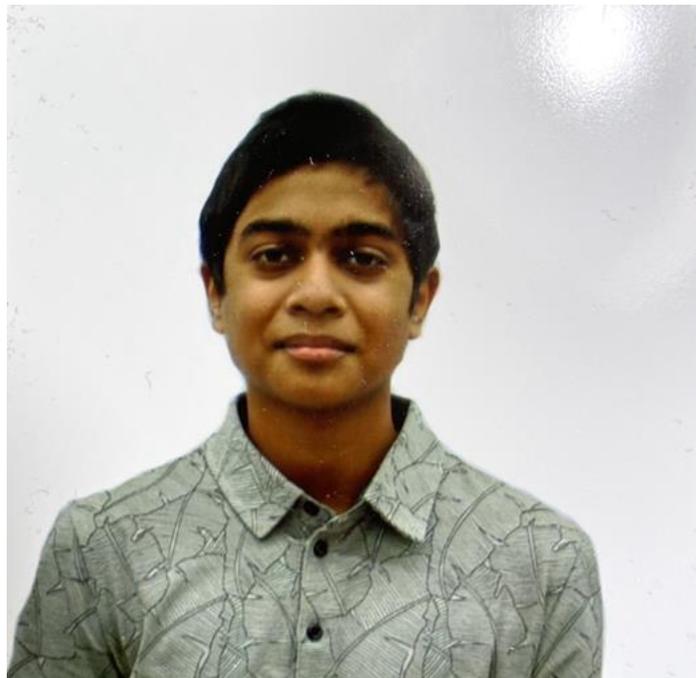


AN UNKNOWN WORLD: COVID -19

BY ZARIYAT HOSSAIN



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Motivation

A worldwide pandemic similar to the COVID – 19 pandemic is a once in a century occurrence. No matter which corner of the world someone lives in, that person has been affected by COVID – 19 somehow, whether directly or indirectly. Considering these inclusive and unusual circumstances, I found it was timely to come up with a Research Project that will not be oversaturated and will answer one of the burning questions in society right now. I ended up wondering how high schoolers' lives have been affected by COVID – 19, and if those effects had any emotional impact. Due to this, I wanted to see if anything like this was done to keep the project's singularity present. I subsequently did a preliminary search on Google ("How COVID – 19 has affected current high school students"). I found many articles discussing how COVID – 19 will undo academic gains, will not provide support for low-income families, and much more. Thus, to make the project even more unique, I decided to collect my own data conducting an online survey. I conducted a survey to answer the question, "How the COVID – 19 Pandemic affected current high schoolers' everyday lives and did those effects have any emotional impact."

Survey Methodology

I investigated six aspects in the survey, one is the respondent's biography, one is emotional info about the respondent, and four are aspects about life during quarantine/remote learning:

1. **Respondent Biography** i.e., information such as age;
2. **Emotional Status** i.e., questions that will help determine how the respondent is on an emotional level before and during quarantine;
3. **Academics** i.e., questions pertaining to government-mandated academics before and during quarantine;
4. **Summer Plans** i.e. questions pertaining to the changes that were made to your summer plans because of the COVID – 19 pandemic;
5. **Screen Time** i.e., questions pertaining to the amount of screen time engaged in before and during quarantine on a daily basis;
6. **Physical Activity** i.e., questions pertaining to the amount of physical activity engaged in on a daily basis.

The above listed facets are the most important and habitual aspects of the COVID – 19 pandemic which can be related to most, if not all.

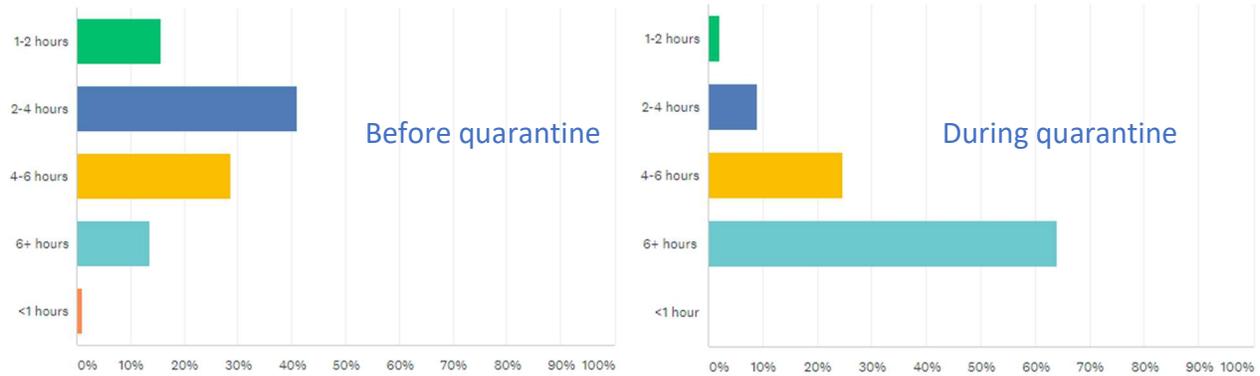
Reaching the target Audience

Survey Monkey was used in preparing the survey. Once the survey was complete, acquiring respondents was a necessity. Using social media platforms such as Instagram, Snapchat, Discord, and Reddit I gained 352 respondents within a week. I posted the link on each of these platforms and asked anyone who could, to share it. That way the survey respondents grew exponentially. I premeditatively posted the link in places where there are many high schoolers' to keep the integrity of the survey existent.

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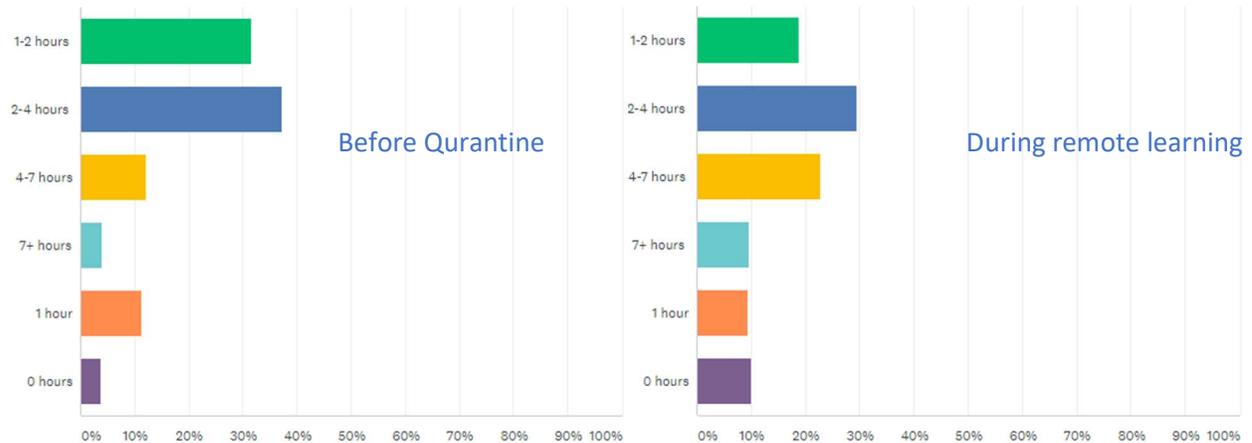
The results of the survey were captivating and enthralling to say the least. The most compelling results are the four pairs of questions that examine the four before remote learning and after remote learning outcomes:

Daily Screen Time



Before quarantine, a scarce amount of 13.64% of high schoolers’ spent 6 plus hours on a screen. Even so, during quarantine 63.92% of high schoolers spent 6 plus hours on a screen. An immense increase of 50.28% while all the other options percentages decreased.

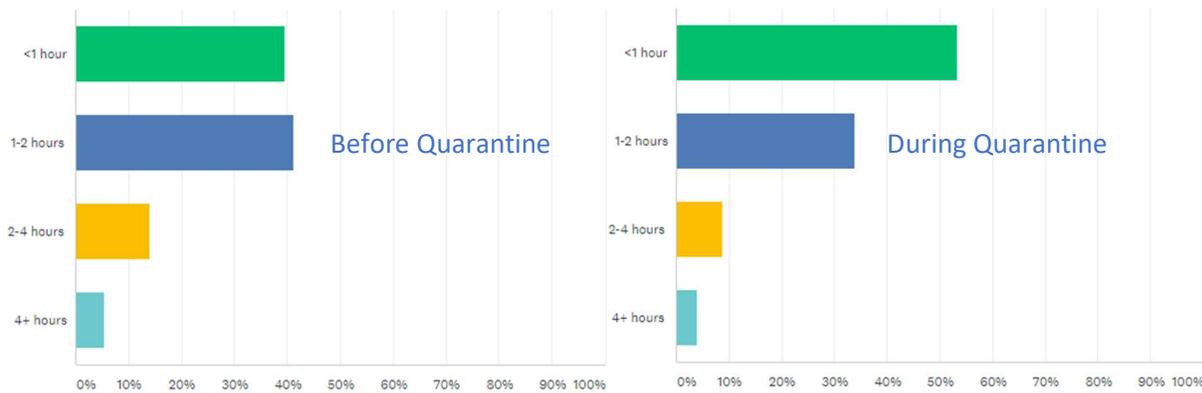
Daily time spent on academics



Before quarantine, there was 31.53% of high schoolers’ who spent 1 to 2 hours on academics and 37.22% who spent 2 to 4 hours, but after, that percentage decreased to 29.55% for high schoolers’ who spent 1 to 2 hours and 29.55% who spent 2 to 4 hours, while the percentages for the 4 to 7 hours and 7 plus went up (10.52% increase for 4 to 7 hours and 5.68% increase for 7 plus hours).

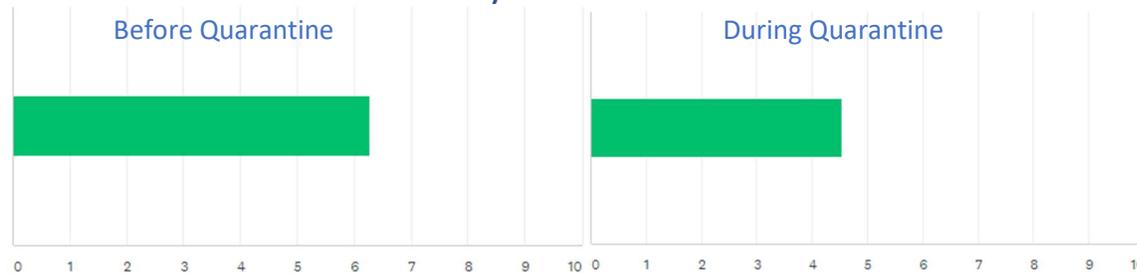
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Daily Time Spent on Physical Activity



In this case, on average, high schoolers’ have decreased their time engaged in physical activity because of quarantine. Unequivocally, the percentages decreased for all the options except the less than 1-hour option which evidently increased in percentage (a 13.92 percentage increase).

Overall Emotional State daily



To measure ones emotional state, I used the 1 through 10 scale system. 1 being not happy at all, 5 being when your emotional state is starting to affect your everyday life in a negative way, and 10 being the happiest you can be. Before quarantine, the average high schooler said 6.3. The interpretation of this number is that on average high schoolers’ were moderately happy, with a few bad days here and there. Contrarily, during quarantine, the average high schooler said 4.5. The analysis of this number is that on average high schoolers’ were still moderately happy, but their emotional state is starting to take a toll on their everyday life more often than not.

Concurrently with the four aspects of life questions, there are emotional questions that ask if one predetermined aspect affected you emotionally positively, negatively, or neither: (1) Remote Learning; 56.82% said negative, 10.23% said positive, and 32.95% said neither; (2) Summer Plans; 67.05% said negative, 5.4% said positive, and 27.56% said neither; (3) Daily Screen Time; 46.02% said negative, 11.93% said positive, and 42.05% said neither; (4) Daily Physical Activity; 35.51% said negative, 28.41% said positive, and 36.08% said neither. Additionally, there is a question that asked if the difficulties high schoolers’ faced during quarantine affected high schoolers’ positively, negatively, or neither. 63.35% said negative, 10.51% said positive, and 26.14% said neither.

With that in mind, we can conclude that high schoolers’ lives have in fact been affected by the COVID – 19 pandemic. Furthermore, we can see that these effects affected a majority of high schoolers’ emotional state negatively.