

How the COVID-19 Pandemic affects our Mental Health

Introduction

The coronavirus pandemic of 2019-present, has impacted all of our lives in one way or another. COVID-19 is now a major part of history and will be taught to the new generations as a time of isolation and uncertainty in the world. As we all experienced our world changing in the blink of an eye, we had no choice but to adapt to the “new normal.” It is likely that we each experienced very similar days when conforming to all the changes yet we were all still in the dark about the severity of the COVID cases. However, this topic has so much meaning because of how it affected us, as a country, mentally and physically. The pandemic greatly impacted individuals' mental state. These long months, which eventually turned into years, were nothing but masks, online meetings, closed businesses, food and toiletry shortages, etc. Previous studies show the incline of anxiety, depression, and anti-socialness within the country stems from the pandemic. The isolation, no face-to-face interactions, not seeing family and friends, and the scary news exposure are all factors that played a role. Doing this research and gathering these findings brings a sense of explanation to everyone who was negatively affected. This study may bring a sense of togetherness, showing people they were not alone during their depressive state at the time of the pandemic.

Literature review

The mental health affects after news exposure of covid-19

When news regarding the Coronavirus pandemic hit in December of 2019, panic came across the entire country resulting in major distress. Worries from people still having jobs to deep concern that your grandparents weren't going to survive the COVID-19 pandemic. At the peak of the virus exposure, we were concerned about food shortages, job loss, childcare, having enough healthcare workers and beds and the people covering the news never had any solutions to any of these problems for months. It is clear from just this information that the rise in distress came from uncertainty. No one could tell us much information at all in the beginning stages which left us all in panic mode for much longer than we thought.

Before news media of the pandemic, It was observed that constant news coverage over other situations made us feel more assured or safe. For example, in situations like major killings, we are updated, new information is constantly being brought to the media and everything is being done to prevent it from continuing. Things headed in a different direction when the pandemic was publicly covered on the news because circumstances were so different. No one knew how or if we could prevent it so we were at a stand-still for several months. We were uneducated for a long period of time not knowing about a vaccine, now knowing how easily it spread, and not knowing if loved ones could survive.

Data shown after news exposure of the fifteen day stay-at-home order was placed in the United States, was released. Following this news, it was announced that the United States, at that time, had the highest infection rate. Researchers were confident that this was the best time to record certain data regarding this hypothesis. Data showed that people who followed the news coverage of COVID-19 very closely due to uncertainty, had a higher psychological distress index by twenty four percent than those who did not follow COVID-19 news media closely.

Researchers concluded that specifically to the pandemic, more news coverage raised threats and concerns than it did any good.

How COVID-19 affects the mental health of grocery store service workers

We may not have realized it at the moment or may still not have realized, but other than healthcare workers, service workers were the other set of jobs who were labeled as “essential workers” all throughout the pandemic. Grocery stores were required to remain open during the chaotic times of the pandemic. When people were clearing shelves in fear we might not have access to them for months. Things like food, paper towels, toilet paper, medicine, etc. Service workers had to remain calm and do their job despite what may have been going on mentally, as it was a time of struggle for all of us as a nation. Healthcare and service industry workers were put at the most risk for this virus and were most likely affected mentally more than others.

There are many factors that were recorded during the time of the pandemic that contribute to retail/service workers being less educated in this area. Healthcare workers are at least familiar with infection spreading as opposed to retail workers. These workers were put at huge risk due to the face-to-face interactions to help service people efficiently. Using a four point scale, retail workers from Arizona surveyed their feelings of anxiety and depression regarding the pandemic at their time of work. Researchers also used “A Four Item Perceived Stress Scale” to study how they assess stressful life situations.

Researchers also wanted to know how safe workers felt in their working environment. Every store put in place new rules, health codes, safety measures, and violations in terms of the pandemic. There was so much more to be aware of and the effects of that played a role in the psychological stress of these workers. Data did show us that more workers felt safe under their new working conditions. More specific data surveyed showed that a little over sixty two percent of workers felt that their authority figure took necessary precautions in the workplace to ensure safety.

Employee’s in this industry overall recorded that 19.4% suffered from severe mental health disorders during and following the time of the pandemic. When workplaces practiced correct and safe covid precautions it resulted in workers feeling more safe which lowered distress in mental health by 1.4 points ranging 0-12. Feeling safe at work was however the only factor that played a role in lowering stress levels in employees.

The COVID-19 pandemic mental health effects and stressors in first year college students

Many factors come into play when discussing what it is that specifically led to the extreme rises in anxiety and depression in college students. Cases were worse for first year college students, like myself when the pandemic hit. Navigating through obstacles that were new and unfamiliar while in the midst of a global pandemic. This research shows the data and factors of mental health in 18-20 year old college students in North Carolina.

Some factors contributing to increased stress levels within students and universities were financial situations caused by COVID-19, as well as the transition from in person classes to online courses. Distance learning and hospitalizations are two other factors contributing to these rises. Research showed that results seem to be dependent on race, ethnicity, gender, and college status. This article describes the surveyed first year college students as vulnerable, as opposed to returning college students, which is what differs this data from previous found research.

Data collected showed that anxiety symptoms in these first year college students went up 40%, going from 18.1%, which were results before the pandemic, to 25.3% after the pandemic. Like the anxiety survey data, researchers collected results from the depression symptoms survey, which had gone up 48% in first year college students. This shows percentages going from 21.5% to 31.7% after the pandemic. Relating to the previous article discussing retail workers, this data was also dependent on where or if these college students had jobs at the time.

Work reductions were not a contribution to the increase in mental health disorders overall. Students doing distance learning were recorded to have three times more anxiety/stress than they did prior to the pandemic. Social isolation played the biggest factor in these survey results. Studies showed that 16.1% of students surveyed said that they developed more severe anxiety than they had pre-pandemic and 17.7% of students surveyed that they developed more severe depression than they had pre-pandemic. Another factor we thought would contribute to lower mental health levels, were positive covid tests and hospitalizations of oneself or family, loved ones, etc. The data recorded shockingly showed us different and these factors did not play a role in the increased rates of depression and/or anxiety.

Does the COVID-19 pandemic impact parents' and adolescents' well-being?

This research dives into how lives were affected all throughout the pandemic rather than when it was just beginning in its prime state. These studies look at the positive and negative effects that the pandemic might have had on parents and their parenting mannerisms or styles. Going a little further, these studies also show us what could have contributed to these changes. It is inevitable that we wouldn't see changes between relatives occurring once families were forced into the stay-at-home orders time and time again. This brought forced conversation, we were forced to hangout only within our immediate families or who we lived in the same quarters with.

While this experience may bring some families together and help grow those relationships, it doesn't affect every household the same. Many things can cause a person's mood to change negatively, especially being confined to a small space with the same people for days on end. Some factors that can contribute to someone's quick irritability relating to the pandemic are financial issues (typically between the parents), boredom, not being able to do physical activities outside of your home, parents having to homeschool their children due to no face-to-face classes, etc.

Parents have changed their parenting styles during the pandemic and even post-pandemic without realizing the adjustments they had to make during that time because they were necessary. From things like how much they engage with their children, how much support is being given/shown, but this research studies more around the warmth and criticisms families provide. Warmth and criticism are on opposite ends of the spectrum and were what researchers really wanted to put their focus around as these factors are what mainly is affected in families.

Two questionnaires were used to get data for this study, the first one being the "Intolerance of Uncertainty", a twelve item questionnaire. The other assessment researchers did was the "Patient Health Questionnaire", this is often the assessment they use in primary care as well. Data from the first questionnaire shows the negative effects that parents and adolescents faced during the pandemic with their families, the top factors being (1) missing social activities with friends, (2) irritability with family members, (3) concern for the coronavirus in general, and (4) constant news exposure. All these factors resulted in results ranging from 6% to 22% between both groups.

COVID-19 pandemic affects medical students' learning process psychological well-being

Medical students from all over the country were observed and studied just to find the extent to which these students were affected by the uncertainty of the pandemic while learning medical methodology. These medical students included undergraduate and postgraduate students and results were recorded through multiple surveys ranging from learning difficulties to background characteristics. In the midst of the year 2020, just at the peak of the pandemic, these surveys were given.

Like healthcare professionals discussed in one of the articles previously, medical students are exposed and susceptible to the same health risks, dealing closely with the coronavirus but also more vulnerable to the emotional stress/trauma that comes along with it. Where medical students are to be doing labs, classes, hands on learning, etc., it was all replaced with online training for these students due to the rapid spread of COVID. It is a scary idea to know these students had to do much of their studying and learning through online resources because people could simply not be in close contact with one another. This factor alone increases vulnerability for these students and only faces them with more challenges and obstacles to face once their training is completed.

By finding this research on how medical students are affected mentally and physically, researchers can learn what difficulties they face or will come to face in order for us to solve these problems or at least be aware. Students were tested with anxiety and depression screenings, as well as post-traumatic stress disorder screenings. It was recorded that 93.1% of the observed medical students showed symptoms and signs of a mental illness, anxiety and/or depression, OCD, and PTSD. It was also found that 6.30% were observed to have severe depression while 58.50% suffered from mild depression. When tested on any learning difficulties they faced due to the pandemic 95.7% recorded that they struggled while studying and only 4.3% recorded that they didn't notice much of a difference in learning/studying.

Teachers and School Health Leaders' Perspectives on Distance Learning in Physical Education

With every school and class transitioning to distance or remote learning, learning and managing physical education in the classroom is ten times harder. Teachers struggled with how to teach this information online and ensure students were doing the required assignments. Maintaining physical health is important because as you decline physically, just imagine what it may be doing to you mentally. That is why there was such a push to keep children physically active during the stay-at-home orders.

This study focused on what changes had to be made by physical education teachers and studying their opinions on what made teaching this harder once the pandemic hit. These results were observed through qualitative studies on teachers and professionals from California, covering twenty-one different districts. These qualitative studies were done through interviews in the summer of 2020, shortly after schools had transitioned to online, the previous school year ending in that May. The results revealed a theme of four big key factors that seemed to play a role for each interviewee. These four things are teachers felt that teaching physical education online was critical and could be done, also being creative and intuitive were what became most

helpful, to be successful, educators said professional development, admin support, and equipment would be necessary, and finally that these obstacles taught them lessons for the future.

The effects of gender, educational level, and personality on online learning during COVID-19

This next article dives deeper into online learning and the path to perfecting it for educators. It discusses what factors affect how well we learn online, what may hold you back from excelling remotely. This article studied undergraduate and post-graduate students who had very strong communication and personal skills, very creative, outgoing, and openness to new adventures. Gender was also a topic that was studied as it can sometimes determine how we handle situations. It was found that people who carried more of these traits and others like it, had a more successful experience with remote learning.

Effects of COVID-19 lockdown on parental functioning on vulnerable families

Vulnerable families residing in Norway were chosen to study and participate in finding out how much changed within their household during the pandemic. These families were then put into two different groups, one studying what the household was like before COVID-19 and another group being studied during COVID-19. These results show us what contributed to added stress during the pandemic and what did not affect them.

Results found that pre-existing financial issues were not a contributor to added stress during the lockdown, nor did gender of the parents cause a difference. Within the household, it was recorded that the amount of verbal aggression decreased during the lockdowns. Parenting styles were not adjusted or changed negatively according to the article's research.

Research Questions

RQ1: How does constant news exposure over COVID-19 negatively affect our mental health?

RQ2: What factors played the biggest role in either aiding or adding stress to the transition of online learning for students and teachers?

RQ3: What positive and negative effects came from households during the pandemic and how did that affect our mental health?

Methods

The first interview took place at the student center on a slow Monday evening. It was colder and rainy that day. This interview went longer than expected but was able to obtain more information in other COVID-19 areas from asking these questions to this specific interviewee. The interviewee and interviewer often got off track on similar subjects, telling stories and small facts about each other's experiences during the pandemic. Interviewee seemed a little bit nervous but talked quite a bit and went into great detail in each answer.

The second interview took place in Russ Hall on a nice Thursday morning. This interview was shorter this time, very straightforward, to the point answers. The interviewee was able to read the questions before the interview in order to work up their answers a bit which could be why short answers were given. This interviewee gave us more of the unpredicted answers. Although this was a shorter interview, each question was answered to the standard that

was set and gave the interviewer differences to base their research off of. The study took a bit of a turn after this interview in ways of changing perspective on one area.

The third interview took place in my hometown at a highschool. This interviewee went into depth, much like how the first interview went. This interviewee provided very well thought out answers. Much more thorough and honest answers were given, this is where the predicted answers came from. This gave the researcher more detail and confirmation on the gender differences aspect of mental health throughout the course of the study. The interviewer was able to ask the specific interview questions relating to this specific interviewee to gather needed research.

The fourth interview took place in the interviewers house at a later time in the evening. This was the interviewer's youngest interviewee resulting in short and shallow answers but still honest and what was predicted. This interviewee was more on the nervous side but opened up a bit throughout the interview and asked questions. This interview also gave the researcher opposing information, resulting in broadening the study or giving areas for future research. This interview confirmed multiple research questions for the interviewer's study.

The fifth interview took place at the interviewers house. This interviewee gave good, explanatory answers helping my research. The answers were still pretty predictable and what I was hoping for. This interviewer's answers resonated with another interview I had previously so it seems there are some shared feelings between the college students that were affected by the global pandemic.

The sixth interview took place on a wednesday afternoon, with really nice weather and the interviewer and interviewee met in the student center. This interview focused more on a first year college student's experience when COVID-19 hit. The interviewer got answers on how this caused them depressive episodes and anger to be cut from your first year of college early. The interviewer also got research on an essential workers view on workplace safety during the pandemic. The interviewee was pretty broad in explanation to experiences as a first year college student in 2020.

The seventh interview took place in the Student Center, later in the evening. This interviewee was not able to answer all questions as they did not specifically pertain to him. Research was shortened a bit on the topic of safety precautions in the workplace because this interviewee did not have a job at the time. This interview was shorter and didn't go into as much depth as the interviewer would have preferred. A common theme identified after this, being one of my last interviews, it was discovered fear was a shared feeling between household dynamics.

The eighth interview took place at the interviewee's house. This interviewee did not answer questions to the full potential but still provided needed research to include in the study. This interviewee really hit on how the pandemic took control of their senior year in high school, being the "covid class of 2020". The interviewee went into detail about her feelings and mental state towards that. The interviewee described that their household dynamic stayed very strong throughout the pandemic when fear and shock were there immediate reactions to the COVID-19 spread and news.

Results

To answer research question #1, constant news exposure over COVID-19 seemed to make everything more real for the women that I interviewed. Women seemed to feel the pressure a little bit more to keep their families lives going and helping everyone in every way possible. One interviewee stated that "I remember feeling very scared and anxious as a parent." Men on

the other hand seemed to feel more relieved there wasn't as much responsibility on their shoulders. This "lockdown" seemed to benefit them mentally and they liked the anti-socialness of it all. One interviewee revealed to us "I remember feeling at peace that I didn't have to deal with very many people" and "I liked that no one was on the streets". As a result, women felt more scared and pressured to keep everyone above water, the news exposure worried them more than anything. Whereas men took the news like this was a time to relax and not have to socialize much.

To answer research question #2, the common factors that played a role in adding or aiding stress with online learning were the teachers who called their classes quits after online learning was put into use, which aided some stress in students due to the fact they ended that class with an A. One of my younger interviewee's claims "A lot of school just stopped for me after COVID." From a teacher's perspective, adapting themselves as well as their students just "added extra responsibilities that cut into our learning time" says one of my interviewees. Once in person classes resumed, online courses were still available for students not wanting to return face-to-face. This resulted in educators creating two types of lesson plans for the same course, doing twice the work basically.

To answer research question #3, the positive effects that came from the stay at home orders were that it brought everyone's families closer, each family member seemed to lean on each other more than usual, giving them time to bond. Families seemed to have picked up new hobbies together, games, watching tv shows, becoming more invested in each other's lives all around. One interviewee says "My mom and I did a lot of activities, went on walks, and played games." She claims this bonded their relationship resulting in a better mental state while dealing with the pandemic. Another statement solidifying this research question was "Me and my work partner started exercising everyday in the back of our office and it was good to get back into that." The lockdown, workplace rules, and isolation that came with the pandemic brought out some good hobbies that benefited people in this uncertain time.

Discussion

As a researcher, I was slightly surprised by the results of my interviews. It seemed over the media the whole world was sad, mad, and scared. When I interviewed the women I scheduled, they gave pretty predictable responses as far as emotions and nerves go. The men were not as startled as the women were, hearing the constant news exposure of COVID-19. Men seemed to be a little anxious but not a seemingly life-threatening situation for them. It is common to assume women will be more afraid than the men. This theory was proven true after reviewing my interviews. Overall constant news exposure over COVID-19 negatively affected everyone's mental health and caused a rise in stress, just on different levels and their capacity for putting their social skills to use. The constant news exposure did lead some individuals to become mentally unhealthy due to the negative narratives that were being projected. It was common for family households to be in a state of fear and shock when surrounded by the terrifying news.

When adjusting to online learning, my results showed that students as well as teachers struggled to adapt in such a short period of time. Students that I interviewed seemed to slack off more on assignments or would find themselves cheating on assignments in most cases just because it was easier. As for teachers, I noted that this adjustment doubled their workload while they struggled just as much as students to get classes up and running online. When schools went back to in person classes, it was the teachers' jobs to ensure everyone had masks, stayed six feet

apart, and wiped down desks and other surfaces as classes came and went. Overall this seemed to be a more stressful time for educators as they were trying to learn something new while teaching it to their students. Which goes back to my question of the struggles with adjusting to online learning, proving the question because it added stress to all individuals involved.

Limitations

Studying the mental health effects after COVID-19 really put the researcher in a hit or miss position with the interviews. Some limitations faced were individuals being perfectly at peace with isolation, staying inside, working remotely, and having no human interactions for months, which was an unexpected answer. The researcher worked up a lot of questions around the interviewee's feeling negatively towards all the news exposure, etc. of the pandemic. Another limitation faced while interviewing was that the researcher could only interview eight individuals, which gives a limited amount of answers to the interview questions. The researcher faced a time limit to get research gathered and calculated, also scheduling around the interviewee's busy schedules. The researcher had originally planned to look into medical students and how they had such a learning curve going from a very hands on major and courses to all remote learning, the researcher unfortunately ran into some limitations arranging interviews for those which limited a part of the research.

Areas of future research

Areas of future research include studies focused more towards mental health after the pandemic died down rather than studying mental health during the pandemic specifically. Medical students were initially part of the study but no research was found. Gathering research from med students and their adaptation to remote learning. Future studies diving deeper into the gender differences on mental health affects during COVID-19. Looking closer into why men and women viewed the time of the pandemic so differently. An area that was not studied as much in this paper were the positives that came from the pandemic. The last area of future research would be looking into interviewee's that live in a bigger city where more drastic changes were probably made during the time of the pandemic.

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Interview Guide

IQ #1: What type of major physical and mental changes did you notice in yourself after news of the pandemic became worldwide and was constantly being covered by the news?

IQ #2: How did you/or your family cope with the uncertainty of the pandemic? What factors or practices benefited you/your family during this scary time?

IQ #3: What kinds of personal adjustments did you have to make in your workplace during the time of the pandemic to practice safety?

IQ #4: How did you have to adjust your learning techniques/ability to adapt to online learning?

IQ #5: Explain your adjustments in the household once the COVID-19 pandemic hit

IQ #6: How would you describe the dynamic in your household pre-pandemic to during and post the pandemic?

Interview Transcriptions

Interview #1:

Unknown 0:01

Okay, so I'm just going to be asking you a few questions that have to do kind of with COVID the pandemic, your benefits your mental health, just kind of how you dealt with the whole situation. So my first question what type of major physical and mental changes did you notice in yourself? After news of the pandemic became worldwide it was constantly being covered by the news.

Unknown 0:33

Um, so I felt like I kind of I don't know I went with what everyone else was just kind of doing like freaking out and

Unknown 0:54

I just remember feeling very upset because it was my first year of college I was a freshman and that really depressed me just having to leave college because I thought I was going to be getting that fun experience and I wasn't anymore and it was cut short kind of right at the time I was getting used to things getting in to a routine, stuff like that. Okay. So how did you or your family cope with the uncertainty of the pandemic? So we really just leaned on each other in this time. We didn't really see extended family much just because they don't live close. So it was just the five of us. being lazy. I mean, we're cooking, like playing games. Just you know, the basic stuff. All right, and what factors or practices benefited you the most during this scary time? So what really got me through was my family for sure. I had a, like an essential I was an essential worker I worked in retail and those stores did not close we had to stay open. Throughout the entire pandemic. We had to wear masks but I was pretty occupied. So with work and online school and adjusting to that, but what benefitted me is probably just, you know, knowing everything, everyone was kind of going through the same thing and everyone was scared just like I was. And what personal adjustments did you have to make in your workplace during the time of the pandemic since you kind of brought that up? So we had to wear masks at all times. For a while our customers had we they were required to wear masks also. But that was shortly lifted because people were not cooperating. So workers had to wear masks. Customers didn't I mean, really, we tried to keep six feet apart from each other but working in like boutiques and retail that's really difficult. Um, just when you already are limited to space. We, you know, extra cleaning practices we had to do. I really think that was about it. I think we like every now and then we had to do COVID tests just to make sure you know none of us had it and we're asymptomatic. And then since you kind of brought up online school, how did you kind of adjust your learning techniques to adapt to that? So I really remember falling hard that semester. I don't think I succeeded very well. My motivation and my work ethic just was not where it used to be. I really liked online

learning. Honestly, though, just because I could kind of do it at my own pace. And this sounds kind of bad, but also like my teachers didn't really know what they were doing and I didn't really know what I was doing. So it was really just kind of like turning what you can what you know how like, it was just all very everything was everyone was leaning at and yeah. Okay, and then real quick, just explain your adjustments in the household. Once the covenant to pandemic hit. adjustments in the household. I mean, obviously people weren't coming over. I know like when me and my dad actually got the virus in October, the October following the pandemic, that first October and

Unknown 5:23

I mean ever I had to stay in my room by myself. No, no one came in my room to talk to me. Other than like, maybe bring me food. You know, we would wear masks we wouldn't be close by and it was just so weird because it's like I live in the same house as you guys but I have to be locked. away in this one little room so that you guys don't catch it. So it was just such a weird feeling being isolated for so long. With really nothing to do and all you saw on your phone was stuff about COVID you just could not escape it. And then how would you describe the dynamic in your household pre pandemic to during and post the pandemic? So pre pandemic you know, we obviously did not practice you know sanitization as strongly as we did during and post the pandemic like extra cleaning, which is always going on anytime. One of us had like, left the house and came back in case we brought something back with us or like you know, it was all just like, it was very normal before you know, we would all go outside all the time constantly, you know, our neighbors would constantly be coming over we just lived in a busy neighborhood. But you know, there were lots of kids and middle aged parents, so everyone was just kind of friends with each other on the block. So we know that obviously stopped we didn't have group gatherings anymore. After So, okay, well, I think that is about all that I've got. Thank you so much. You're welcome.

Interview #2:

Unknown 0:01

Okay, so my first question is going to be, um, so like compared to before COVID When you had like all learning in person in the classroom, how did you have to adjust your learning techniques and abilities to all online? Like how did you changed the way that you learn? Did you have to study differently? Um, did you ask your teachers for more help?

Unknown

I mean, I didn't really have to do anything different. We didn't do a lot like online wise. I mean, a lot of school for me stopped, like, like your teachers. They just that timer. We didn't really do anything and make extra efforts. Yeah, for you.

Unknown

Yeah. Okay. So my next one's gonna be um, so what factors or practices benefited you the most during this time? So what did you do to like, keep yourself happy and not bored in the house?

What types of things

Unknown

I hung out with my family a lot. And I, me and my mom went and did a lot of like activities, like went on walks, and we played games all the time.

Unknown

Yeah, so was it hard not seeing your friends, like you normally do on a day to day basis?

Unknown

Yeah, I still got to see a lot of my friends. We did have to like, stay six feet apart when we hung out most of the time. But other than that, I it was kind of the same how it was for still just the same because, I mean, I was still a kid, so nothing really changed.

Unknown

It wasn't that different to you?

Unknown

Yeah.

Unknown

Okay. Next, what type of major physical and mental changes did you notice in yourself after you found out about the virus?

Unknown

Well, obviously I was worried about it, and I didn't want it to get bad, but when I first heard about it, people would tell me Oh, nothing's gonna happen. It's not gonna spread, but it's gonna blow over definitely did. And just kept getting worse and worse and worse. Yeah. So just I was very worried. But then when like we quarantined stuff. It wasn't all that bad. It didn't really affect me. Just because, I mean, I didn't have like, a whole lot outside of like, what I did before that change, and I guess what about like,

Unknown

you exercise quite a bit. So did you notice like, more of a depressive state where you didn't feel like exercising or did exercising help you keep yourself busy and take your mind off?

Unknown

Yeah, I exercised. Not as much, but I still tried to go on runs and work out as much as I could cuz that's just what you couldn't go to like the school gym. Yeah. I mean, I just wanted to track was the time remember yourself? Yeah.

Unknown

Okay. Next is my last question. So explain kind of the how the dynamic in your household changed from before the pandemic to after.

Unknown

I think, as a whole like our whole family got closer, like I, you know, still a kid and everybody else is older in the house. So I don't like I didn't connect as easily with everyone else, because you guys all had like topics that we understood. And I'm an elementary so it was. So I feel like after that, I just got a lot closer with my whole family. And I feel like we took the time to like, do things together like we started playing. You guys started playing like oh, we shut up like hot car cards or something. Yeah. I feel like we all tried to like, watch more shows together play games. Me and mom tried to like do Bible study things. That's cute. I just started leaning on my family more, I guess and then I feel like everyone realized like, in that moment, like your family is really all you have. Yes. Like if you can't go outside. You're stuck with it. You got inside.

Unknown

Yeah. Okay, well, that's it. Thank you.

Interview #3:

Unknown 0:01

Okay, ready? All right. What type of major physical and mental changes did you notice in yourself after news of the pandemic became worldwide and was constantly being covered by the news?

Unknown 0:13

The main thing for me was just the emotional response like I remember as a parent feeling very scared. I remember just being anxious and nervous. And as it persisted, I remember feeling depressed, like, knowing that the world was changing, and probably never going to be this quite the same again, even you know, once it was over, and there was just so much uncertainty as to what the future was going to look like. Because we'd never you know, my generation had never been through anything like it before. So it was just I guess, mainly it was scary.

Unknown 0:55

What about physical changes? Did you read Did you stop exercising? Eating habits.

Unknown 1:03

I don't think anything really changed for me that much in that way. I mean, I've eaten the same way for like 25 years, but I honestly don't recall if I was working out at that point in my life or not. I don't remember I don't remember anything significant changing in that way, at that time.

Unknown 1:24

How did you and your family cope with the uncertainty of the pandemic

Unknown 1:31

will be you know, most of our response was, like, mandatory like a forced mandatory response. You know, we just had to comply with all the new rules and regulations. So, you know, it was very isolating. And I remember can you restate the question?

Unknown 2:01

How did you and your family cope with the uncertainty of the pandemic?

Unknown 2:06

I just remember we, you know, it was the center of our world at the time. It's all we talked about everything we did or didn't do centered around what the status of you know, our city

Unknown 2:22

was in what the news was

Unknown 2:25

saying neighboring states that

Unknown 2:28

you know, don't worse right. So what things or practices benefited you and your family during this time? So what made it easier to get through?

Unknown 2:43

Well, after a bit of a learning curve, also, number one, I think the most the thing I was most thankful for those that dad and I had jobs that we didn't lose because of the pandemic. We weren't affected, you know, employment wise in that way. I mean, the way we worked was different, but we both still had jobs. So number one, grateful for that. Number two, one of the things that I remember being the most I guess, memorable is how we transitioned to online learning. And it was just so it was so not finding the right word in the moment, but like what we had to do to get to a place of learning online, it was just there was just such a huge learning curve, and yet we all did it. So it was pretty groundbreaking in that way. Because, you know, part of it was it was forced, it was mandatory like we didn't have any other options. Time is really incredible to watch that whole transition everyone

Unknown 3:58

adapt political full New World. So that kind of leads them to like the Online Learning questions. So how did you have to adjust your specific learning techniques and abilities to adapt to online? Oh,

Unknown 4:17

no, that was the hard part for me because, as you know, my generation didn't grow up with technology. I feel very uncomfortable in front of the camera. So to teach online, in a virtual classroom or to record a lesson. I hated it. I felt very uncomfortable. It gave me a lot of anxiety, but at the time that like I had to do those rolling options, and so it was scary in that way because, and I also felt like I was far less effective than I am so I don't you know, I I was proud of myself for doing what I had to do because it was hard for me

Unknown 4:55

because a lot of teachers just stopped teaching their courses once they had to go online and give their students A's and call it good. Because they couldn't, you know, change.

Unknown 5:04

It was hard, no doubt about it. And you know, I'm proud of myself for you know, making the strides that I did, could I have done better? Absolutely, but I did it. So, that was

Unknown 5:17

an all your little students are so smart. Just be walking along. Okay. And so what kinds of personal adjustments did you have to make in your workplace during the time of the pandemic to practice safety?

Unknown 5:31

So in our school, as a teacher, as an educator, you know, the biggest things were trying to manage a classroom of students and try to have everybody six feet apart, you know, pretty much impossible most days. The cleaning of the desks, we had to clean the desk after every class came and went. So you know, it just added extra responsibilities. To the day that cut into our learning time. And necessary for sure, but, you know, it just changed the whole structure of the flow of the day. And we worked remotely on Wednesdays, the year that we came back, so that was different. And it was our saving grace, because, you know, I was teaching three classes in the classroom. It really equaled six preps because I had to make my lecture and my assignment and my lesson plan for my online class, but then, you know, it was a different lesson for the classroom because, you know, I just structure them differently. So it was like, twice the work.

Unknown 6:49

Okay, um, I'll ask you one more question. So how would you describe the dynamic in your household pre pandemic compared to the dynamic in your household during and post pandemic?

Unknown 7:05

It's interesting you ask that because you know, I don't know before the pandemic was just normal, like, life was just normal, and it was good. And then during the pandemic, it was scary and uncertain, and I was anxious. And I was mad. It's, you know, at times to just so tired after a year in worrying the mouse and

Unknown 7:33

extra precaution and it seemed like we were getting nowhere

Unknown 7:35

and stuff still getting canceled and it was just like there's no end in sight. And so as we enter like this year, which is a full normal school year, I feel like I should feel back to normal. And last year, too, and for some reason, like last year was just a really hard year. I think it's because expectations wise, I expected to feel the way I did before the pandemic, but I didn't. And so I don't know I honestly felt down sad, depressed a lot last year, for no reason that I can really identify specifically. And I just keep thinking it's because the way I expected what I expected life to be like, and the reality of it just weren't the same. And then the other thing that we're battling

specifically, like talking about my job or education is that kids are not acclimated. You know, they haven't been in a normal classroom for two years. And so now we're battling behavior issues and socially and emotionally immature kids, and so they're not used to a structured classroom and so, like we're fighting some extra battles there that we didn't used to have to fight and I think it's because of COVID.

Unknown 9:00

Guarantee. That was my last question. Good job. I hope I do. Okay.

Interview #4:

Unknown 0:03

Okay. All right, what type of major physical and mental changes did you notice in yourself after news of the pandemic became worldwide and was constantly being covered by the news?

Unknown 0:15

So the main physical changes I feel like I started exercising some then. And then mentally like I would just have much more peace because I didn't have to deal with other human beings very often. And so my peace of mind and my calmness was much like better like I really enjoyed it.

Unknown 0:38

Nice, nice. All right. How did you or your family cope with the uncertainty of the pandemic?

Unknown 0:46

Well, the main thing I remember is everybody was always home. I remember we bought like backyard games to play, like badminton and volleyball. And I remember it being like kind of fun, because we were always just all together.

Unknown 1:02

All right, what kinds of personal adjustments did you have to make in your workplace during the time of the pandemic to practice safety?

Unknown 1:09

We had to lock our doors we could only allow one customer and at a time we had to wear a mask and we maintain six feet between us and our customers. And after they left, we had to wipe down the desks and chairs before the next customer could come

Unknown 1:26

in. Okay,

Unknown 1:29

and then we had a little bit of time where we got to lock our doors and Marlon came in.

Unknown 1:35

Nice. Okay, now explain your adjustments in that household once the COVID 19 pandemic hit.

Unknown 1:45

I don't think we really had any adjustments are there and we were all just here all the time and no one came over. And I thought that was pretty awesome.

Unknown 1:56

Okay, and finally, how would you describe the dynamic in your household pre pandemic, to during and post pandemic?

Unknown 2:08

I think we got closer as a family during that time. And post pandemic I feel like it was a real struggle to get back into the normal routine routine. Getting used to go in places again and have to deal with social anxiety stuff.

Unknown 2:26

Oh, yeah. Okay, um, I'm gonna ask you one more question. What factors or practices benefited you or your family during the scary time so like what certain coping mechanisms helped you get through? Like you mentioned exercise, the

Unknown 2:47

best part was gradient I in my work Mark partner started exercising every day in the back of our office. And it just was like good to get back into that. Beautiful I hope that helps.

Interview #5:

Unknown 0:00

Okay, it's fine. Okay, so my first question what type of major physical and mental changes did you notice in yourself after news of the pandemic became worldwide and just constantly being covered by the news?

Unknown 0:14

I really honestly thought you're gonna make me laugh. Sorry. So just having a conversation Yeah. So, right when I heard that news, I actually was kind of happy, really knocking about the virus but because of the lockdown. I really liked the lock down because first off, nobody was driving anywhere. So all my driving all my car buddies, we all got together we just drive everywhere and gas is cheap, and we just drive and drive and drive and blast. So that kind of like helped your mental. Oh, yeah, I'm sorry, because you're not cooped up, you know, distracted. Yeah, exactly. So the other one was getting out in fishing. I fished so much a lot of free time. Oh, yeah. Especially with online school. It was just like, you know, you just you meet or you meet yourself and you turn off your video, and you just have it in your pocket. And I'm out there fishing. And when they asked me a question, I sit down I'm like, Oh, yeah.

Unknown 1:26

Makes total sense. Yes. Yeah. Oh,

Unknown 1:28

you know, that's one I had to like, be chill about it. You know, like, Yes, that sounds like you're really Yes. I know. You're paying attention. I was doing that. More than I probably should have important classes. But anyway, so that was basically what I did to like mentally distress. There was like times where it's like, you know, it was like, you know, like, I can't go into this because people are freaked out about the virus. can't hang with friends at our hangout place. But other than that, like we can even when we were driving, like we were gonna go take pictures in like a parking garage. Nobody's there. But they kicked us out. And I remember him. He's like, Do you guys hear there's a virus going around? And we're like, yeah, and then we parked in the street and they told us we kind of park there either. And I'm like, what? Wait, I don't think they knew what it was. At that point. I freaked out a little. I'm like, is this gonna be like a bolo? You're coughing up blood. And so at that point, I'm just driving right? So but no, anyway, but that's basically my, my mental my mental change. Okay, if you know, hasn't really changed since then.

Unknown 2:51

That kind of leads into my next question. I'm talking about online learning. So in what ways did you kind of have to adjust your like, techniques of learning to do it online or remotely?

Unknown 3:04

Well, so right after so that happened right at the end, or middle of a semester at March, march? Yeah.

Unknown 3:14

Like the second semester ish,

Unknown 3:16

I guess. Yeah. So like, we were all switching to online. A lot of classes just call it quits. Your grade was amazing. That was so after that, that next semester, I took 20 credit hours. And it was eight classes. All right. Yeah. My, my paper, my plate was full. And so and so. Basically, having eight classes on my plate and living at home and not being able to go out anywhere. It was just like I had to have a big whiteboard to keep my eye out. yeah, keep meant organized and organized. It's like saying, Oh yeah, yeah, honestly and so I'm just sitting there, I'm just, you know, spraying down stuff and it was crazy just in my room, you know, but other than that I am so mine in one or two classes were hybrid and then even then they were so strict on everything Oh yeah I had I was taken watercolor yeah take that online it wasn't on my hybrid so we went in but this guy was crazy like he was nice now he wasn't even that nice. I was just like, Man, I don't know if he's married and he was like, I'm married. I don't know how. Exactly.

Unknown 4:42

There's so many teachers. I see your kids.

Unknown 4:47

You're a dad. No, but anyway, we sort of this is a crazy thing. So it's art like watercolor, but he takes it professionally. Like it's a professional water. Like, it's like finger painting. Like, what does me get in there? And I'm like, he's like, Hey, does anybody need a sponge you know, to use on tour. wipe down. Yeah, I might need one, you know, and so he tosses it to me in the air. I catch it. And he points at me and says you owe me 75 cents. I'm like, you know like whatever you know it's funny, you know, and then he's like, I'm serious, I expected at the beginning of next class and I'm. Wash this one off and give it right back, you know, clean up, put, put whatever disinfecting, you know, give it and he's like Nope No, I'm just like so at that point I knew I had I'm already too deep into the class like I want an A. And he said he's never given a out to anybody. He always gives them the pluses if they're really really good teaching yeah. Oh yeah right so the thing is, is that I pay him I give him the 75 fine three quarters here. Happy Yeah, actually I bought him a new one because it was hideous. Basically, at the end of the semester, I text them and I'm just like, hey, I really need an my dad's friend did this back in college and he got away with it. And he had a D and got it up to an A Just by texting and emailing yeah so I did that same thing I'm just like hey I'm like really in a bind here like if I don't get an A in this my GPA it's gonna have

Unknown 6:56

You know, and I gotta be entertaining. Yeah, I'm just like the one

Unknown 7:09

teacher that's super nice. You like take because you expect an easier?

Unknown 7:14

Exactly. I'm just like I want to easy be who? Exactly? Yeah. I mean, the like, biggest reason was because it was like, you know, mental relief, you know is taking some of those classes, but also like my counselors. They're like they didn't obviously 12 credit hours for three or four semesters, like three semesters. Mike isn't like 15 Usually the sweet spot or 16 and that's why it took All electives because they screwed me up in my stuff so much. But I have Chris Livingston, NASA. She's amazing. Good. Anyway, I could talk about her all day. No, no. Good. Oh yeah, but I did take pottery or really? pottery or ceramics.

Unknown 8:13

Oh yeah. I hated ceramics. I hated it. I

Unknown 8:17

really liked it. I took one and two, throw. Okay, it was super fun. I'm sitting there and I'm just, I started I mean, like lines of stuff. Like I brought in my own clay.

Unknown 8:30

Why did you keep any of it of like, what you mean? You're gonna just show me something?

Unknown 8:35

Well, my mom posted it on Facebook. She's like Boo all of it sold. Like people just started bidding in the chat of Facebook and I'm like, Okay, sure.

Unknown 8:48

Yeah. A little side hustle.

Unknown 8:50

Well, that's called mug shot. You know, like, I don't know I'm creating it right and i That's cool. It's funny. I got a lot more. I was gonna also call it pothead and open up in Colorado, and just like have all these it's, I have that's and then just have like green ones and like, you know, it's funny stuff. But, um, no, I actually made two really cool ones that there's like that big, but it looks like you melted blue on the rim and it pours over. And it's like this weird vibe. That's with these. I put little plants in them and everything. Well, anyway, I take him to Colorado. I forget him there. But my mom had taken a picture but on Facebook. And those guys so many offers. It was cool. they were like high price like it's always the ones I want to pay. Yes. Yeah. So but anyway, so that was that is so cool. That sucks. You don't have any more. Why do you have a few left? I could get you on if you want to.

Unknown 9:59

I just want to see your work. No Keep ceramics just, oh, it's just me. I don't know if it was the teacher that I had or what? But I dropped it. I could not take it. I

Unknown 10:12

did not know how to actually like

Unknown 10:15

I didn't even get that far into it. It was like it was the classroom was just so weird. And there were so many people and we were just at one big like long, like dining table it looks like with big chairs yeah. and just students were just sitting. He was at Coffeyville so pretty ghetto you know, as you can imagine, ghetto pottery and the classroom was dirty and dark and light. And I can't even remember what the reason like that made me want to drop it was but no, I don't even know if I touched the light stuff. What year did you take that? I was. I was just a freshman in college. okay it was that my job so I just took it because I thought easier. Yeah, it was extremely difficult was it what did I get myself into here,

Unknown 11:05

turning to go see the movie.

Unknown 11:06

Yeah. I wanted to take it I was.

Unknown 11:11

like God I could like pick up a new hobby or something. It's super like my mom wants to do it she's I don't think she's ever maybe she's done it once. We put like a little envelope and ceramics fun now that I'm sorry No, you're fine. I didn't I think about this until like the last minute, but when we when I was like my last year there and we were going to cut it short and everything out of nowhere. I was like, I remember like, growing up going to the creek, you know, as little and there's this blue clay in the river and we just play with it like my friends, whatever. And school

little trips who'd go down? Oh, yeah. Well, I'm sitting there and I'm like, Hey, I go up to this teacher. We had two teachers in one she looked like she was from Colorado like deep color dreads.

Unknown 12:07

You're like so like, no, but she was she was super nice, amazing. And I was talking to her I was like, Hey, do you think we can make like moldable clay like pots out of the creek? She's like, Yeah, go cash. So I bring back a bucket. I bring it to her and she's like, all right, and last couple of weeks. We are in a few weeks we had created this clay. I created this line of stuff and we all I fired it off. And I have one that made it because she kept on testing all them. She's like, this is insane. This is getting hotter than any of the clay we've used. It will like it can sustain so much heat and I'm like, this is just from the creek like random stuff. Yeah, so I'm like, okay, so she finally like puts it to the max and next thing you know, Bolton

Unknown 13:31

Okay, next question. I'm trying to see if I have any more school related question. Okay, we're gonna go into like the household dynamic changes the pandemic, so how did you, you and your family, did you? You did you go back home. I was here for him. I

Unknown 13:59

was already at home. I was so Johnson Community College right there. I could walk through it from the house.

Unknown 14:08

bunch seven

Unknown 14:20

we, I guess, here's something crazy. We were thinking it was like the end of the world. Because we want dead silence. Like, do you remember that at all like walking out and it was just like me? Yeah, like cars. Yours is just like so quiet and I just felt like a different world. Yeah. So I had the idea and my dad was like, That's a great idea. My mom was like, Yes, I was like, Hey, we should probably fill up all our cars with gas just in case we gotta make, you know. And so if we're in a line, and we drive all four cars, to the gas station, fill them all up, bring them all back. And I'm like, we literally did that for no reason. It better be safe than sorry. Yeah.

Unknown 15:00

I think a lot of people like had the same thought with like food, going to the grocery store, like toilet paper. Yeah.

Unknown 15:18

Like Soviet country like Russia and stuff before they were taken over like the war. That was one of the things that was empty. And it was like, Yeah, I'm like, What?

Unknown 15:29

What is the thing with like,

Unknown 15:31

don't just get a bad day automatic.

Unknown 15:35

Like there's just other things I feel like to worry about

Unknown 15:40

water meds she this this is here we go oh gosh quick. Oh gosh no this is me at the beginning. I was trying to make a vlog

Unknown 16:18

it's kind of embarrassing but what's up guys? my name is Corbin kids I have never done that oil change by myself on this car. So it's gonna be pretty interesting. This video is not about the oil change at all. It's more about this Dan Coronavirus came out four o'clock.

Unknown 16:45

Oh really?

Unknown 16:46

Yes it was my notice and I need to steal the water so I can flush out the WallyWorld. Oh my gosh. I don't even know how they knew me, I was just like, I was trying to create a blog.

Unknown 17:08

I hate when that happens when you get. Here's dragging you down. Oh, yeah, but yeah. Empty. That was the scariest feeling.

Unknown 17:23

Oh yeah, I'm like When did everybody run in?

Unknown 17:26

I know it was like where's everybody is already

Unknown 17:29

out there and I was like I was like you yeah we talked about ice cream for

Unknown 17:49

while yeah I like Louisville yeah No, that was so scary. was gone and you were like, it's like everyone knew before you did. Yeah. Like when did everyone get here? Oh, yeah. Okay, so this goes and this was with my last question, but what factors or practices benefited you or your family during this time? So like what certain coping mechanisms did you guys

Unknown 18:23

we try so we actually, our neighbors were like, hey, it's like Coronavirus, just having a chat. The flights are like 50 bucks, you know, I remember that. So, like, they're like, Hey, do you want to come with us for you know, like, their senior trip to Florida? You know, I'm like, Yak. Yeah. And the moms like heck no. Okay, well, yeah. Games. Yeah. But we are we had already went on a big senior trip cruise. packers are on there. It was seen. I can tell it talk to you more later. But we, so I said no to that, but I was like, We gotta plan something like, we can't just gotta do something. Yeah, so me and my grandpa went fishing trout fishing. Like, have you ever been fly fishing? I think I was telling you. Yeah, you told me about it. So we went fly fishing. Got a lot and ate fish, you know. And then after that we went to Florida, because we just drove there. It is the fun. Have you ever seen vacation?

Unknown 19:36

Like the movie? It's just called vacation. It's called

Unknown 19:39

vacation? I don't know. I don't think so like, no, it's like a road trip like family road trip with Chevy Chase.

Unknown 19:46

I don't know. No. Does that sound familiar?

Unknown 19:48

Okay, so basically, it's like the dad, there's so many things that go wrong, and he just stays with it. And he just tries to keep a happy face. And that all happened to my dad. Our car is raining, like so hard. Like you can't even see anything. And our car locked up on the highway while we're flying around. So we couldn't stop and then we stopped. So here's an on ramp. And then the traffic. There's this little triangle, we pulled over in this little tree. All these cars going past and

we finally like turn it on. You get a rental? Right? It's a process we finally get to Florida. We have a good time. Everything. Actually, it was a weird there was a girl that looked just like you there. Yeah. But she was like 24. And I was like 19 is actually is is like we talked and she's like, she's like a pharmacist and stuff. I'm like, well if this worked out and another you know, but anyway, we're getting back in the car. So we hung out. Everybody was fine on the beach. You know, nothing weird, but it was a good time to like de stress. Recode Oh, yeah. You know, but when we were out there, getting the car packed. Well, this is after me and my brother crashed on motorcycles. We crashed on a motorcycle. Yeah, we, I mean, I was sitting I'm like, you don't want like 90 I've seen these little moped thing like Dre. Like I want a little thing to try out. We were flying down having a great time around like, Florida and let me come up to like a three way stop. I have it on GoPro too. And I'm like Carson, just follow me. Like, we'll just take a left. It's not hard. So I'm going I'm taking a left and I hear behind me I look back, he had fallen off and scrapes is like everything. I look back and I would fall on my everybody's looking at all traffic stops. And I'm just like, this is the most in the world. But yeah, so we're all good. But we were getting back in the car. And my dad, you know, you can adjust the seat like that. He had just it's he's just forward to put some stuff and readjust. And he's like, it's not going back. It's not going back. And it's it's stuck. Like the steering wheel is like right here and it's stuck like this. Oh my god. No. My dad. My mom was laughing the whole time. My dad's like, he drove. Yes. For all the way home. Yes, it was the funniest thing.

Unknown 22:20

I bet he has like some serious back problems after that.

Unknown 22:23

He wants me to stand on his back. Yeah, just like practice it. Yeah.

Unknown 22:27

I mean, he's a trooper for that. Oh, yeah. I mean, that's insane. Yeah, I

Unknown 22:32

don't know, I think and then we dropped the car off and they said Nothing was wrong with the car. It was really SAS. Yeah, I'm just like, okay, was this free? You know? Yeah. There's nothing wrong with it. Yeah. So I think it was all good. You know, so. Yeah. Well, that's

Unknown 22:49

a crazy story. You had a crazy trip to Florida. Yes.

Unknown 22:51

That was our little coping mechanism.

Unknown 22:55

Good. I never heard that one traveling. Oh, real. Would have your I've heard I'm just like spending time with their family staying in their close circle. I've heard like coloring doing lots of like arts and crafts type stuff. I had. I know this girl she crochets like little dinosaurs. It's actually really funny. She would like Kristen. Oh, yeah, she like holds up on her keychain and stuff. It's really cute. Okay, so one more question about kind of like your household or your family. So how would you describe the dynamic of your household pre pandemic compared to during?

Unknown 23:39

Well, so I'm usually just like, either in my room editing videos, or just watching Netflix or something, you know, like nothing too crazy or outright like outside doing something? Right? My brother's constantly in the basement gaming. So he's down there?

Unknown 24:00

Oh, yeah. My brother's Oh, yeah. So he's,

Unknown 24:02

he's busy play, like games you'd never heard of and like

Unknown 24:06

stuff. I mean, just like the ones that I hear everybody play like the he plays basketball. So he has like basketball.

Unknown 24:15

I don't even know what kind of video games he's right. I'm just like, that's awesome. I tried to like, like your big brother but So he's really pretty, you know, self sufficient down there. He can take care of themselves little fridge. You know, I'm like, this is your college room right here. Seems like, and I've been down there before, and it's just piles of, you know, pop cans and trash.

Unknown 24:42

You live down. Yeah,

Unknown 24:43

you live right? Oh, yeah. And anyway, this does your brother like rage at all and like screaming for like,

Unknown 24:52

not a lot. Let's get

Unknown 24:55

i I was sleeping there this past weekend, two weekends ago or something. And my brother had come home because we're gonna go to Arkansas or something. He's gaming with his buddies from college and stuff. And I'm like, my mattress is here. So like, I don't have a mattress. So I'm on the couch in the basement. And I'm just like, I'm like, so tired Carson, like, can you go upstairs? And he's like, Yeah, I'm like, Okay. And then it's all quiet. I'm about like that, like that phase where you're about to fall asleep. And he just like, freaked out is the funniest thing. But so he's right there. He's game and my dad is usually in his office. He's cybersecurity. He does manager for a big company from it's called cable one. There's a pretty big, it's like New York to Texas, you know, the cyber network. So he does all that stuff in the works out of Arizona. That's cool. That's interesting. He loves that. He has a lot of stuff. He has two companies that he was running during it too. Which is like storage and like virtual storage, like Google Drive. So here's a different one. And then he also does domain names. If you've ever heard that. It's like website names. You like salesman. So he does that. But my mom, so I'm upstairs. I'm just telling. My mom did not like her job. I was I was working as an intern there at healthcare staffing company. I was making pretty good money. Yeah, like interning and stuff. But her job was very high stress during that time. So during that time, she was just like, I do not like this, you know, I want to get out and do my music and sing. So he's saying Yes, really. So she actually during COVID came out with her first album. It's like from start to finish. You know? That is amazing. What kind of music does she make? It's like, pop and then also country. So it's a mix. Yeah. Because on Spotify and stuff, so yeah, I'm just like, like, some of the pictures. I'm like, I don't want to see that. I know. It's like, you know, pocket like, anyway, but or like when she's performing? Like, please, no. Just so embarrassed. Maybe yes, we get red. Oh, yeah. Please stop. That was when I was 14. I remember the fourth first one out in our neighborhood parking lot. I had my crush right nearby. And she's like, that's my son. I'm just like, Thank you,

Unknown 27:40

man. Appreciate it.

Unknown 27:42

Hopefully you like music. Like, this isn't weird. Yeah, this is all good. You know? But so she was trying to like transition into that point. So actually interviewed her there. And one of those videos I made for that class. And she she actually was kind of find any gigs because everything was closed. Yeah, bars and all that stuff. So

Unknown 28:07

no one's out. There's no one to perform it. Exactly.

Unknown 28:11

And then who's put Yeah, so Yeah, crazy. So I was in there and I'm just like, so. What are you do for money now? Because you're not doing your job. So she Have you ever heard jam because Zahm Okay, see? So they got sponsored by Jim because names are a little bit it's like a like on Zoom, but for bands. So they were sponsored on the homepage and stuff. So each person you set up your mics with all your stuff, you plug it in, and then it makes it sound like an actual like live show online. So all the instruments aren't just like one microphone and going like this. It's like all multiple microphones and sounds really cool. But so she started doing that so I think that also helped her cope with COVID Just staying inside and then I would hear that upstairs in my hearing. Every instrument you can imagine like tambor a saxophone she does keyboard guitar, electric guitar.

Unknown 29:12

So did you like hearing that? Or was that like, super annoying and

Unknown 29:18

the songs? Yeah, if she plays one, I'm like, I know that. I know the saxophone. You know? So, but no, it was other than that, I think, Oh, I was taking those 20 credit hours. Oh God, so I was painting my class and I'm like, squirt, what the heck, I'm getting it everywhere. I'm trying to clean up and I didn't realize this. I'm like, I walk in like after the classes I walk into my sink my childhood sink that I like, wash stuff. I like it's all scraped up my thought I like bleached it and got on. There's like cut marks everywhere. I'm like, okay, whatever. And I had set up in the guest room where it's kind of like, I don't know if your parents have like, yes, for you. They know. It's like, because like my grandparents guess from two it's just like, kind of older stuff too. You know, like furniture. Like kind of keep random? Yeah, yeah, it's like random like, family stuff. And yeah, it was just like, I'm like, Oh my gosh, this is a nice quilt. I got was there a big white streak? I think there was that outline of like a paint like a painting you know? So we were just I you know, tried to clean up as much as I could but I still go back there. I'm just like, I did

Interview #6:

Unknown 0:01

Alright, I'm just gonna ask you a few questions about kind of your mental health, the pandemic, things like that. So my first question is going to be what type of major physical and mental changes did you notice in yourself after news of the pandemic became worldwide and was constantly being covered by the news?

Unknown

Well, I remember feeling very isolated. In my house, I was with my family at the time. So that was that helped him sure. But I just loved being outside doing stuff with my friends. And I had just started college my freshman year of college when that started, so that got cut short and obviously, you know, made me kind of depressed for a while. Sad, just couldn't go out and party and live my like, what my best years were supposed to be in college. And I also worked all

throughout the pandemic. While you know, most people didn't and we're getting paid way more than I was so that just made me more angry, more sad, you know? I'm okay.

Unknown

Okay, so my second question, I'm going to be how did you or your family cope with the uncertainty of the pandemic?

Unknown

We spend a lot of time together anyways, we're pretty close family regardless. So we watched lots and lots of movies we'd go for like car rides together. Gosh, cook my parents cooked food a lot. So I mean, nothing like super different than what we were doing before except we had no choice this time.

Unknown

Okay, and then also what factors or practices benefited you during this time? So I feel like social media as much as as much as people give social media such a negative feel. It really helped us in that time. I feel like staying connected to friends and family over text or whatever the social app may be. Feel like social media just really pulled through for us during this time. To keep us all sane, so we could still connect with people and we all knew we weren't alone in this. So yeah, social media, exercising helps keep your mind kind of off things. I was working like I said, so. I mean, you know, other than being surrounded by like the COVID protocols and stuff. I was kind of distracted from what was going on in the outside world, I guess, or on the news.

Unknown

Okay, so my third question is going to be what kinds of personal adjustments did you have to make in your workplace during the time of the pandemic to practice safety?

Unknown

So at work, we had to all wear masks or customers did not have to wear masks. But we as workers did. I mean, six feet apart from us and customers, which is kind of difficult just because it's not something you're ever used to doing. And you just walk up to people without even thinking you know, like, really just stay six feet apart, but no masks six feet for sure. We had to clean extra good like I worked in a boutique so like wiping off racks, hangers, the keyboards, the computers, things like that. Just Extra, extra cleaning everywhere and every time a customer would leave the store really. We also did like I mean, if we felt bad in any type of way at all, you know, we were supposed to call in, you know, not even risky at all. So just things like that, that were abnormal to before.

Unknown

So, going to school a little bit how did you have to adjust your learning techniques to adapt online learning.

Unknown 4:38

I didn't have to do a lot of adjustment. I felt like I had taken some online courses previously. So I was pretty familiar with how that worked. As far as like teachers who had no idea what they were doing with the remote learning, and they just ended their classes. All together and gave everybody A's just completely avoid the online of it all. And that was really nice. That helped although I didn't learn, you know what I was paying to learn. But that was you're really out of everyone's control. So yeah, for sure for sure.

Unknown

So my last question is going to be just explain your adjustments in the household. Once COVID-19 payment don't make it.

Unknown

So household wise. I mean, other than the fact that everyone in my family just kind of felt like we had to lean on each other more during this time than ever kind of changed. I mean, it was nothing that was directly said like, Oh, I feel so much closer to you now that we've had to be in the same space for so long and you're the only person I can hang out with it was just like our bonds all just grew stronger without, you know, us even having to acknowledge it really. I think we it caused us to all kind of just get along better understand each other better. So I mean, all in all, it benefited us, I would say but still just, we were all really scared to none of us knew what was next. Or how to deal with what was next or even. You know, we were just scared that one of us was going to catch it. Because one of us would leave the house to go do something really quick like and we could all someone could bring it back and then you're all screwed. You all have COVID So it was just still really scary, but

Unknown

okay, well I think that is all I have for you today. So thank you so much.

Unknown

Yeah, you're welcome.

Interview #7:

Unknown 0:01

All right, if you're ready, I'm just gonna go ahead and ask you a couple questions that I have right here. So my first question is going to be, what type of major physical and mental changes did you notice in yourself after news of the pandemic became worldwide and was constantly being covered by the news?

Unknown 0:20

So honestly, I was pretty bummed. Yeah.

Unknown 0:25

I had to go back home. I think it was March of my second year. of college, so I had to go everybody on the team had to go back home to our families.

Unknown 0:44

We didn't have a choice. We had to leave like immediately. I remember when they announced it. So it was just bumped I guess.

Unknown 0:55

Um, righty, um, so my next questions going to be so how did you speaking of your family, how did you and your family cope with the uncertainty of the pandemic?

Unknown 1:12

Oh, I mean, we were all pretty scared, I guess. over it.

Unknown 1:23

I have a pretty big family. So I mean, we all just kind of kept each other company and you know, chromed out more, I guess.

Unknown 1:33

Yeah, yeah, that's kind of what my family did too. Um, so what factors or practices benefited you and your family during this time?

Unknown 1:46

Oh, I mean, really just each other. We

Unknown 1:55

just hung out, did more stuff together.

Unknown 2:01

You know, played outside more just with each other.

Unknown 2:08

Was

Unknown 2:18

couldn't really see my friends so that kind of sucked, but all right. So my third question is going to be what kinds of personal adjustments did you have to make in your workplace during the time of the pandemic? Or I guess I don't even know if you had to work.

Unknown 2:40

Yeah, no, no, I didn't work.

Unknown 2:44

So hard. I really can't answer that one for you.

Unknown 2:47

Sorry. No, that's okay. We'll move on to the next one.

Unknown 2:51

So, I guess Yeah, this one applies to you. How did you What do you guys like your learning techniques to adapt to online learning once you had to go back home?

Unknown 3:05

So honestly, my parents helped me quite a bit, just work in the computer and stuff like that. I felt like unmotivated, more I guess. Then usually, I am going to class and stuff so it was just different and I gotta be honest, didn't turn in a lot of stuff. It's at the beginning, but you have no idea either honestly.

Unknown 3:30

Um, so my next question.

Unknown 3:36

So how would you describe the dynamic in your household pre pandemic?

Unknown 3:42

Compared to during and post the pandemic? Oh, so pre pandemic. I mean, to be honest with you.

Unknown 3:50

I don't say there's any really big differences. But um, I think, you know, just brought us together closer because we were all scared and couldn't see other people.

Unknown 4:04

I mean, you know, just the usual stuff. Me we were a normal family, I guess. Um, but post pandemic or after?

Unknown 4:16

I mean, we obviously take like sanitization, and like, you know, who we're around where we go a little bit more serious and my mom's like, a little crazy with the cleaning just because she doesn't want one of us to get it and then get her sick, you know, but, yes, that's how my mom is honestly.

Unknown 4:39

Well, I think that is about all I have. So thank you so much. Yep.

Interview #8:

Unknown 0:02

Okay, girl, I'm just gonna ask you a few questions about the pandemic and just your thoughts and opinions on that. So just answer honestly and you can go into as much depth as you want to.

Unknown 0:22

Alright, cool. So my first question is going to be what type of major physical and mental changes did you notice in yourself after news of the pandemic became worldwide was constantly being covered by the news? So, physically, I don't think I really noticed any changes.

Unknown 0:42

Um, maybe we couldn't go out to eat or like restaurants and stuff. So I guess that probably helped my diet.

Unknown 0:54

Mentally, um, I would say it caused a lot of anxiety. And I wasn't really sure to talk to people as well as I felt like I used to be able to afterwards.

Unknown 1:12

And I mean, being covered by the news didn't help at all constantly because I was just, they had like the death toll on the news constantly so you're just like staring at that my parents watch the news all day every day. So you know, there's just what I was looking at all the time.

Unknown 1:30

Yeah, no, totally. That's me, too. Um, so my next question is going to be how did you and your family cope with the uncertainty of the pandemic? So how do we cope? I mean, we were all really close before so I mean, you know, we've kind of all just supported and encouraged each other to make the best of this situation.

Unknown 1:55

We always do like dinner together. Anyways, watch movies, play games and stuff. So I mean, it was just an excuse to do more of that. I guess.

Unknown 2:05

Yeah. Yeah. That sounds fine. That's nice.

Unknown 2:11

So my third question is going to be how did you have to adjust your learning techniques to adapt to online learning? So I was actually a senior in college or in high school sorry.

Unknown 2:28

When it happened, it kind of ruined my senior year.

Unknown 2:34

Which sucks. I was class of 2020. So it Yeah, every fun event for us at the end of the year just kind of got ruined graduation from all that so that sucked. But I am over it now. I promise.

Unknown 2:55

Ya know, I feel so bad for you guys. It ruining your senior year because you only get to do that once. Right, right. So yeah, so that leads into my next question.

Unknown 3:12

So explain your adjustments and the household. Once the COVID 19 pandemic hit.

Unknown 3:19

Oh, in the household.

Unknown 3:23

I mean, we were told to just clean more and, you know, stay six feet apart. If someone in the house got the virus, they would have to stay in the room. We couldn't go in there except for like bringing them food or you know, out on the scene when they're walking to the bathroom or something. Um, I remember when I got COVID I just laid on my couch in our other room the whole time watching movies, and my parents made food for me. So it was kind of nice.

Unknown 3:58

And then, perfect. My next question is going to be

Unknown 4:06

how would you describe the dynamic in your household pre pandemic, compared to during your post the pandemic?

Unknown 4:16

It did not change at all. Really? I don't feel like I've always been close to my family. So I mean, it doesn't even it didn't like affect us negatively or positively I guess. So.

Unknown 4:37

Okay, awesome. So my last questions is going to be what factors or practices benefited you and your family during this time? So I guess really just like doing things to keep our minds off of all the bad that was going on on TV and how everyone was dealing with it.

Unknown 5:01

Just finding activities or new hobbies we could do to stay busy inside. And I mean, honestly, like, learning how to do online school and stuff. took up a lot of time.

Unknown 5:17

Yeah, just staying close to each other and staying positive and following the rules.

Unknown 5:23

Of the pandemic, or the What the CDC said to do, you know, I'm sure that helped us a ton.

Unknown 5:31

Yeah, perfect. Well, thank you so much for letting me interview you. Yeah, of course.