



Children's and adolescents' reports on their quality of life during the COVID-19 pandemic

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Abstract: COVID-19 has had a significant impact on human life, yet very limited studies have investigated the quality of life (QoL) of children and adolescents during the pandemic. This paper aims to present the reports of children and adolescents (N = 1,474; 10–18 years old) on their QoL during the COVID-19 pandemic in Indonesia. Data were collected using Google Forms and convenience sampling. The instruments measured the five domains of QoL: material, physical, social, emotional, and productive well-being. The data were analyzed descriptively using mean scores, crosstab, frequency, and ANOVA. The results show that the children and adolescents maintained their level of subjective well-being (SWB) and adapted to adverse situations during the lockdown. Boys and younger children displayed significantly higher mean scores than girls and older children. Children and adolescents reported boredom due to a lack of various physical activities, dissatisfaction with school closures, the things they learned at home, and their contact with friends. This study has implications in terms of providing advice to parents, teachers, children, and adolescents for promoting the QoL of children and adolescents during the pandemic.

Keywords: adolescents; children; COVID-19; quality of life

Abstrak: COVID-19 memengaruhi kehidupan manusia, namun masih sangat terbatas studi yang meneliti kualitas hidup anak dan remaja selama pandemik. Artikel ini bertujuan mempresentasikan laporan anak dan remaja (N = 1,474; usia 10-18 tahun) mengenai kualitas hidup mereka selama pandemik COVID-19 di Indonesia. Data dikumpulkan menggunakan *Google Form* dan *sampling convenience*. Alat ukur yang digunakan mengukur lima domain kualitas hidup, yaitu kesejahteraan material, fisik, sosial, emosional, dan produktif. Data dianalisis secara deskriptif menggunakan crosstab, frekuensi, membandingkan nilai rerata, dan ANOVA. Hasil menunjukkan bahwa anak dan remaja mampu mempertahankan kesejahteraan subjektif mereka dan beradaptasi dengan situasi yang tidak menyenangkan selama lockdown. Laki-laki dan anak yang lebih muda memperlihatkan secara signifikan nilai rerata yang lebih tinggi dibandingkan perempuan dan anak yang lebih tua. Anak dan remaja melaporkan bahwa mereka bosan karena tidak memiliki variasi aktivitas fisik, tidak puas dengan penutupan sekolah, tidak puas dengan apa yang telah mereka pelajari di rumah, dan tidak puas dengan kontak yang mereka lakukan dengan teman. Penelitian ini memberikan implikasi dalam memberikan saran kepada orang tua, guru, anak, dan remaja untuk meningkatkan kualitas hidup anak dan remaja di masa pandemi ini.

Kata Kunci: anak; COVID-19; remaja; kualitas hidup

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