

COVID-19 AND MENTAL HEALTH OF YOUNG PEOPLE



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MAY 2020

Mental Health During COVID-19

Background

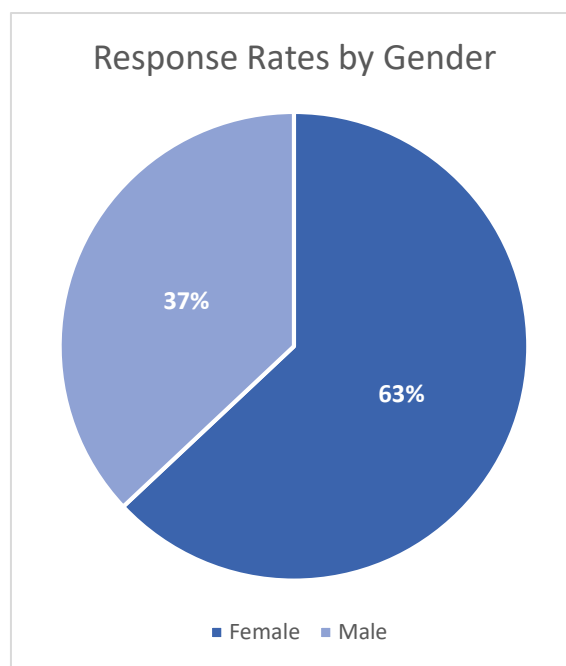
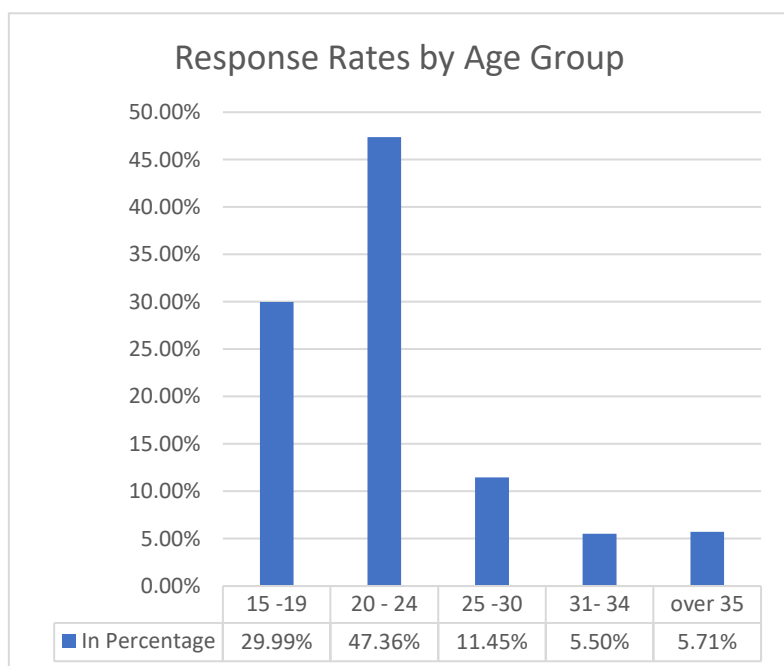
Since the first case of COVID-19 was found in Myanmar, Government has issued directives such as social distancing, asking people to stay at home etc. These stay at home period has changed 'life we know' into upside down.

To know how young people feel about this issue, youth volunteers at U-Report Myanmar prepared the poll questions, and it was sent to U-Reporters on 9th of May 2020.

The poll results are published on U-Report Myanmar website and can be observed in both English and Burmese languages.

Response Rates

During a period of one week, 10,302 U-Reporters responded to the poll question. 63% of respondents were female U-Reporters, while 37% from male U-Reporters.



Response Rate by States and Regions	
States/Regions	Respondents
Mon	328
Ayeyarwady	397
Bago	271
Chin	323
Kachin	306
Kayah	484
Kayin	1380
Magway	1129
Mandalay	978
Rakhine	128
Sagaing	323
Shan	1600
Tanintharyi	166
Yangon	2489

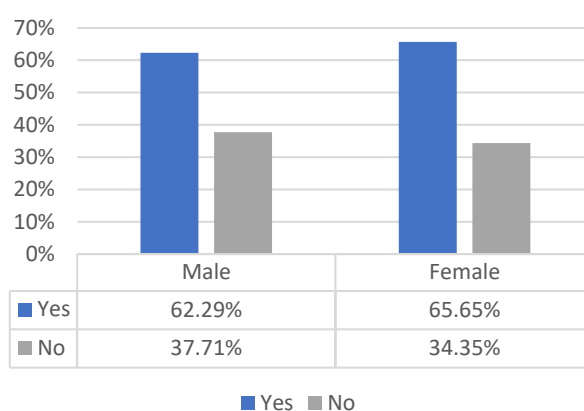
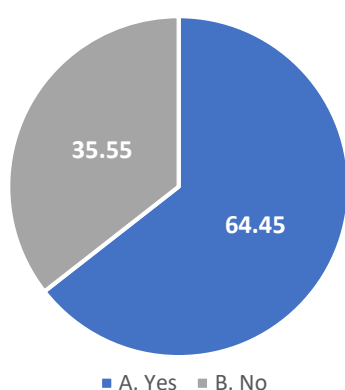
What young people are saying ...

Q1. Does COVID-19 have a mental health impact on your life?

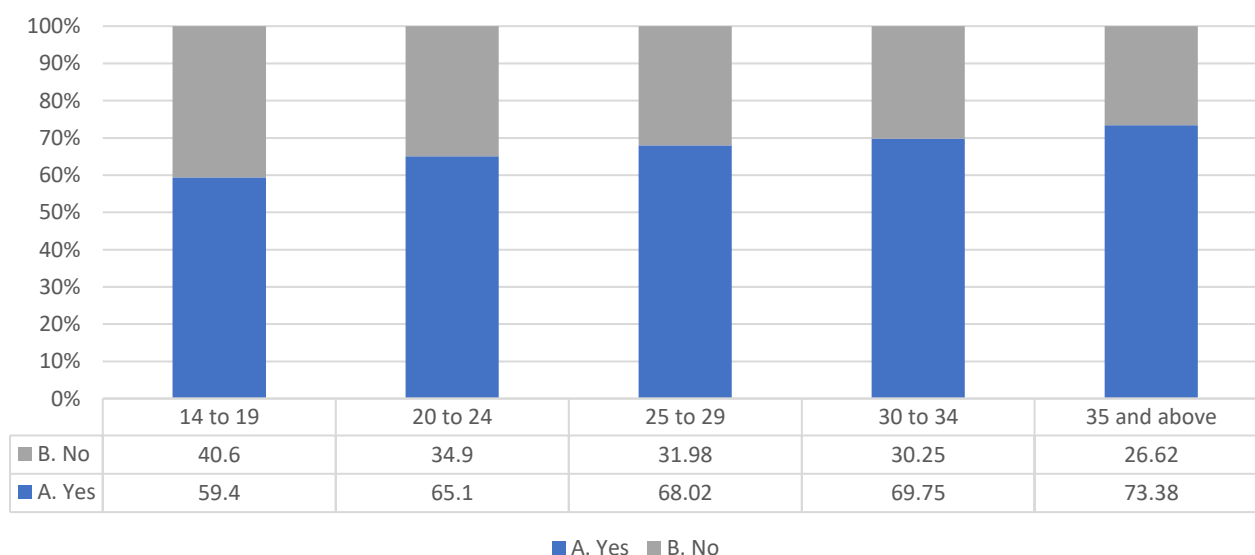
A. Yes

B. No

More than 6 in 10 respondents answered that COVID-19 has mental health impacts on their lives. Both male and female are almost equally impacted by COVID-19. It is found out that older people feel more mental health issues than younger people.



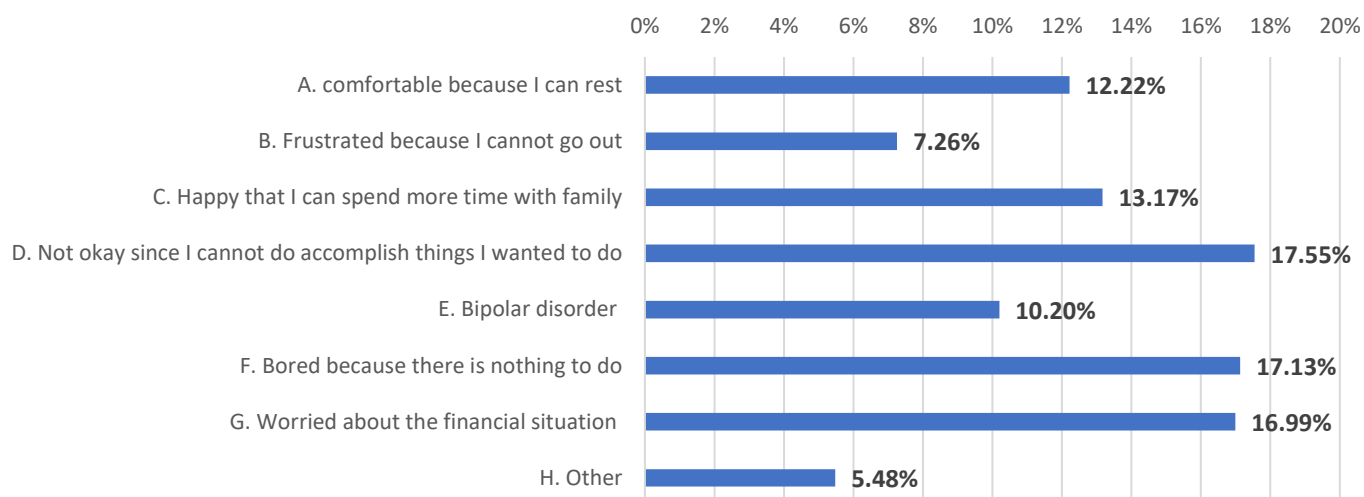
Comparison by Age Group



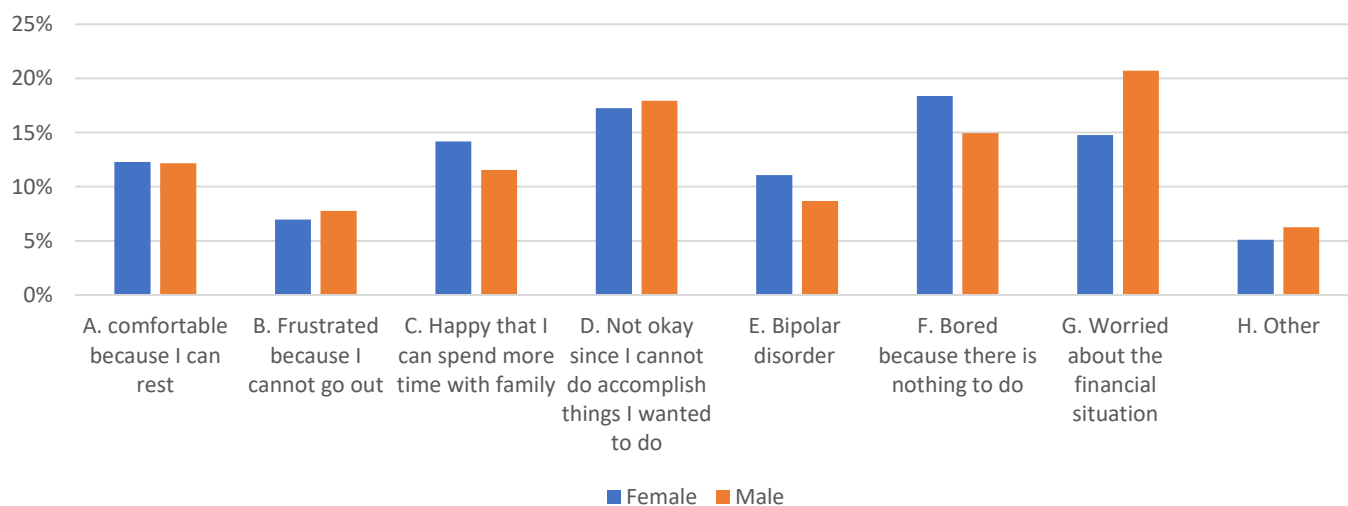
Q2. What is the most relevant issue/feeling caused by COVID-19?

- A. comfortable because I can rest
- B. Frustrated because I cannot go out
- C. Happy that I can spend more time with family
- D. Not okay since I cannot do accomplish things I wanted to do
- E. Bipolar disorder
- F. Bored because there is nothing to do
- G. Worried about the financial situation
- H. Other

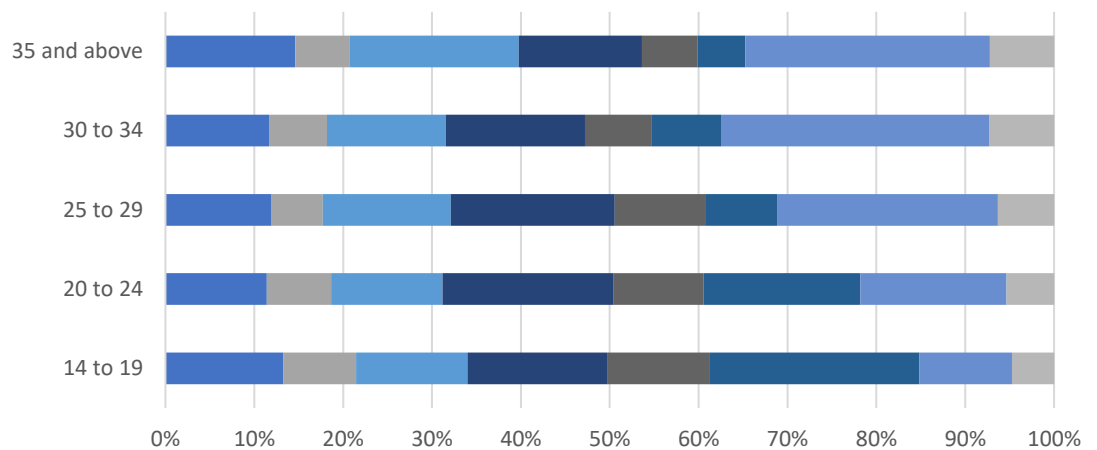
Nearly 18 of respondents said that they don't feel okay since COVID made it impossible for them to do things. It is also found that male respondents are more worried about the financial situation than female respondents. Nearly 1 out of 4 respondents ageing from 14 to 19 said that they are bored because there is nothing they can do at home.



Comparison in Male and Female Respondents



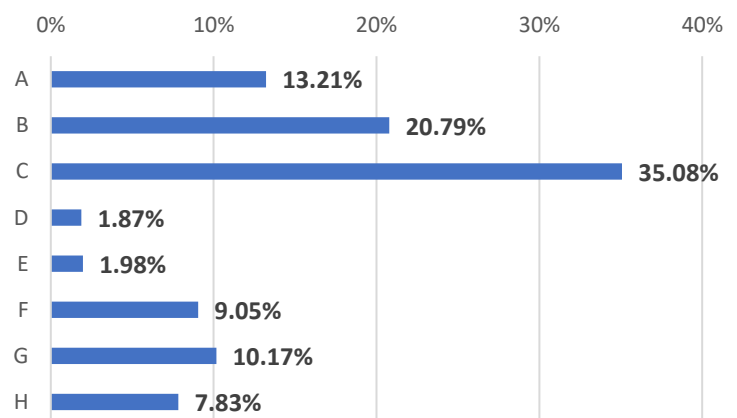
Comparison by Age Group



	14 to 19	20 to 24	25 to 29	30 to 34	35 and above
A. comfortable because I can rest	13.27	11.39	11.93	11.66	14.6
B. Frustrated because I cannot go out	8.2	7.24	5.78	6.5	6.1
C. Happy that I can spend more time with family	12.51	12.56	14.4	13.38	19.04
D. Not okay since I cannot do accomplish things I wanted to do	15.71	19.19	18.44	15.68	13.86
E. Bipolar disorder	11.5	10.15	10.28	7.46	6.28
F. Bored because there is nothing to do	23.66	17.68	7.98	7.84	5.36
G. Worried about the financial situation	10.42	16.46	24.86	30.21	27.54
H. Other	4.73	5.34	6.33	7.27	7.21

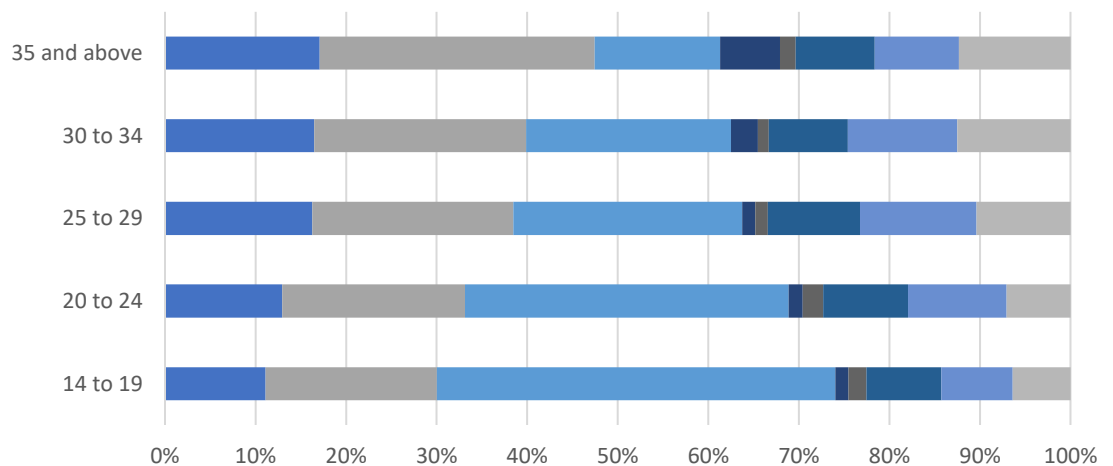
Q3. How do you cope with such situations?

- A. Calling friends and colleagues
- B. Doing hobbies to spend time
- C. Listening to music/ watching movies
- D. Meditation
- E. Playing with pets
- F. Reading books
- G. Learning online
- H. Other



35% of the respondents answered that they listen to music and watch movies to cope with their issues during the COVID-19 stay home period. 1 out of 10 respondents using online learning as their coping mechanism. It is also found that the younger population use music and movies where older people use hobbies to spend time.

Comparison by Age Group



	14 to 19	20 to 24	25 to 29	30 to 34	35 and above
A. Calling friends and colleagues	11.11	12.96	16.28	16.47	17.08
B. Doing hobbies to spend time	18.9	20.17	22.19	23.41	30.36
C. Listening to music/ watching movies	44.01	35.76	25.29	22.62	13.85
D. Meditation	1.44	1.53	1.45	2.98	6.64
E. Playing with pets	1.98	2.27	1.36	1.19	1.71
F. Reading books	8.3	9.36	10.17	8.73	8.73
G. Learning online	7.86	10.91	12.89	12.1	9.3
H. Other	6.39	7.04	10.37	12.5	12.33

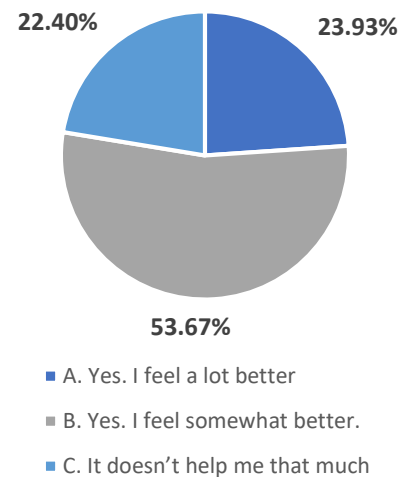
Q4. Do you feel better after that?

A. Yes. I feel a lot better

B. Yes. I feel somewhat better.

C. It doesn't help me that much

More than half of the respondents said that their coping mechanism makes them feel somewhat better. 2 in 10 respondents said that it doesn't help them very much.



Q5. What would be the first thing you do when COVID is over?

A. Travelling

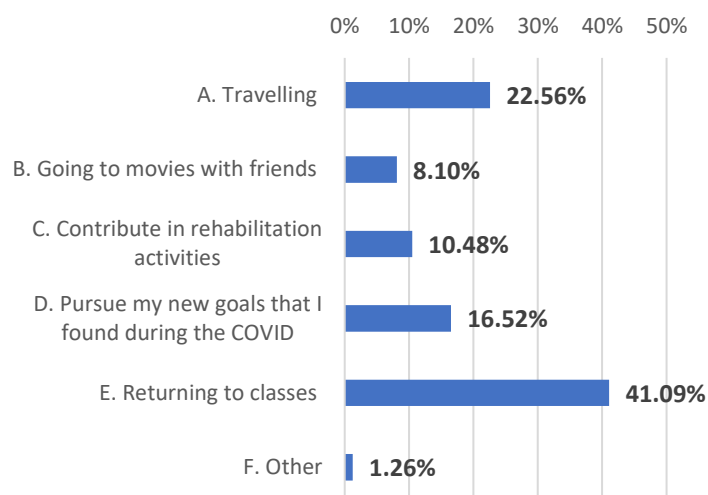
B. Going to movies with friends

C. Contribute in rehabilitation activities

D. Pursue my new goals that I found during the COVID

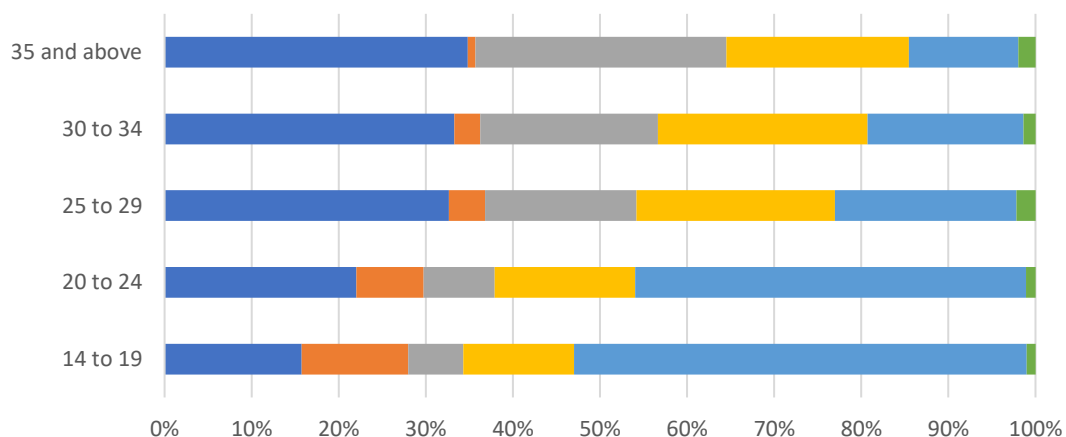
E. Returning to classes

F. Other



4 in 10 respondents answered that they will return to classes. More than half of respondents said that their first priority after COVID is to return to their classrooms. It is found that the older the respondents get; it is more likely that they will participate in rehabilitation activities after COVID-19.

Comparison by Age Group



	14 to 19	20 to 24	25 to 29	30 to 34	35 and above
A. Travelling	15.75	22.02	32.64	33.26	34.8
B. Going to movies with friends	12.22	7.71	4.17	2.98	0.88
C. Contribute in rehabilitation activities	6.33	8.16	17.36	20.41	28.85
D. Pursue my new goals that I found during the COVID	12.71	16.17	22.8	24.08	20.93
E. Returning to classes	51.98	44.85	20.83	17.89	12.56
F. Other	1	1.1	2.2	1.38	1.98

About U-Report Myanmar

What is U-Report?

U-Report is an innovative social messaging tool allowing adolescents and young people from communities across Myanmar, to speak out and respond to polls on the issues that matter to them. U-Report was launched in Myanmar in August 2016. As of May 2020, already more than 37,000 U-Reporters have registered through Facebook. Poll questions on a wide range of development topics are asked to U-Reporters every week, providing a profound source of real-time information on the views and opinions of adolescents and young people in Myanmar. The platform provides decision-makers with a forum to listen to many voices across the country, giving them a unique insight into the challenges that affect young people in Myanmar.

How can you access the platform?

To join U-Report go to <https://www.facebook.com/UReportMyanmar>

To access and utilise U-Report poll results go to <https://myanmar.ureport.in>