The Impact of Covid-19 Pandemic to Family Relationship

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Abstract—A family is important because our mental growth, well-being, and stability all depend on our family. That is why it is important that we have a good relationship with our family. This study aims to know how the covid-19 pandemic affected family relationships. This study was performed by 200 random participants in Sitio Poyopoy in Barangay Taloy Sur, Tuba, Benguet, both parents and child. They were given questionnaires by the use of online method to be answered and submitted for us to gather. After gathering, the data was analyzed and interpreted. In Sitio Poyopoy, almost all of the families had good relationship during the pandemic. Most families have gained positive effects on the pandemic than bad things. Several have some issues with their family relationship and the pandemic has worsened it. Findings generally showed that the covid-19 pandemic has had a good effect on family relationships and the common factor that affects their relationship is financial problems.

Keywords— Family Relationship, Family, Covid-19 pandemic, health, symptoms, lockdown, contingency plan.

I. INTRODUCTION

Coronavirus Disease (COVID-19) is a pulmonary illness brought on by the second severe acute respiratory coronavirus infection. As per Lai et al. (2020), SARS-CoV-2. The emergence of in China, COVID-19 starts to spread in December 2019. According to Ye et al., the respiratory tract, digestive system, and mucosal surface can all be routes of transmission for the coronavirus illness.

Ye, et al, (2020). The symptoms that include fever, cough, dyspnea, and diarrhea are early signs and symptoms of COVID-19 infection. The global health crisis of COVID-19 has resulted in numerous adjustments for all families, workers, and communities to slow the virus's spread and lessen its negative effects on the economy, society, and health.

outcomes. This pandemic significantly affected household life. Coping mechanisms involve mental toughness. In the midst of the epidemic (Barzilay, et al., 2020)

Due to the coronavirus pandemic, the whole of humanity is at risk, and we are stuck at home, because of that many people suffer from obscurity, anxiety, and severe stress. Nowadays most people must spend time together at home and this way families are able to strengthen their relationships with each other (Karayel, 2020). Because of Covid-19 pandemic the

social interactions within the family increased, parents can spend more time with their children due to the stay-at-home guideline. Family resilience is built by finding flexibility to react to changing circumstances, leading to cooperation and closer family bonds (Zhang, 2020).

On the other hand, according to Fisher, Languilaire, Lawthom, Nieuwenhuis, Petts, Cole and Yerkes (2020) it should also be acknowledged that 'the family', or 'the home', is not always a safe space. According to Zhang (2020) numbers of newspaper and governmental reports have concluded that the ongoing COVID-19 pandemic has resulted in increased levels of family violence worldwide. The number of children and woman in regions across the world who experience a high risk of physical, emotional, sexual, and domestic abuses increased during the lockdown. Domestic violence has arisen from the detrimental effects on family relationships and experiences, undermining former family structures and having a riffle effect on society (Journal of Family Nursing, 2020). According to Zhang (2020) the factors or pathways that links pandemic and family-violence includes the stress caused by the quarantine which increased the numbers of cases of family violence. It became very critical that it has been described as a "double pandemic and new crisis". Fisher et al. stated that Women who are victims of intimate partner violence often do not report this due to stigma.

The Covid-19 pandemic and global lock downs have fundamentally changed the everyday lives of families but there are many coping strategies that a family can do to strengthen their family well-being (Salin, Kaittila, Hakovirta and Anttila, 2020).

Families must strive to reconcile work and life in the same location as the entire family during the pandemic Fisher and colleagues, 2020). While their kids are at school, parents work from home. As a result, at home, parents and kids should share a space for their activities. On the one hand, parents should prioritize their work to meet their goals and keep their jobs; on the other side, they should become more concerned about money.

The study aims to know the state of family relationships during the lockdown caused by the coronavirus. In this

research, the following questions are assessed and analyzed: (1) What are the positive effects of covid-19 pandemic to family relationships? (2) What is the negative effect of covid-19 pandemic on family relationships? (3) What are the factors that contribute to the effects of covid-19 to family relationships?

Conceptual Framework

According to the stress-frustration theory, a family's decreased financial resources may exacerbate stress, frustration, and conflict in interpersonal relationships, which may raise the likelihood that men may abuse women (Kaukinen, 2020). It implies that the tension inside the family was exacerbated by unemployment and unstable economies. Moreover, the psychological well-being of Indonesians was endangered by the underlying pandemic issues (Abdullah, 2020).

The study also was based on the conservation of resources theory (COR) that risks to resources include a widespread pandemic such as COVID-19 causes stress, which prompts people to look for and safeguard important resources, generally understood to include both material (housing, financial possessions) and connections and well-being are examples of intangible assets (Halbesleben et al., 2014; Hobfoll, 2001). Furthermore, according to the idea of conservation of resources, this loss, prospect of loss, or failure to accomplish predicted Gains cause anxiety.

The stress model, which served as the study's foundation, states that in order for a family to develop and maintain an adaptive coping mechanism to deal with the challenges posed by the pandemic and ultimately achieve a level of family well-being, they must actively work to balance external stressors with personal and family resources and a positive outlook on COVID-19. In order to attain and increase family welfare and resilience before and after pandemic occurrences, mental health and prevention from the danger of mental disorders were required by combining individuals, families, communities, and government (Murthy, 2020).

Objectives:

This objective aims to identify the impact that has helped families cope with the challenges posed by the COVID-19 pandemic.

- The role of family support networks, such as informal caregivers, neighbors, and community organizations.
- The importance of flexible work arrangements, virtual social connections, and online resources for maintaining family relationships.
- The impact of positive coping mechanisms, such as humor, gratitude practices, or shared activities, on family well-being and resilience.

Statement of the Problem

The aim of the study was to assess the impact of covid-19 pandemic on family relationships.

Specifically, the study sought to answer the following questions.

1. What is he positive effects of the covid-19 pandemic on your family relationship?
2. What is the negative effects of covid-19 pandemic on your family relationship?
3. What are the family problems that affected the family's relationship with each other?

II. METHODS

This research is quantitative research. The researchers used descriptive design that focuses the study at the present condition. The authors define the descriptive research method as a basic research method that examines the situation as it currently exists. Descriptive research involves identifying the characteristics of a certain phenomenon based on observation or investigating the relationship between two or more phenomena.

In this descriptive design, the researchers chose descriptive survey because it signifies the gathering of data regarding present conditions. Descriptive research collects information about various topics through surveys. The purpose of this information is to find out how different conditions can be achieved between these substances. This way, the researchers can describe the qualifications possessed by the employed demographics of this community.

Population and Sampling

This research paper was conducted in Sitio Poyopoy Barangay Taloy Sur, Tuba, Benguet on random families. This will only include the 200 representatives of each family. The locale was chosen based on the most convenient place that the researchers can easily get into. Since there are strict protocols because of the covid-19 pandemic, the researchers chose the nearest area to conduct their survey.

The researchers properly chose the tool to be used in order to obtain their goal for their research. The researchers lending survey questionnaires and do some informal interviews with the randomly chosen members of the family in Sitio Poyopoy. The questionnaire and interview were conducted online.

Scope and Delimitation

The scope of the study is to assess the impact of COVID-19 pandemic to the family relationship in Sitio Poyopoy Barangay Taloy Sur, Tuba, Benguet.

Delimitation
Geographical Limitation:
The study is confined in Sitio Poyopoy Barangay Taloy Sur, Tuba, Benguet.
Time Frame:
The research is conducted over a period of 3 years from now family are still adjusting for the experiences and the children are adjusting for the full face to face education until now.
Focus on COVID-19 Pandemic to family relationship:
The study specifically identifies the impact of COVID-19 on family relationships.
Data Collection Procedure
First, the researchers prepared the survey questionnaire and presented it to the panel members for corrections,

suggestions, and acceptance. The panel members approved the finalized tool. The questionnaire was then given to the persons randomly chosen by the researchers online in the form of Google Docs and for some informal interviews a messenger app. After that the survey questionnaires are recollected for the data and information.

Definition

Anxiety- Psychological and physiological worry, nervousness or fear.

Pandemic- is an epidemic that has spread across multiple countries or even continents, usually affecting a large number of people.

Social Problem- is a situation that affects a group of people and is considered to be undesirable or harmful by society.

*Stress- is d*ifficulty managing emotions or coping with daily demands.

Treatment of Data

After the survey questionnaires collected, the researchers analyze the answers to know and understand the different perspective of family members about the impact of covid-19 pandemic on their own family relationship. The researchers treated the data in a prototype, sociological and formalistic approaches in where each of the detailed answers from the questionnaires was analyzed and interpreted properly. After that it will now then be properly organized by the researchers to further compare the answers.

Ethical Considerations

Before conducting the study, the researchers undertook the following procedures to ensure ethical considerations in the conduct of research. The researchers secured the written permission to float the research instruments from the appropriate authorities. A letter accompanied the interview instrument given to the target respondents indicating among others to wit: the participants identity was not divulged in the current study in compliance to the provisions of the Data Privacy Law; all information and data from the respondents of the current study shall be held in strict confidentiality; when the respondents answered the interview, that means they agree to participate in the study as respondents; the responses in the interview were presented in aggregate form and not as individual perceptions; and, the research was primarily for academic purposes only. The researchers declared that all the materials or findings borrowed from other sources and included in their research were properly cited and acknowledged.

III. RESULTS

TABLE 1. The positive effects of the covid-19 pandemic on your family relationship

Indicators	Frequency	Percentage	Rank
1. My relationship with my family became healthier and stronger.	190	95%	1
2.The pandemic gave us the chance to have more time to be with our family.	184	92%	3
3.I have spent more time and effort maintaining my family relationship.	188	94%	2
4.I was able to know better	183	91.5%	

Indicators	Frequency	Percentage	Rank
or discover something about my family members because of the lockdown?			
5.I become closer/ able to bond with family.	183	91.5%	

TABLE 2. The negative effects of covid-19 pandemic on your family relationship

Indicators	Frequency	Percentage	Rank
1. I quarreled/fought with my family members.	48	24%	1
2. I have experienced physical abuse.	4	2%	
3. I have experienced sexual abuse.	2	1%	
4. I have experienced mental abuse.	17	8.5%	3
5. I felt stressed or depressed being with my family.	27	13.5%	2
6.I felt lonely being with my family.	10	5%	
7.I felt disappointed being with my family.	13	6.5%	
8.I felt like invisible/ no one to my Family.	11	5.5%	

TABLE 3. Family encountered some problems that affected the family's relationship with each other

Problems	Frequency	Percentage	Rank
1. Have your family encountered some problems that affected the family's relationship with each other?			
Financial problems	158	79%	1
Health problems	58	29%	2
Mental problems	15	7.5%	3
Abuse problems	1	0.5%	
Others: None	11	5.5%	
Social problem	2	1%	
2. What are the factors that make you feel stressed or depressed?			
Work problems	62	31%	3
Academic problems	75	37.5%	2
Financial problems	98	49%	1
Love problems	47	23.5%	
Health problems	18	9%	
3. What are the factors that make you distant from your family?			
Stress	64	32%	2
Anxiety	38	19%	
Fear	55	27.5%	3
Nothing	93	46.5%	
Others: Disappointment	2	1%	1

IV. DISCUSSIONS

Table 1 displays descriptive statistics of 200 representatives from each family participated in the survey we did including 58 (29%) mothers, 43 (21.5%) fathers and 99 (49.5%) children. Eighty-four of the research participants (42%) were male and 116 (58%) were female. Regarding their employment status, 83 (41.5%) are students, 78 (39%) are employees, 21 (10.5%) are self-employed and 18 (9%) are unemployed.

As seen from the result, indicators number one ranked as the first, gaining 95% of the participant. It means that 95% of the participants think that the pandemic has made their

relationship with their family healthier and stronger than before. In relation to the result (Lee & Ward, 2020) mention that the situation changed the work routine as work from home was strongly encouraged which gave an increase in time spent with children at home, higher feelings of closeness. And Gunther-Bel et al. (2020) found in a study that parents reported improved relationships and reported that families needed more resilience during COVID-19.

The second question has gained 92% ranking the third place. This shows that most of the participants had the chance to bond and to be with their family because of the pandemic. For the last question, it was ranked second because 94% of the participants agreed that during the lockdown, they spend much of their time and effort maintaining their family relationship.

The result of the study confirmed the discussion (Rabacal et al., 2020) that the family is one of the social institutions that was strongly affected by the coronavirus (COVID-19) pandemic of 2019. During periods of lockdown, most of the population in COVID-stricken countries were required to stay at home, with their families, for long periods of time.

In table 2 As the result shows, the first question ranks in the first place for it gained 24% of the participants. This implies that 24% of the participants have experienced fighting with their family members during the pandemic. The second question gained 8. 5%, ranking third place shows that participants have experienced mental abuse. And lastly, the third question ranked second, gaining 13.5% of the participants. This shows that some of the participants felt stressed or depressed being with their family. Staying at home may make parenting more stressful, especially for working parents who must multitask between taking care of the household chores and coping with other stressful situations as paid employees.

In addition, with COVID19 , unemployment has been reported to worsen financial conditions, leading to financial insecurity and hardship for many families (Chi Chen, Byrne, & Vélez, 2022). During the COVID-19 pandemic, many families are experiencing a constant and pervasive sense of loss: tragic deaths and the threat of losing loved ones; loss of physical contact with family members and social networks; loss of jobs, financial security and livelihoods; loss of pre-crisis lifestyle and loss of hopes and dreams for the future; and loss of normal sensation.

With economic hardship, economic depression, unemployment, poverty and additional stressors such as childcare and homeschooling, social distance and family isolation, opportunities for domestic violence have increased (Kaukinen, 2020). Family members with lower economic income, lower educational attainment, and lower occupational status are more likely to experience family violence, including family conflict, financial hardship, high stress, lower emotional well-being, and inadequate support during physical removal or detention (Zhang, 2020).

As to the result of the study domestic violence related to mental and physical health may happen during the COVID-19 quarantine. Family members lived in difficult situations during the pandemic, which increased the risk of overexposure, increasing stress, anxiety and instability. Many countries, including China, Brazil, the United States, and Italy, have reported increases in domestic violence during the pandemic, which may be the "tip of the iceberg" because many victims lack the freedom to report abuse (Campbell, 2020).

According to the results, the top three problems that participants' families faced during the pandemic were financial issues (cited by 79% of respondents), health problems (29%), and mental health issues (7.5%). These findings suggest that financial struggles were a significant challenge for many families, likely due to widespread job loss or reduced income. The health problem may have been exacerbated by people's reluctance to visit hospitals due to concerns about contracting COVID-19. Mental health issues also emerged as a significant concern, highlighting the emotional toll of living through a pandemic.

These findings of this study have implications for addressing the challenges faced by families during the pandemic. Firstly, the high incidence of financial problems highlights the need for governments and organizations to prioritize providing financial assistance to families affected by the pandemic. Secondly, the fear of visiting hospitals due to COVID-19 concerns underscores the importance of reforming the healthcare system to increase testing capacity, improve infection control measures, and provide accessible telemedicine options. Furthermore, the prevalence of mental health issues emphasizes the need for increased investment in mental health services, including counseling and therapy, to support individuals coping with the emotional toll of the pandemic. Moreover, the study suggests that strong community support networks are crucial in helping families navigate these challenges, and efforts should be made to foster and maintain these networks. Finally, the study's findings underscore the importance of long-term planning and preparedness, including developing contingency plans for future pandemics or disasters, and investing in infrastructure and resources to support affected communities.

The second row shows the top three factors that make the participants feel stressed or depressed. Financial problems ranked first, gaining 49% of the participants. This result shows that having financial problems can really make everyone feel stressed. The second on the ranking is academic problem which is 37.5%. This shows that students are really having a hard time studying due to the new learning system. The work problem was ranked third for 31% of the participants agreed that they are experiencing it. Because of the pandemic many people are not able to work or lose their jobs.

For the third row, it states the top three factors that make the participants distant from their family. On the first rank, the participants says that they are not having or experiencing any problem at all. Ranking second place was stress which was agreed by 32% of the participants. This shows that 32% of the participant were stressed and that makes them distant to their family. Last on the ranking was fear gaining 27.5% of the participants. This implies that 27.5% of the participants were afraid, which is a significant number, and this fear likely contributed to their feeling distant from their family. This finding suggests that a substantial portion of the participants were experiencing a sense of unease or apprehension that was

affecting their relationships with their family members. The fact that fear ranked third after stress in terms of its impact on family relationships implies that the fear was a significant factor in the participants' reported distance from their family.

V. CONCLUSIONS

1. As the result showed, almost all of the families who participated the survey were given the chance to become closer with their family and build a stronger bond. It shows that the covid-19 pandemic has made something good to the relationship of the participants to their families.

2. The result showed that there are some families that are not able to gain positive effect on their family relationship instead, their situation was worsened because of the pandemic.

3. As the result showed, most of the families were experiencing financial, academic, health, work and mental problems that effects their relationship with their family. These problems contribute on the stress and fear that they feel and also the reason for them to be distant with their family.

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