

# Families Coping Socio-Economic Challenges Post-COVID 19 and Building Resilience for Future Pandemic

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## ABSTRACT

The global impact of the COVID-19 pandemic has caused humanity to halt and reflect thoroughly on our direction, highlighting areas where we fall short and demonstrating the breakneck pace at which we frequently function without rest. It has definitely tested the fortitude of families around the world, forcing them to adapt and deal with new obstacles. As communities tread carefully toward recovery, an important question arises: Are families whose resilience has been increased by the COVID-19 experience properly prepared for future pandemics? This study has investigated the dynamic interaction between resilience-building mechanisms and preparedness for potential future disasters. Drawing on current literature and empirical evidence, it investigates characteristics that contributed to increased family resilience during the COVID-19 pandemic and explores their implications for future pandemic preparedness. This study goes into the consequences of COVID-19, shining light on issues such as economic insecurity, poor infrastructure, limited social mobility, heightened family tensions, and elevated mental health risks for vulnerable groups. It also encourages governments, community leaders, researchers, and healthcare practitioners to extensively analyse grassroots reality in order to successfully solve the situation. Understanding families' resilience trajectories in the aftermath of COVID-19 is critical for informing policies and actions aimed at building resilient communities in preparation for future global health emergencies.

**Keywords:** Pandemic, Economic Crises, Building Resilience, Mental Health, Coping Strategies

## INTRODUCTION

The outbreak of the coronavirus has profoundly affected families' worldwide, impacting employment, the ability to meet basic needs, and exacerbating existing disparities. As a consequence of the outbreak, many families have experienced job losses, reduced work hours, or decreased income, leading to financial strain and an inability to fulfill financial obligations. In India and globally, families are struggling to maintain social bonds as tensions and incidents of domestic violence rise. Economic conditions have worsened in COVID-19-affected nations, including India, with soaring unemployment rates. Moreover, restrictions on leisure activities have limited children's access to playgrounds and community events, adding stress to families and potentially contributing to mental health issues and abuse among children, youth, and the elderly. This study aims to investigate the impact of risk factors associated with the COVID-19 pandemic on families, particularly children and the elderly, through an

exploratory approach. It seeks to identify the most pertinent crisis factors and assess the effectiveness of resilience-building measures. As societies begin to emerge from the grip of COVID-19, attention turns toward assessing the lasting impacts of this crisis and preparing for potential future pandemics.

The emergence of the COVID-19 pandemic ushered in an era of unprecedented disruption, fundamentally altering the fabric of family life worldwide. Families found themselves grappling with a myriad of challenges, from health concerns and economic uncertainties to disruptions in education and social isolation. It has tested family resilience, requiring families to use both internal and external resources to overcome obstacles. Families adapted by improving communication, building relationships, and using support networks. This experience may have strengthened their readiness for future disasters. However, it is critical to determine if families are well prepared for future pandemics. This research seeks to answer these issues by providing insights into the interplay of resilience, coping strategies, and pandemic preparedness within families. Such understanding is critical for developing policies that help resilient families and communities in uncertain times.

## **REVIEW OF LITERATURE**

### **Risk and resilience in family well-being during the COVID-19 pandemic**

Prime H., Wade, M., & Browne, D. T. (2020).

The COVID-19 pandemic represents an intense danger to the prosperity of youngsters and families because of provokes identified with social disturbance like monetary weakness, providing care weight, and confinement related pressure. The outcomes of these challenges are probably going to be longstanding, partially on account of the manners by which context oriented danger saturates the designs and cycles of family frameworks. The current article draws from appropriate writing across point regions of intense emergencies and long haul, aggregate danger to represent the large number of manners by which the prosperity of youngsters and families might be in danger during COVID-19.

### **Re-emphasizing the future family role in “care economy” as a result of covid-19 pandemic spillovers**

Ahmed, D., Buheji, M., & Fardan, S. M. (2020)

Using Bahrain as a case study, this research examines the impact of the COVID-19 pandemic on families and how it could encourage better "care economy" practices. A quantitative analysis was applied to a sample of 345 responses in the study. As a consequence of the lockdown or pandemic, which impacted family relationships and enhanced related interventions, research findings revealed an improvement in social care dimensions. The meaning of this paper is that the „extended family' will play a constructive role in mitigating any future foreign crisis similar to COVID-19. According to this article, we are at a 'generation-defining moment,' where the care economy will make a comeback.

### **Challenges and burden of the Coronavirus 2019 (COVID-19) pandemic for child and adolescent mental health: a narrative review to highlight clinical and research needs in the acute phase and the long return to normality**

Fegert, J. M., Vitiello, B., Plener, P. L., & Clemens, V. (2020)

For this paper, a narrative analysis was chosen as a tool due to the scope of the problems and research concerns, as well as the goal of providing timely resources for CAP professionals. Based on awareness of the trajectory of epidemics, recent experiences in CAP care, and personal contact with CAP professionals all over Europe, a selective scientific literature review was conducted. The key issues are

anxiety, a lack of peer interaction, and less resource for stress control. An increased risk of parental mental illness, domestic abuse, and child maltreatment is another major threat.

### **The COVID-19 pandemic is straining families' abilities to afford basic needs**

Karpman, M., Zuckerman, S., Gonzalez, D., & Kenney, G. M. (2020)

This brief examines the effects of the Coronavirus outbreak on families' employment and ability to meet basic needs, as well as racial/ethnic and family income–related disparities in the economic impact of the pandemic, using new data from the Urban Institute's Health Reform Monitoring Survey (HRMS), a nationally representative survey of nonelderly adults conducted between March 25 and April 10, 2020. Researchers discovered the following in late March/early April: Because of the Coronavirus outbreak, nearly 4 out of 10 non-elderly adults (41.5 percent) indicated that their families have lost jobs, work hours, or work-related income.

## **THEORETICAL FRAMEWORK IN THE CONTEXT OF GLOBAL HEALTH EMERGENCIES**

The global COVID-19 pandemic has been a transformative event, provoking deep reflection and showing social weaknesses in the face of rapid, often unrelenting advancement. Families worldwide have been put to the test, adapting to new problems and obstacles. This theoretical approach draws on concepts from development and behavioral economics to investigate the dynamic interplay between resilience-building mechanisms and economic development in the setting of global health emergencies.

### **Development Economics Perspective**

Development economics examines the economic transformation of developing countries, focusing on factors such as capital accumulation, technical breakthroughs, institutional frameworks, and government policies that shape economic growth and alleviate poverty. In the aftermath of COVID-19, these elements are critical in deciding family and community resilience. Economic insecurity, weak infrastructure, and limited social mobility, all aggravated by the pandemic, highlight the need for strong economic development initiatives. Addressing these issues necessitates focused policies that boost economic resilience, improve healthcare infrastructure, and encourage equitable growth.

### **Behavioral Economics Perspective**

Behavioral economics expands our knowledge by incorporating psychological insights into the study of economics. It looks at how cognitive biases, social norms, and psychological factors influence human decisions and economic outcomes. The pandemic has shown behavioral reactions like as risk aversion, information processing biases, and social effects that influence health and economic decisions. Understanding these behavioral dynamics is critical for developing effective interventions and policies that encourage resilience and preparedness for future health emergencies.

## **METHODOLOGY**

This research employs an exploratory study design to examine the challenges faced by families due to the COVID-19 epidemic and to assess their resilience. Data were gathered from primary sources using convenient sampling of 50 respondents aged 18 to 70. A pre-designed questionnaire, featuring four multiple-choice items and 36 questions, was utilized for data collection. The survey was administered comprehensively, ensuring full completion by all participants, and the collected data underwent thorough evaluation to inform the study's conclusions regarding family challenges and resilience during the COVID-19 pandemic.

**FINDINGS**

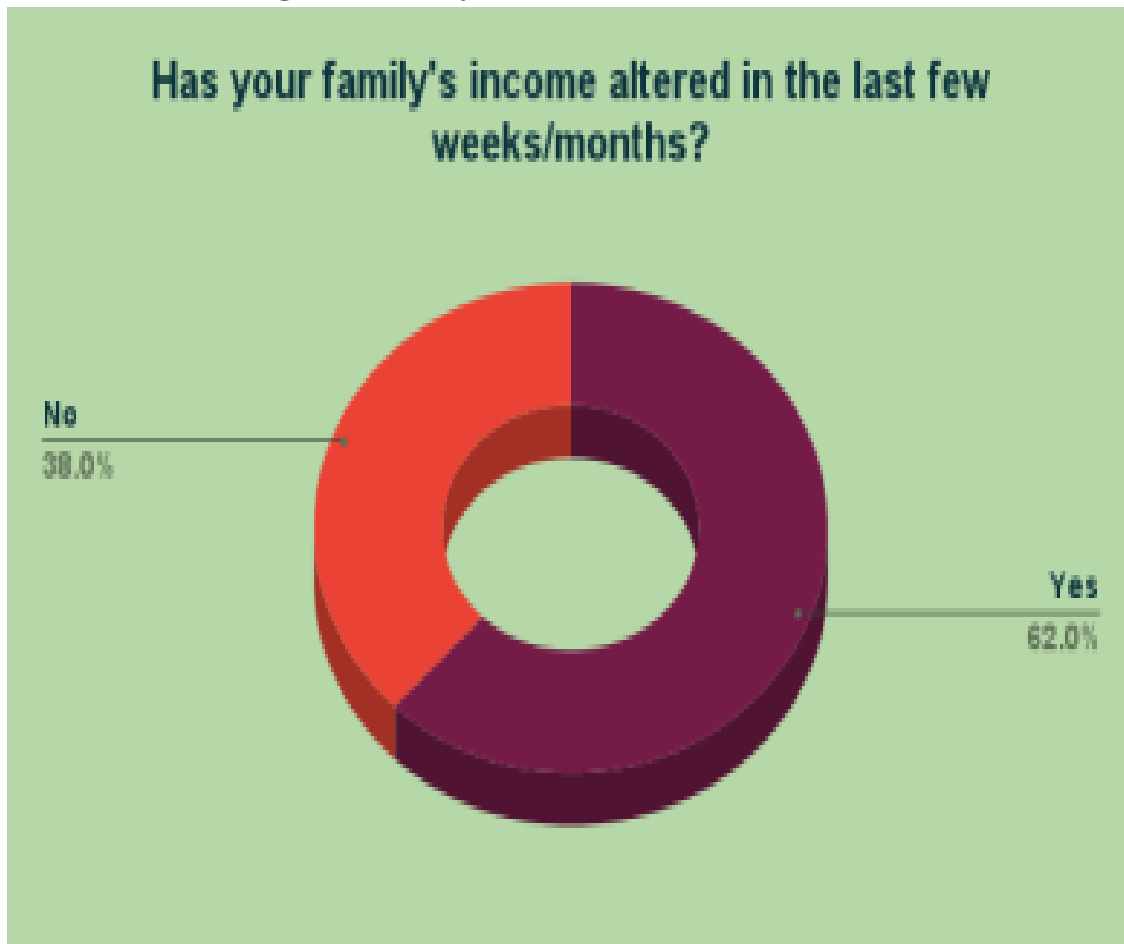
As per the researcher's findings, families encounter socio-economic difficulties following the COVID-19 pandemic while also exhibiting resilience

**Table 1: Age of the Respondents**

Years in Range	No. of Respondents
18-25	18
26-38	14
39-45	8
46-60	6
Above 60	4
Total No. of Participants	50

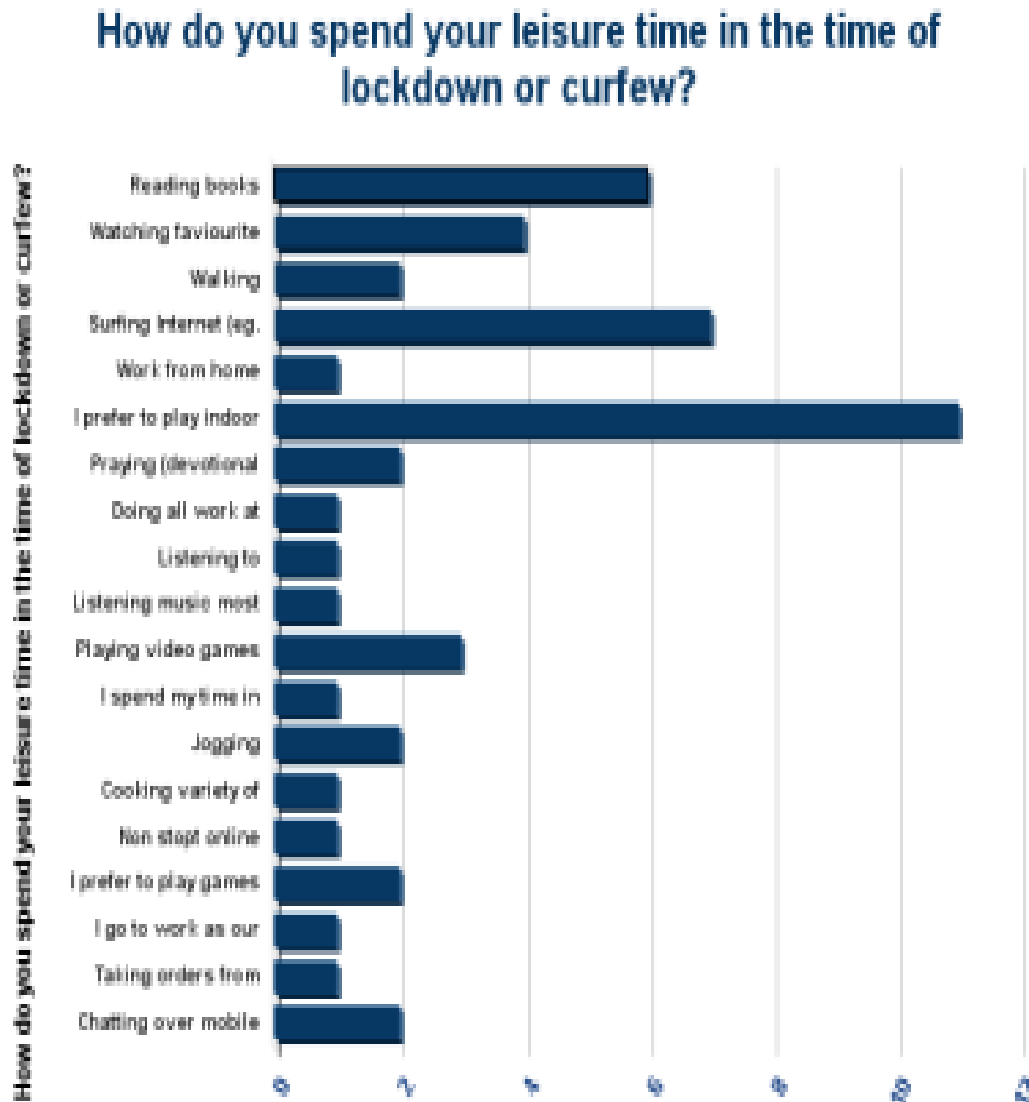
**Table 1.** shows that the survey included a notable number of participants; approximately 18 individuals aged 18 to 25, primarily consisting of students or early-career professionals. In contrast, there were 14 respondents aged 26 to 38 and 8 aged 39 to 45, who were mostly married individuals with familial obligations. Furthermore, six participants were in the 46 to 60 age range, representing the middle-aged demographic, while four were over 60 years old. Respondents to the survey comprise 46% male and 54% female participants.

**Figure 2. Family income altered due to Pandemic**



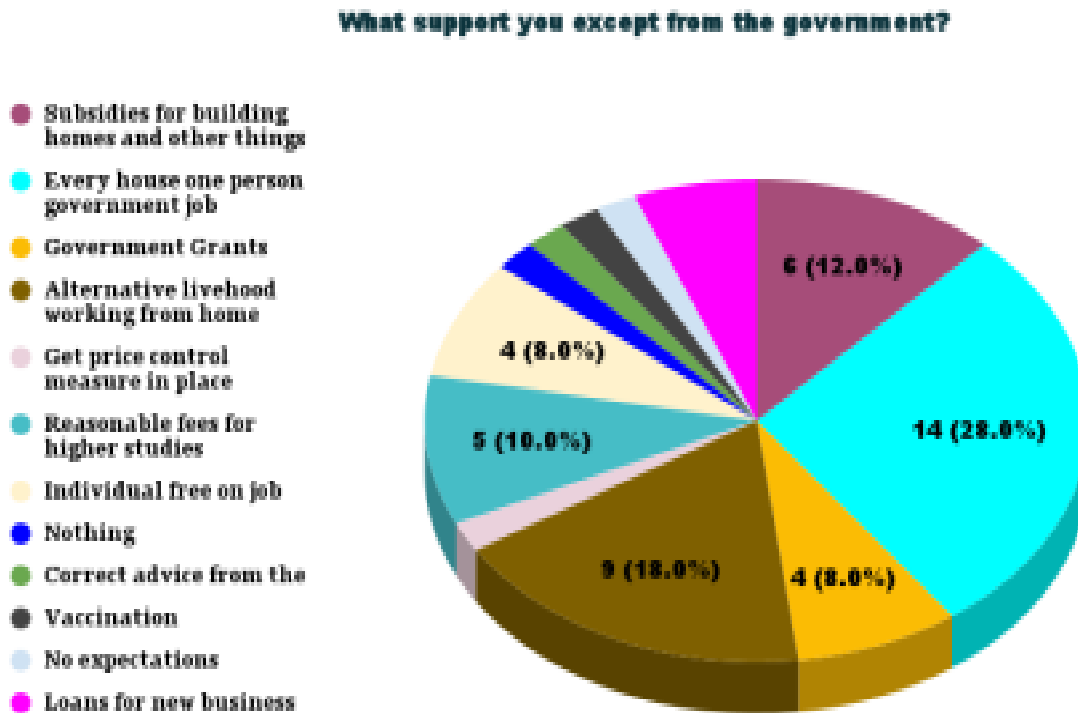
**Figure 1.** shows that 62% of respondents stated that the pandemic had impacted their family's income, citing reasons such as job loss, reduced pay, extended leave, or relocation. Conversely, the remaining 38% reported no change in their income. Notably, many of those who reported no change in income were employed in government positions or owned their own businesses.

**Figure 2. Altered Hobbies of the Respondents after Pandemic**



**Figure 2.** shows that the epidemic has forced some people to change their hobbies or leisure activities. Individuals who used to participate in outdoor hobbies and other occupations have switched to inside alternatives such as indoor games, video gaming, cooking, and gardening. There has been a dramatic shift in activities, particularly reading books, watching favorite television shows, and searching the internet for news and information. Some people have transitioned from outdoor games to inside hobbies, while walking and jogging have become more popular, as have devotional routines.

**Figure 3. Respondents Excepted Support from the Government**



**Figure 3.** shows that the findings reveal that 28% of respondents advocate for each household to have a government employee, while 18% express a preference for alternative remote work opportunities. Additionally, 12% of respondents seek government subsidies for home construction and other forms of assistance, with 10% of students desiring affordable higher education fees. The remaining 8% of participants call for government funds, while another 8% request individual free on-the-job training and placements. Some individuals highlight the importance of implementing pricing control measures, while others adamantly decline any form of government aid.

## DISCUSSION

The survey results provide useful insights into the complicated interplay of demography, leisure activities, and socioeconomic repercussions in the context of the COVID-19 pandemic. The COVID-19 pandemic has had a profound impact on families, as the halt in labor across all sectors has plunged them into dire circumstances. The process of establishing and advancing governments, organisations, and companies has ground to a halt, leading to closures and layoffs. Consequently, families, regardless of income level or background, have faced severe economic hardships, as the breadwinners struggle to provide for their loved ones amidst the crisis. Moreover, many countries have imposed restrictions on social interaction, leading to widespread social distancing, travel bans, and self-isolation. This has reshaped daily life, forcing individuals to adapt their hobbies and outdoor activities. While the proliferation of internet access has facilitated global communication, it also poses challenges, particularly concerning the well-being of children and adolescents. While easier access to social contacts may seem beneficial, it could lead to unrealistic expectations and a disconnection from reality, potentially exacerbating tensions between virtual and real-world identities. Ultimately, the pandemic

may catalyse changes, both positive and negative, in how individuals interact and navigate the digital landscape.

Concerns about losing family members residing in high-risk communities may also arise. The pandemic disrupts traditional grieving rituals within families following a death, leading to challenges in adjustment, post-traumatic stress disorder, depression, and even suicidal thoughts among both adults and children grieving for absent family members, particularly when contact with the infected individual is limited or prohibited. Given the pervasive impact of context-specific risks on family dynamics, the repercussions of these challenges are likely to be enduring. The resilience and cohesion of a family's social interactions and psychological framework will determine their ability to navigate socioeconomic difficulties. Researchers employed various methodologies to identify risk and resilience factors in infants, adolescents, and families. Previous trauma and other environmental and individual factors may influence stress management and coping mechanisms, providing valuable insights for resilience research. This collaborative effort aims to empower families in combating mental health issues and financial hardships by identifying adaptive coping strategies and informing the development of practical recommendations for addressing the mental health needs of children and families during this public health crisis. Understanding these processes allows policymakers and stakeholders to better devise targeted interventions to help individuals and communities navigate the challenges of the existing crisis and build resilience for the future.

**Here are some suggestions for the policy makers for future resilience plans for families during pandemics:**

- Establish emergency savings to cover unexpected expenses like job loss or medical emergencies.
- Advocate for policies supporting remote work to maintain income while following health guidelines.
- Ensure affordable healthcare and telemedicine for physical and mental health needs.
- Invest in education and skills development programs for adapting to changing job markets.
- Foster community support networks for essential resources during economic hardships.
- Prioritize mental health services such as counseling to cope with stress and grief.
- Develop strategies for child and elderly care to ensure safety and well-being.
- Enhance digital connectivity for remote learning, work, and social interactions.
- Encourage families to create disaster preparedness plans for emergencies.
- Advocate for policies supporting families, such as paid sick leave and affordable housing, to ensure equitable support.

By implementing these suggestions and prioritizing resilience-building measures, families can better navigate the challenges of future pandemics and emerge stronger and more prepared to face whatever comes their way.

**Future Research Recommendation:**

The researcher's focus is on specific family dynamics affected by COVID-19, such as diagnosis, job loss, economic struggles, marital discord, and bereavement. However, there is a lack of comprehensive analysis on these aspects. The study did not explore mental health risks or preventive measures resulting from unique circumstances faced by families during the pandemic.

**The future researchers should consider:**

- Including long-term economic recovery strategies for families affected by job loss and financial strain as well as the role of community support systems in mitigating economic hardship and fostering resilience.
- Disparities in healthcare access, including mental health support, should also be examined among different socio-economic groups.
- Effective communication and conflict resolution strategies for families facing heightened stressors during pandemics should be identified, along with the effects of school closures and remote learning on education and child development.
- Effectiveness of income support programs and housing assistance in supporting families during crises should also be explored.

## CONCLUSION

The pandemic is a global issue that has an impact on not only public health and economic security, but also family well-being. Because of the numerous layers of control, families would be affected differently by the physiological, social, and economic repercussions of the COVID 19 pandemic. All three are linked; if a person is diagnosed with COVID, he or she will lose their work; to pay for treatment, the family will have to utilize all of their resources; in certain families, there will be no savings, and a home or property may be repossessed. In extremely extreme circumstances, the family may be forced to sell the home. The disproportionate weight of disease and death demonstrates this; while the pandemic has intrinsic dangers, approaches to resilience are also necessary. The COVID-19 pandemic highlights the importance of policymakers paying close attention to public health service provision, mental health care for children, the elderly, and people who have lost their livelihood. Because many people are without housing, clothing, or food, the evidence clearly suggests that the government should provide basic necessities and medical emergencies. Daily workers will be harmed if they must pay for hospital bills that the government must cover and devise long-term solutions to these problems. There is also an immediate need for psychological care for people who are grieving the loss of a loved one. First and foremost, in this pandemic era, children are more vulnerable to illness, starvation, and abuse in a variety of ways. Everyone, especially parents, has a responsibility to safeguard their children and provide their families' fundamental needs, and policymakers have a responsibility to provide welfare for their own people. The goal of this research is to provide policymakers, bureaucrats, and responsible people with strategies. This helps families build resilience by helping them overcome mental issues and financial problems in order to reintegrate into society.

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