Coping Strategies and 70% Mothers had Low Level of Coping Strategies. The study had association with screen time and gender of adolescence with level of knowledge and coping strategy. This may have attributed to the excessive screen time usage post lockdown irrespective of the gender.

Financial support and sponsorship: Nil

Conflicts of interests: There is no conflict of interest

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