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How Covid-19 Has Impacted People Mental Health and Everyday Life

Student

University

Course

Professor

Date

How Covid-19 Has Impacted People Mental Health and Everyday Life

The coronavirus pandemic emerged and altered people's lives completely. After it was announced to be a pandemic, governments worldwide implemented social distancing regulations to reduce the spread of the virus, including actions such as self-isolation and movement restrictions. Although the measures are vital in reducing the spread of the virus, they also significantly affect individuals' mental health and everyday life (Talevi et al., 2020). This qualitative study examines the effect of coronavirus on teenagers, young adults, and middle and poor-class individuals' mental health and daily operations. The reason for selecting this population is that they are the most active in the country and are in their critical development, including attending schools significantly affected by the virus. Also, the middle and poor class individuals are essential because the virus resulted in the closure of nonessential businesses, and most people lost their jobs.

Since data will be collected from different individuals, including parents and young adults from diverse backgrounds, coronavirus restrictions would limit close interactions. The research study will collect data using online interviews and with participants. The interviews will comprise of asking open-ended questions in a semi-structured interview format. This data collection method is vital in explaining and creating a better understanding of the research subjects' experiences and opinions. Since the research aims to investigate people's experiences of the coronavirus pandemic and discover teenagers' and young adults' mental health during this virus. Furthermore, the semi-structured interview used in this research utilizes a funneling technique methodology that will accept the explanations to flow from the most general topics to the specific themes in the study. Also, the research design will be directed because of its ability to offer structure and generate amusing data while upholding steadiness across the interviews.

Interviews methods have significant strengths in this research because the researcher can explore the information they need from the participants. The research study utilized the semi-structured interviews method, which provides strengths because the interviewers can prepare questions before the interview. Therefore, this allows the researcher to control the conversation and keep the participants within the subject under investigation. Also, another strength is to enable the participants to give open-ended responses, primarily when the research deals with individuals from diverse backgrounds. This will allow the researcher to get in-depth information regarding the research topic because the participants have the freedom to express their opinions and views based on their terms. Adhabi & Anozie (2017) stated that interviews allow two-way communication, making the researcher observe the participants' facial reactions. Mental health issues can be alarming and shameful because it is sensitive. Consequently, through semi-structured participants, they will open up and talk about the sensitive issues they face.

The research will have several potential pitfalls; for instance, the participants will be recruited online through Facebook and WhatsApp. The sample will represent the population by gathering information on young adults from different demographics and economic backgrounds. The participants will rely on their willingness to participate in the interviews. Similarly, gender is a critical aspect that needs to be considered; however, female parents of teenagers seem to be more cooperative and can participate in the study more than their male counterparts. Another limitation is the utilization of the remote interview method. Although it is essential to reduce the spread and observe coronavirus regulations, the method will limit nonverbal communication among the participants and interviewer, reducing the insights brought by nonverbal cues.

The ethical problems that can be encountered are hardcopy consent forms because of the coronavirus pandemic. Although many research studies always use hard copy consent forms to

allow for reference, this study will use verbal consent through a phone call, recruitment, and interview. Nevertheless, the approval will be recorded in the discussion to clarify things because it will be transcribed.

The research will ensure the data is solid and reliable by recording and transcribing participants' information. The recording will ensure that the researcher can go back and review the interview, thus providing efficient data analysis. Another way is through using different participants, including the parents of teenagers and teenagers themselves. This will allow everyone to give their views on the effects of coronavirus on their mental health.

I anticipate several issues in the methodology, especially among teenagers and parents from poor socioeconomic backgrounds. Interviews have flaws because they consumed a lot of time developing the questions and waiting for the participants to respond. Also, since the questions will be open-ended, clients do not have direction on what should be answered, and they will explain based on their understanding of the question; this might make them leave the subject to be explored. The methodology requires extensive resources because, due to covid-19, the study will not be conducted in person through face but using telephone and other online platforms such as the Microsoft teams. This will require the researcher to know how individuals in low-income households will access the resources to facilitate online interviews, including data bundles and phone or computer gadgets.

The statement on ethics used in this research is "reliably report data, results, methods, and processes by not fabricating, faking or distorting data. I work to evade bias on the research design, data analysis, peer review, and other research features.

Interview Questions

1. Explain the daily family activities and life during the pandemic.

2. State briefly how your school day was before the pandemic.

    1. were you doing your school exercise?

    2. Favorite topics?

    3. Was there fun activity, and what was it?

3. How has coronavirus impacted your school operation?

    a. How was your communication with the school from the beginning?

    b. How was the job life impacted?

    d. Was there any acute emotional effects?

4. Majority of people have experienced challenges in learning from home, making some implement and others not. Have you been able to continue with your education during the pandemic? How does your day-to-day school interaction look like?

5. Do you think there was support for psychological wellbeing from education providers during the pandemic.

6. Do you struggle with isolation because of social distancing and movement restrictions placed?

7. Did you, as a teenager/young adult, experience feelings of loneliness and social withdrawal because of socializing less during the lockdowns?

9. Do you utilize computers in doing school assignments?

    1. Can you explain how that has been like including the challenges?

2. Is this similar to in-person learning?

11. If the pandemic occurs again, what would you recommend the institutions to do to assist you?

12. Explain anything thought-provoking or fascinating about the experience in homeschooling?

13. Are you anxious concerning the return to the learning institution?

14. What is the main thing you miss and do not miss when going to school?

15. State how the pandemic has impacted your family?

References

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