Covid, and you? - Survey evaluation

1. Basic information:
In my survey I got 19 responses from the countries Bangladesh, Bolivia, Costa Rica, Germany, Jamaica, Portugal, South Africa, USA and Uganda. The Ages ranged from 13 to 20 with the median of 17. Whereof 42.1% were female and 57.9% were male. The restrictions set in countries raged from quarantine to no restrictions at all.

2. Relationships:

Has your way of approaching people changed? Does your reaction to meeting someone new differ from your actions before the pandemic?

19 responses

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<th>0 (0%)</th>
<th>1 (10.5%)</th>
<th>2 (10.5%)</th>
<th>3 (36.8%)</th>
<th>4 (42.1%)</th>
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In what ways, if at all? / Have your general interactions with people changed? If yes, in what way?

Physical distance is kept, people have become more socially awkward and the opportunities to meet new people have lessened: “Yes. Keeping a certain distance, wearing a mask whenever speaking. Avoiding physical contact as much as possible”; “No handshakes, no hugs, distance maintained.”

How has your relationship with your friends evolved throughout the pandemic?

19 responses

- 63.2% everything stayed the same
- 21.1% our relationship was strengthened by the pandemic
- 15.8% our relationship was weakened by the pandemic

3. The understanding of mental health/ feelings:
Mental health definition:
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

https://www.mentalhealth.gov/basics/what-is-mental-health

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Did the definition of mental health align with your interpretation of the term?

19 responses

- Yes: 52.6%
- No: 10.5%
- Partially: 36.8%

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Do you feel that you have suffered mentally more during the pandemic? How? Why?

13 out of 19 people answered that their mental health suffered during the pandemic. Because of the isolation many felt stressed, anxious, sad, lonely: "I think so; being isolated made me more stressed and anxious about basically everything in my life, from school, family relationships, friendships,... I also started to overthink a lot more than I used to."

What was/is your biggest fear during Covid?

Most fears were either getting Covid, or spreading it further. The rest of the fears were social fears regarding relationships: "Getting Covid or losing somebody because of covid"; "Death of a loved one, failing all my classes, gaining a lot of weight"; "Catching covid and spreading it to family"
4. Activities during the pandemic & the use of digital devices:

Did you find new occupations during lockdown/quarantine? What were/are they?

10 out of 19 did not find a new occupation and the new occupations found were mostly video games or online teaching: “Online teaching and hosting gaming tournaments online”; “Yes, playing video games”; “A reignited love for Formula 1 and motorsport as a whole”

How did you spend most of your free time during lockdown/quarantine?

Every answer included some kind of digital entertainment: “Doing loads of homework, watching YouTube and playing video games”; “I spend most of my free time watching videos, playing video games and movies”; “Netflix”
5. What has changed:

What is a common situation you find yourself in nowadays, that would have seemed absurd to you two years ago?

Many answers included hygienic measures or set restrictions, such as: “Attending my classes online”; “Wearing a mask”; “The constant checking of temperature and other symptoms of covid.”

What is a memorable experience that you were only able to gain because of the pandemic?

This question resulted in a wide range of answers. However, some talked about a strengthened or new found relationship: “Making new friends Online”; “Spending my time with my family more and creating new memories for the future.”

Are there any changes through covid that you wish to maintain for the future?

Many approved of the hygienic restrictions: “Better sanitization at the end of the day everything should be constantly sanitized anyway”; “The way we feel about hygiene and how often we use these sanitary practices”