

Economic stress, parenting, and adolescents' adjustment during the COVID-19 Pandemic

Undergraduate Article Critique

Rilee Piper, Texas Tech University

The article that I chose to talk about is called, "Economic stress, parenting, and adolescents' adjustment during the COVID-19 Pandemic." In this article, the key point is examining how financial stress impacted parents and their children during COVID-19. In this article, they picked from parents that have children of the ages 12-18 in the United States to participate. The summary of this article was to demonstrate how the pandemic affected different family's through their economic struggles as well as what children faced while they were in a stay at home mandate. This article provided many different charts and graphs that helps understand each section of families with their numbers.

Some key points that I found after reading this article is how many different children were diagnosed with anxiety and depression after going through a stay-at-home mandate. Another key point I found interesting was the Family Economic Stress Model. "The family economic stress model illustrates the way in which financial stress impacts adolescents' well-being directly and indirectly" (Low & Mounts, 2022). In this model, it showed that low-income families tended to have jobs that the pandemic affected the most which put them under higher financial stress. Parents that stayed at home during this time were to have higher stress levels and financial issues. "When parenting stress was a mediator, the effect was more pronounced the more time families spent at home." (Low & Mounts, 2022)

One area I wanted to relate this back to was Parenting Children in Early Adolescence. Parenting children in their early adolescence years can take a huge effect on children. During these tough times we had during COVID-19 and our children not being able to attend school, parents were to take on that other role of becoming their teacher. This could have been a huge effect on children and their parents' mental wellbeing while not all parents know how to teach their kids in a classroom setting. The second area I wanted to relate this article back to is Parenting in Challenging times. The pandemic was a hard time on both parents and children. In this section we talked about neglect and abuse. With parenting gaining a higher number of stresses during this time, abuse and neglect might come into play with financial stress as well as physical stress by the parents and children.

This article relates in many ways to the overall field of Child Development and Family Studies. Some different ways that this article relates back to this field is overall how children developed differently during the pandemic. For the children that their parents lost their jobs or underwent financial stress or physical stress, it might have taken a toll on their development. Children's development is a huge factor for children in their early adolescent years and the recent pandemic had a huge effect on that. I learned a lot from this article that I didn't know before. Not many know the different affects that the pandemic took on children and their parents in different ways.

Reference

Low, N. & Mounts, N. S. (2022). Economic stress, parenting, and adolescents' adjustment during the COVID-19 pandemic. *Family Relations*, 71(1), 90–107.

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