

THE IMPACT OF COVID-19 ON YOUNG PEOPLE'S PSYCHO-SOCIAL HEALTH IN INDIA

Restless Development India designed and conducted a survey intended to assess the impact of COVID-19 on young people's psycho-social health across the country. It sought to understand the challenges youth faced during the lockdown as well as the needs and priorities of young people moving forward. **Here's what we found:**

DIFFICULTY ACCESSING COVID-19 RELATED INFORMATION:



Almost **20%** of respondents answered "No" to having adequate and accurate access to information on COVID-19.



When asked if they believed that there were myths or non-factual information related to COVID-19 in circulation, **57.8% of respondents answered 'yes'**.

KEY STRESS FACTORS:

46.7%

Of respondents noted strongly negative or negative feelings towards lockdown.

32% of respondents highlighted fear of being infected with the virus.

29% noted a fear of their loved ones being infected by the virus.

26% highlighted financial instability.

23% highlighted frustration and boredom, and educational uncertainty.

DISRUPTED MENTAL HEALTH SUPPORT

27%

of respondents seeking counselling or psychiatric services before lockdown were **unable to access the same services once lockdown restrictions were imposed.**

RESTRICTED SEXUAL & REPRODUCTIVE HEALTH RIGHTS

25%

of respondents noted that they were **unable to purchase sanitary products or contraceptives by themselves.**

REDUCED ACCESS TO HEALTH CARE SERVICES

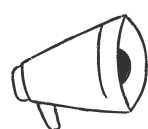
59%

of respondents aged 15 - 17 highlighted **challenges in accessing health services**, including pathology, general illnesses, routine health checks and specialist care.

ADVOCACY:

70%

Of respondents noted that young people play a crucial role in the COVID-19 response. An additional 18% noted they did, but were unsure how.



Volunteering, raising awareness via social media, direct action and donations were highlighted as key opportunities by youth for involvement.

THE WAY FORWARD:

44%

Of respondents noted the importance of building linkages with the government and young people, emphasising the role of youth networks.



Health infrastructure, job and livelihood opportunities, technology and education were outlined as key areas in need of prioritisation for state and central governments by youth.

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