

What Influence Does COVID-19 Have on Young Adults' Social Lives and Educational Aspirations in Queens, New York?

Soc. 301

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Introduction

- ❖ The Goal of this research project is to understand the influence that COVID-19 had on educational and social experiences of young adults living in Queens.
 - ❖ We found this to be intriguing as young individuals among different races went through different experiences during the pandemic and we wanted to collect and understand how these experiences might have affected them in different ways.
 - ❖ Through a survey we conducted, we were able to collect data from 71 individuals that currently reside in Queens, NY. First we will discuss the role of COVID-19 and how it intersects with race, mental health, and educational experiences. Then we will talk about our research design and methods. Finally, we will discuss the results and findings.
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Racial Experiences among COVID-19

- ❖ Throughout America's history many different racial groups have been targeted and discriminated in times of panic within American society(*Journal of American Ethnic History*, Erika Lee)
- ❖ During COVID-19 Asian Americans have been the target of vitriol and hate.
- ❖ Assimilation into American culture has had effects on the experiences of many

COVID-19 and Mental Health

- ❖ The prevalence of depressive symptoms in the US increased more than three-folds during the COVID-19 pandemic
- ❖ study shows that minorities were more likely to screen positive for depression and anxiety than White individuals. These disparities were apparent, even after controlling personal factors such as prior mental health diagnoses and changes in leisure time activities.
- ❖ Black participants were 16 times more likely to screen positive for depression than White participants. Additionally, Hispanic participants in the US were 1.23 times more likely to screen positive for depression compared to White participants.

Impact of COVID-19 on Education

- ❖ When the nature of educational experiences radically changes among university students, the burden on the mental health of this population is amplified (Browning, 2022). These are anxious times for students as there are uncertainties about when life will return to "normal."
- ❖ Many students at home have undergone psychological and emotional distress and have been unable to engage productively in online learning(Pokhrel & Chhetri, 2021).
- ❖ Many African American, Hispanic, and Asian students reported higher rates of worry about continuing their education relative to White students due to financial difficulties during COVID-19 (Pokhrel & Chhetri, 2021).

Research Design + Methodologies

- ❖ Using mixed methods for our research, we have decided to create an 11 question survey that consists of 4 open ended questions and 3 ordinal style questions to allow us to gain a better understanding using both qualitative and quantitative approaches.
- ❖ Our survey includes certain aspects that we are researching such as viewpoints, COVID-19's impact on education, and coping methods in relation to stress and anxiety.
- ❖ With a Convergent parallel approach, we're able to collect both quantitative and qualitative data at the same time, analyze them separately, and compare the results to draw overall conclusions.
- ❖ The use of incorporating mixed methodologies can help because not only are we able to gather generalized findings that we can incorporate in our results, we can also gather lived experiences of the participants through the use of open-ended questions.

Sampling

- ❖ With mixed methods, we will be using identical sampling where participants will be answering the same survey with the same qualitative and quantitative questions that are presented to them.
- ❖ The sample size will consist of 71 individuals in the age range of 18-27 living in the Queens area.
- ❖ The racial background of the individuals consist of 21 Asian American, 18 Hispanic/Latino Americans, 15 African Americans, and 17 White Americans.
- ❖ We would utilize a voluntary answer sampling method to allow people to be comfortable enough on their own terms to answer the survey. For their protection, the participants identities will not be exposed, and are freely able to express what they feel onto our survey.
- ❖ With the use of snowball sampling as well we will be able to distribute this survey among friends to send to their friends as well as the use of social media
- ❖ Race, social life, and education are the major variables we're looking into and we would be utilizing an ordinal scale and a nominal scale of measurement.



Survey Questionnaire

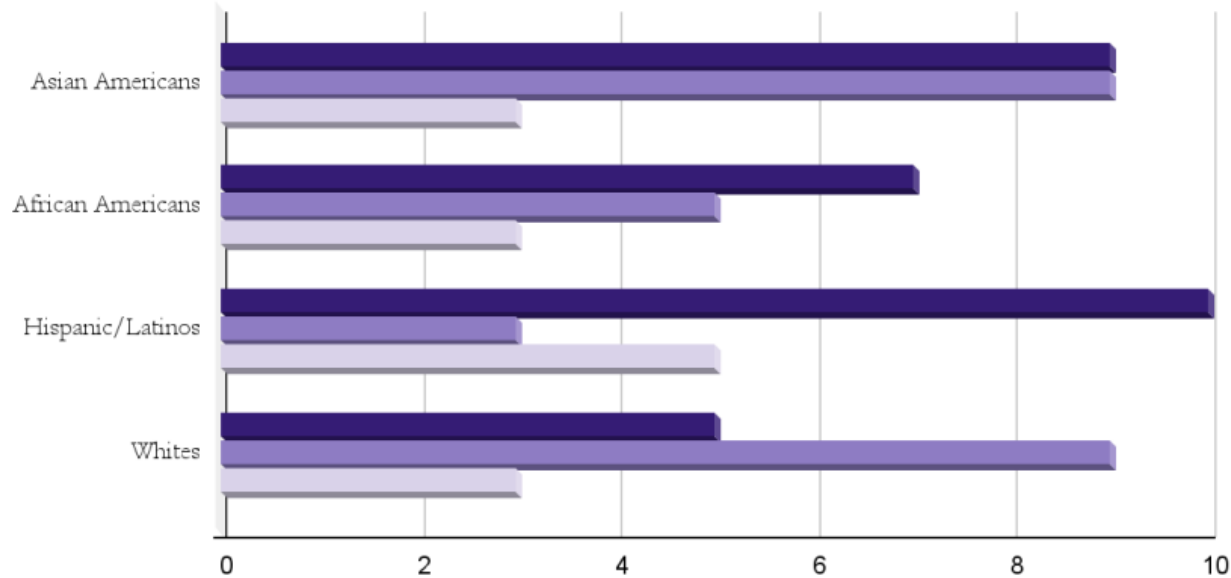
- ❖ Our survey questionnaire consists of these open ended questions:
 - ❖ Have your views of COVID-19 affected any of your friendships/relationships around you? If so how?
 - ❖ How has your experience in education been affected by COVID-19 during and after the pandemic?
 - ❖ Did you face any type of discrimination during COVID-19? If so how did it affect your life after the pandemic has been lifted?
 - ❖ Based on your experiences through the Covid- 19 pandemic, briefly explain how you have been coping with mental health issues
- ❖ Our survey questionnaire also consists of these ordinal style questions:
 - ❖ Since Covid-19, how often have you stressed or felt anxiety about the following: School, grades, or anything related to academics
 - ❖ Since Covid-19, how often have you stressed or felt anxiety about the following: Health of yourself, friends and/or family members
 - ❖ Since Covid-19, how often have you stressed or felt anxiety about the following: Increasing mental health issues (anxiety, depression) due to changes in daily life caused by Covid-19

Schedule

- ❖ We took 12 weeks total to complete this project
- ❖ Within the first three weeks we did an in-depth literature review
- ❖ Then we spent weeks 4 and 5 coming up with our survey design and survey questions.
- ❖ From weeks 6 through 7 we distributed the survey through the use of social media in order to collect data.
- ❖ After collecting responses, from weeks 8 through 10 we were analyzing data, transcribing the data and interrogating our findings
- ❖ Through the remaining weeks from 11- 12 we wrote up our research and came up with our conclusions that we discovered and reviewed the material once more

Effect of COVID-19 Pandemic on Educational Experience

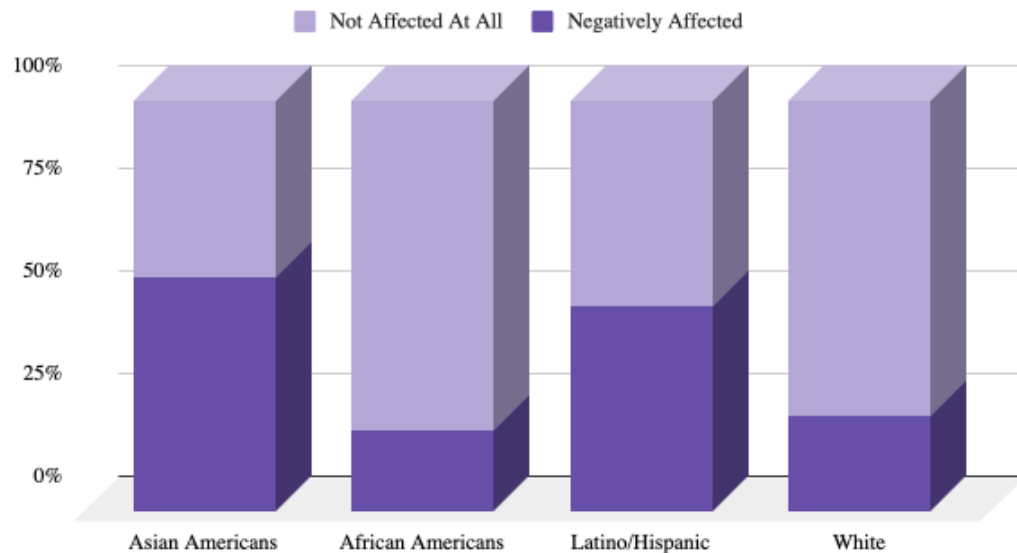
■ Negatively Affected ■ No Effect ■ Positively Affected



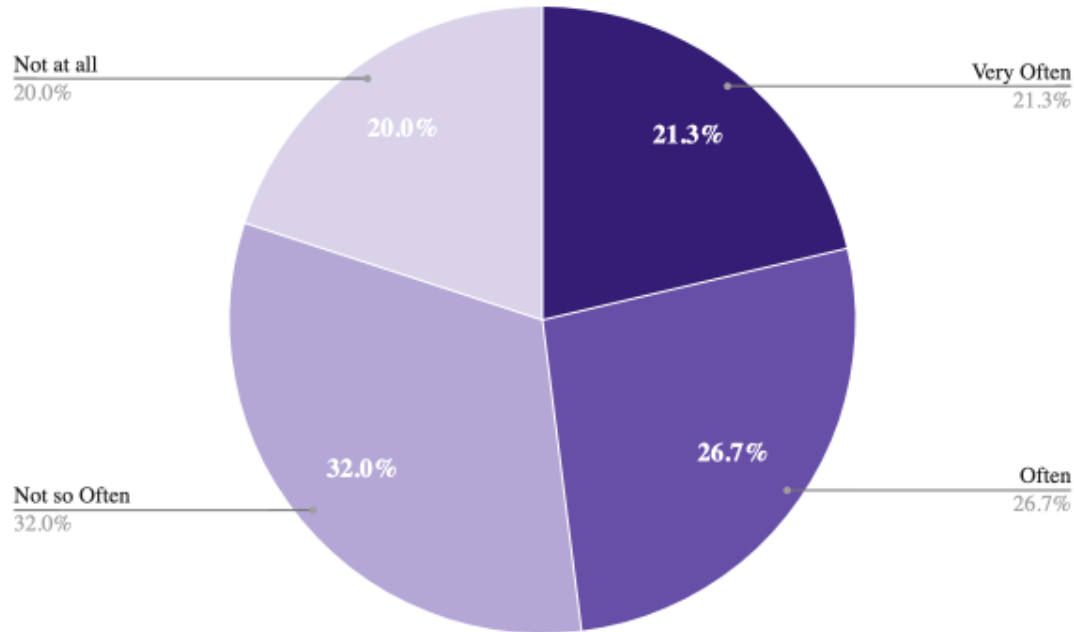
Effect of COVID-19 Pandemic on Educational Experience

Friendships/ Relationships Affected by COVID-19

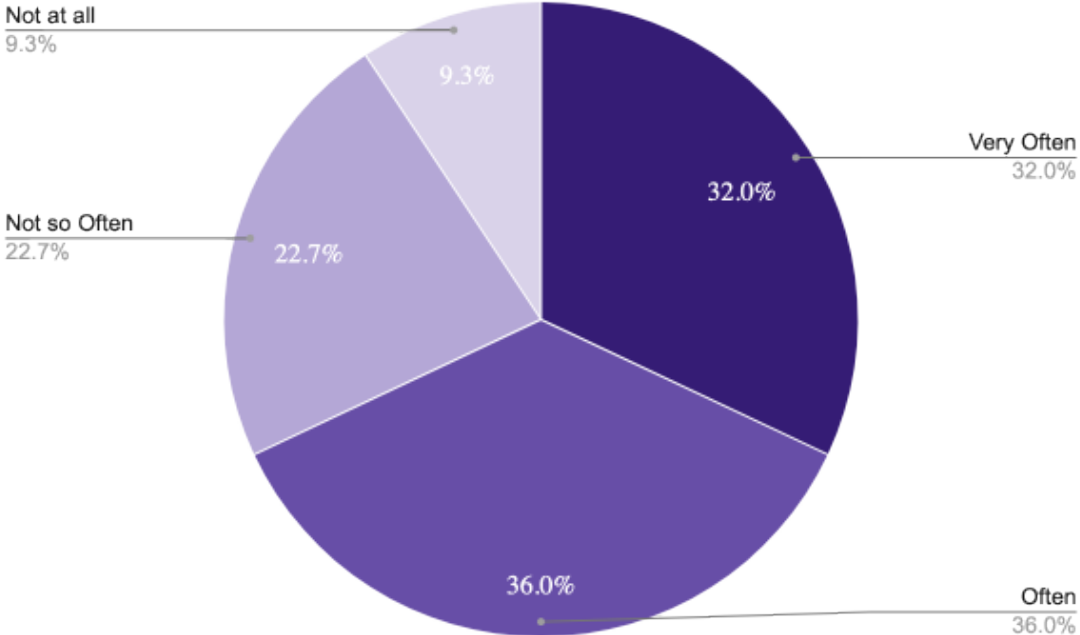
Negatively Affected and Not Affected At All



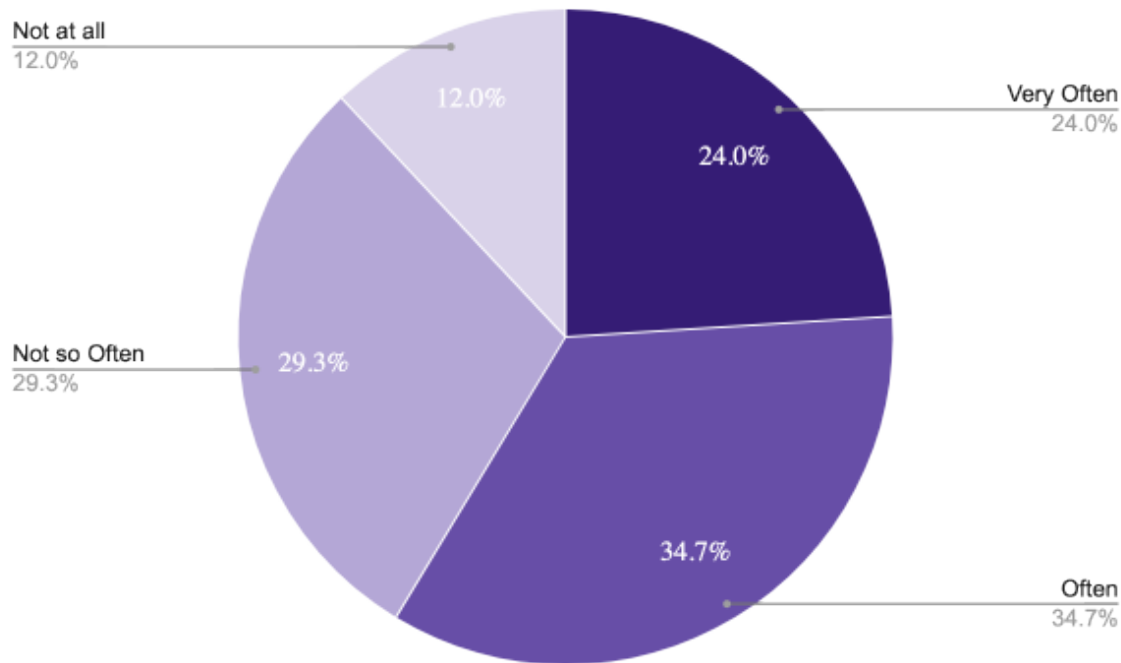
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Since COVID-19, how often have you stressed or felt anxiety about the following: Health of yourself, friends and/or family members



Since COVID-19, how often have you stressed or felt anxiety about the following: Increasing mental health issues (anxiety, depression) due to changes in daily life caused by COVID-19



Findings

- ❖ Our Results showed that while all groups had their friendships and relationships affected, over 50% of Asian Americans and Hispanic Americans had their social life affected. This would directly impact the mental health and emotional well-being of these individuals making it stressful and difficult to overcome these changes because of COVID-19.
- ❖ Education and the learning experience of young adults was also compromised due to the COVID-19 Pandemic. From our research it was clear that over 50% of Hispanic Americans had their education affected, both positively and negatively. Students benefited from this since it gave them more free time and were able to get better grades. This also impacted them negatively as they transitioned from in person learning to online learning causing a decrease in focus within virtual meetings.
- ❖ Our research shows that White Individuals were the least impacted group when it came to changes in Social and Educational experiences from COVID-19. 25% of White Americans had their education compromised but were able to overcome that due to mental health services being available to them. Less than 25% of friendships and relationships were affected among White Americans due to COVID-19

Conclusion

We learned through our research the value of perspective and how far individuals have come both during and after the pandemic. Our research shows that due to the fact that many people of various ethnicities were impacted, they were nevertheless able to find a method to go through these challenges. It's important to consider that life following COVID-19 had an impact on social relationships, educational opportunities, and disruptions in social life. Several races were also impacted, such as Hispanic Americans who had trouble regulating their school experiences. Both Hispanic and Asian Americans saw various changes in their friendships and romantic relationships. This experiment demonstrated that despite how agonizing and terrifying the COVID-19 pandemic was, people were still able to triumph over it. They overcame these terrible experiences by employing coping mechanisms like counseling and self-care.