RESEARCH ABOUT

THE IMPACT OF THE PANDEMIC IN FAMILY RELATIONSHIPS AND IN MENTAL HEALTH AT HOME, IN ARGENTINA

NATIONAL SURVEY



CRUZ ROJA ARGENTINA

OBSERVATORIO HUMANITARIO

Centro de Referencia de la Federación Internacional de Sociedades de la Cruz Roja y de la Media Luna Roja

IFRC



INTRODUCTION

The Humanitarian Observatory of the Argentine Red Cross has developed a research with the aim of analyzing the post-pandemic state regarding family structure and mental health. **To that end, two modules were approached:**

1. **The main module, in which parents answered about different aspects of family life. Among them where: post-pandemic fatherhood/motherhood, couple relationship, personal satisfaction and the perceived consequences on their children.**

2. **The second module implies an exploratory approach about the bond with parents and the perceptions about the reference adult.**

Below, are presented the main conclusions of the report:



CONCLUSIONS

From a Mental Health perspective, **keeping a positive attitude and regenerative dynamics during the pandemic** produced feelings of satisfaction and happiness in parents between 18 and 29 years.

People over 50 years expressed their **concern about the children that witnessed family conflicts or couples' difficulties.** This is opposite to the fact that, most of them, consider to be in a happy relationship. Therefore, mixed emotions are perceived in this age group regarding what is expected or what they want to show to others.

People of all age groups agree that, after the pandemic, **being a parent is more physically and mentally exhausting.**

- In the case of **younger people**, although their role makes them happy, the pandemic implied greater attention and energy dedicated only to their children.
- In a**dults between 30 and 50 or older**, it is likely that these factors have influenced them to express regret, to some extent, about being a parent.
- In people over 50, this tendency could be not only as a response to caring for sons and daughters, but also for grandchildren. These results are correlated with an INDEC investigation that indicates that older adults usually take care of boys and girls from the family or close environment without receiving any payment. Therefore, they cannot spend their own time enjoying other things, such as social and recreational activities.

INDEC: The National Institute of Statistics and Censuses (2012). National Survey about Quality of Life of Older Adults 2012 (ENCaViAM 2012)

Mothers were the ones that had more difficulties in controlling their anger and keeping calm. These results are associated to the fact that women are more concerned about the education of their children, they feel more exhausted in their role and state that the raising and caring duties have increased during the pandemic.

During the pandemic, due to the mandatory social distancing, many people **resorted to emotional or entertaining strategies.** These strategies were more successful among parents between 18 and 29, who expressed satisfaction, fulfillment, and happiness in being a parent, and, therefore, in the personal satisfaction of having positively gone through the pandemic.

Regarding couple relationships, most of the people of 50 or older consider that, after the pandemic, every aspect remained the same.

- This is mirrored, mostly, in the feeling of happiness within their relationship. They consider that their partners helped them reaching their goals, projects and dreams, thanks to the decision-making organization, the way that they organize the household duties and their emotional state.

- This can be a consequence of the strategies they developed regarding emotional intelligence: to stablish communication rules, negotiating and identifying the right moments to talk about delicate issues. It is important to highlight that this topic represents a challenge throughout life and that it's not always possible to put it in practice.

In general terms, the pandemic generated **changes in the way that couples relate to each other, but also in the perception of motherhood and fatherhood.**

- For people who act as parents, **the pandemic forced changes in the caring schemes,** with stricter rules that might have provoked stressful situations.
- **Mothers between 30 and 49 were the most affected** by the consequences of children not being able to assist in person to school during the pandemic.

  Furthermore, they say that, at the present, they are more actively involved in the learning and the educational content of their children.
- This group also presented **a higher impact in Mental Health due to the pandemic.** This might be due to the challenge that implied organizing virtual classes, timetables and the new distribution of duties. Besides, they manifested exhaustion caused by the tasks at home carried out without the possibility of distractions or some free time.

Most of the people over 50 that lives with a partner manifested a **greater emotional and affective stability, even greater cohesion after the pandemic.**



MODULE MOTHERHOOD/FATHERHOOD DATA SHEET

Studied population: people with children in school-age, and/or that live with sons and daughters from 19 to 25 years old.

Type of Survey: in person

Methodology: random sampling in areas where the Argentine Red Cross has presence.

Sample characteristics: the field operation was deployed in 20 provinces across the country.

Number of surveys: 1941 cases.

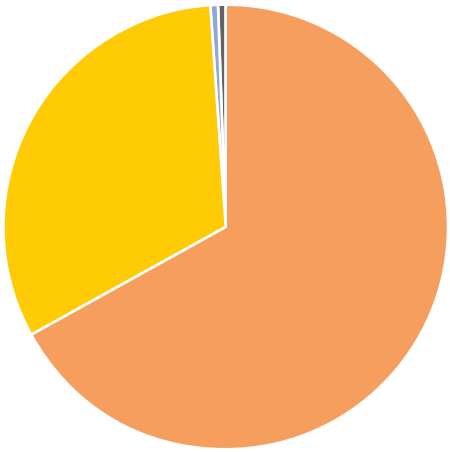
Statistical error: statistical error is not calculated because it is not a probabilistic sample. As an informative data, a probabilistic sample with this number of surveys has a +/- 2.3% margin of error for a trust level of 95%.

Date of the field operation: between the 7 and the 30 October 2022.



SAMPLE PROFILE

GENDER:



67% FEMALE

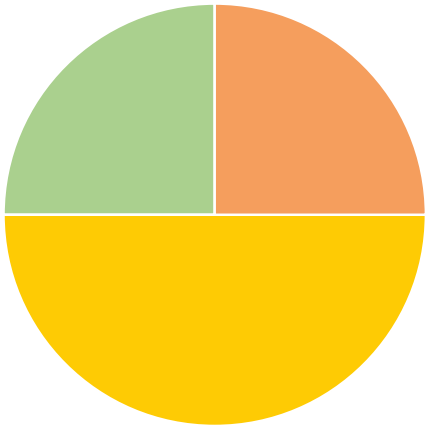
32% MALE

1% OTHER

1% PREFERS NOT TO TELL

BASE: TOTAL POPULATION SURVEYED

SOCIOECONOMIC STATUS



25% LOW

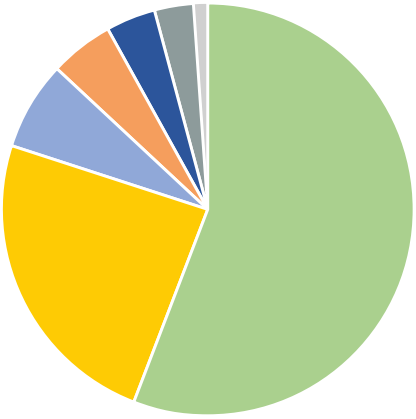
51% MIDDLE

25% HIGH

BASE: TOTAL POPULATION SURVEYED

Note: Percentages might not add up to 100% because of rounding procedures.

CURRENT EMPLOYMENT SITUATION



56% EMPLOYEE

24% FREELANCER

7% CARRIES OUT CARING DUTIES WITHOUT PAYMENT (HOMEMAKER)

5% UNEMPLOYED AND LOOKING FOR A JOB

4% RETIRED

3% STUDENT

1% UNEMPLOYED, NOT LOOKING FOR A JOB

Residence Area	%
AMBA	33%
Centro	32%
NEA	11%
NOA	11%
Cuyo	7%
Patagonia	5%

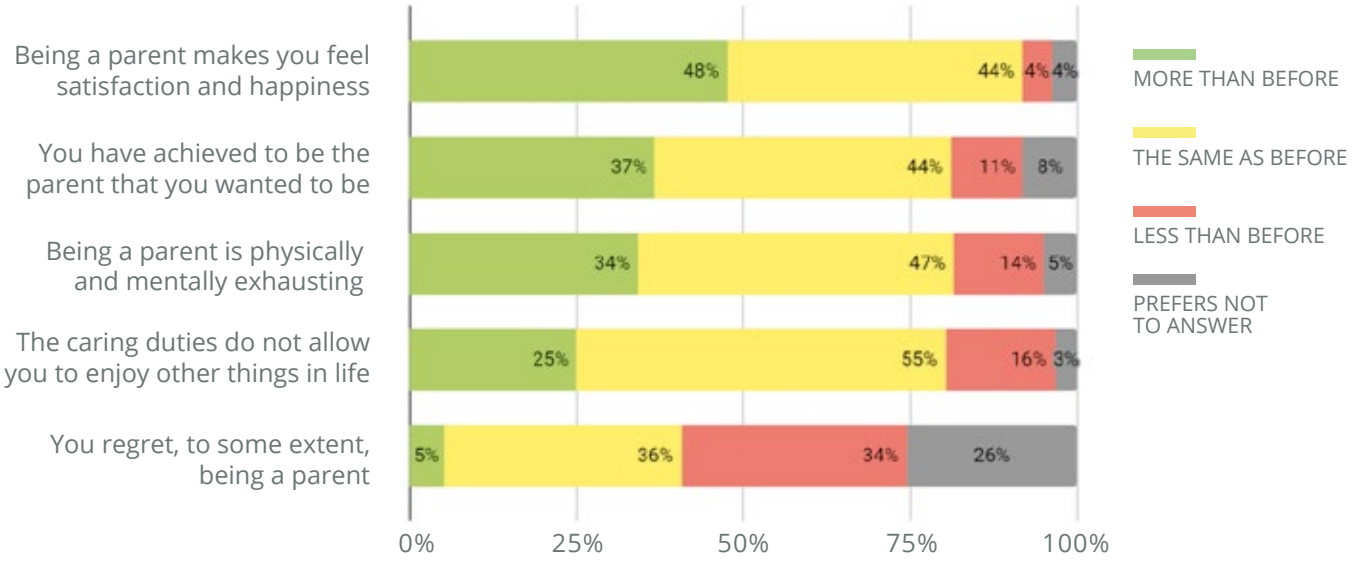
BASE: TOTAL POPULATION SURVEYED

Note: Percentages might not add up to 100% because of rounding procedures.



RELATION MOTHERHOOD/ FATHERHOOD – PANDEMIC

AFTER THE PANDEMIC, WOULD YOU SAY THAT...?



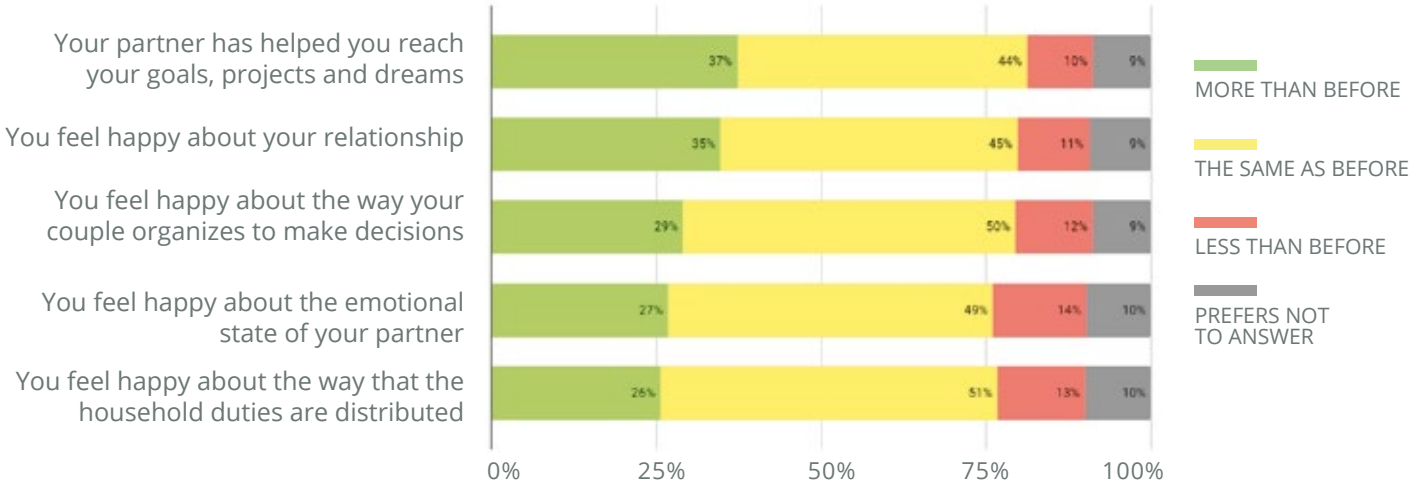
	Being a parent makes you feel satisfaction and happiness			You have achieved to be the parent that you wanted to be			Being a parent is physically and mentally exhausting			The caring duties do not allow you to enjoy other things in life			You regret, to some extent, being a parent		
	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more
More than before	52%	45%	40%	38%	37%	32%	49%	34%	22%	32%	26%	15%	10%	5%	1%
The same as before	35%	45%	50%	38%	44%	51%	38%	49%	50%	50%	56%	60%	28%	37%	37%
Less than before	7%	4%	5%	13%	12%	7%	10%	13%	19%	17%	16%	18%	35%	34%	33%
Prefers not to answer	6%	3%	5%	11%	7%	10%	3%	4%	9%	2%	3%	7%	27%	24%	29%

BASE: TOTAL POPULATION SURVEYED



COUPLE RELATIONSHIP AFTER THE PANDEMIC

AFTER THE PANDEMIC, WOULD YOU SAY THAT...?



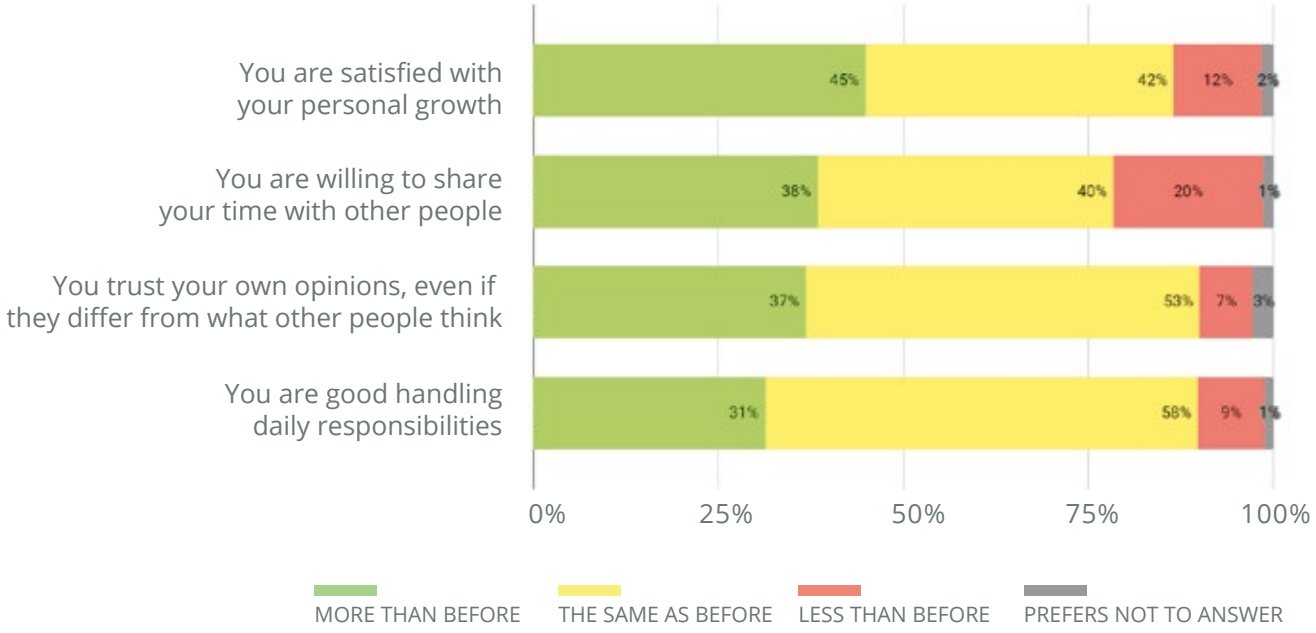
	Your partner has helped you reach your goals, projects and dreams			You feel happy about your relationship			You feel happy about the way your couple organizes to make decisions			You feel happy about the emotional state of your partner			You feel happy about the way that the household duties are distributed		
	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more
More than before	36%	39%	30%	32%	36%	31%	33%	31%	19%	25%	29%	20%	25%	27%	18%
The same as before	33%	45%	48%	35%	46%	50%	34%	51%	60%	44%	49%	55%	43%	52%	54%
Less than before	19%	8%	11%	19%	10%	9%	20%	11%	8%	16%	14%	12%	19%	12%	14%
Prefers not to answer	13%	8%	10%	14%	8%	10%	13%	7%	12%	16%	8%	13%	13%	8%	14%

BASE: TOTAL POPULATION SURVEYED



PERSONAL SATISFACTION AFTER THE PANDEMIC

AFTER THE PANDEMIC, WOULD YOU SAY THAT...?

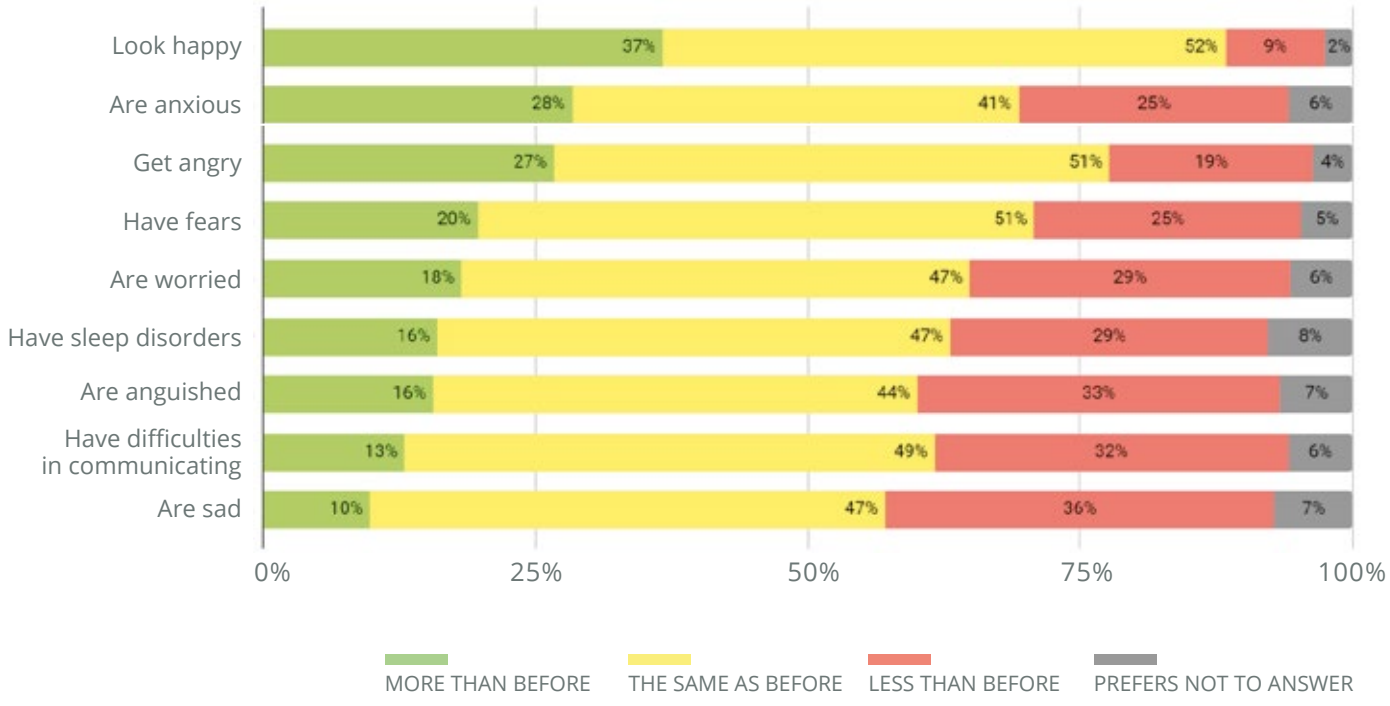


BASE: TOTAL POPULATION SURVEYED

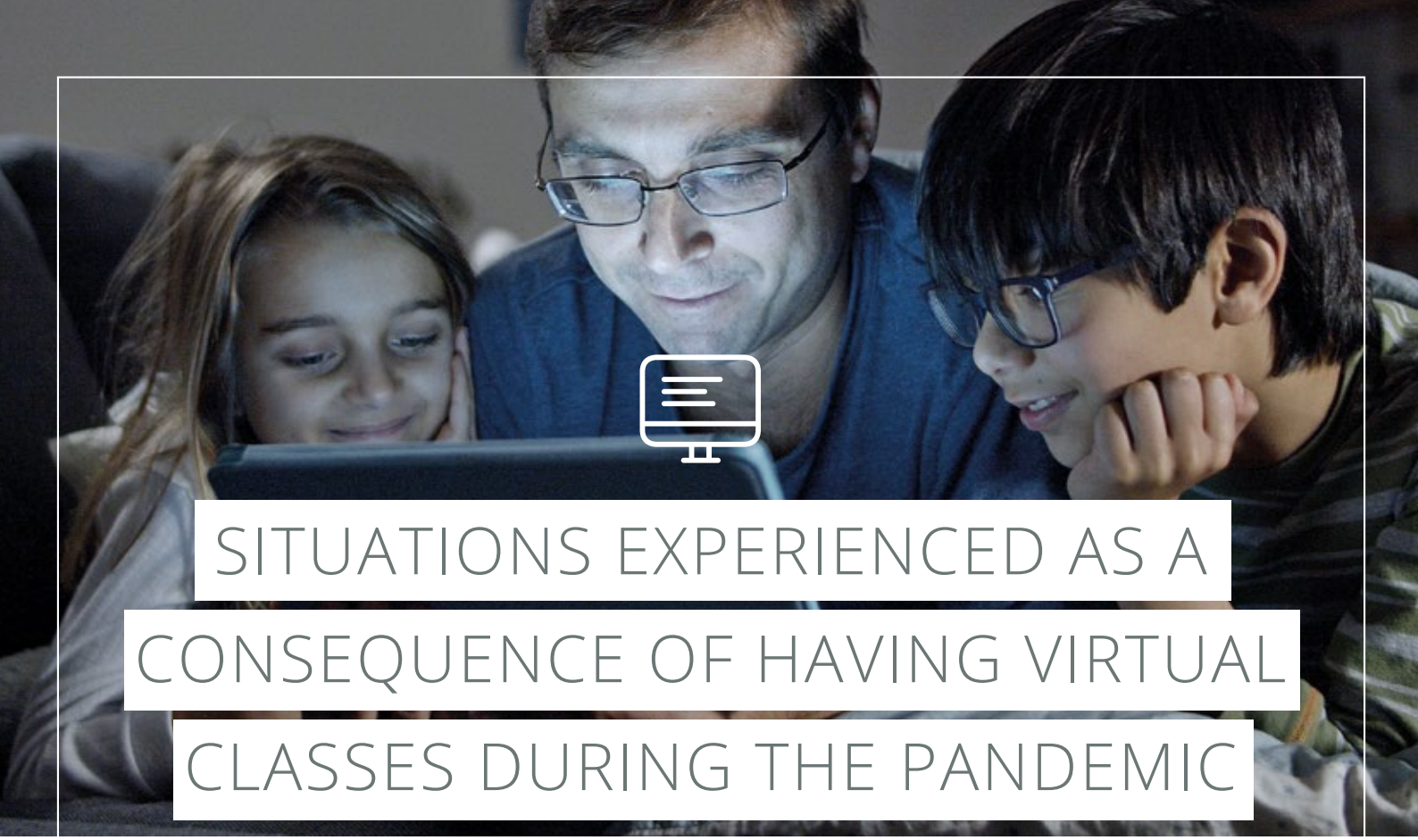


OBSERVED SITUATIONS IN CHILDREN

AFTER THE PANDEMIC, WOULD YOU SAY THAT YOUR CHILDREN...?

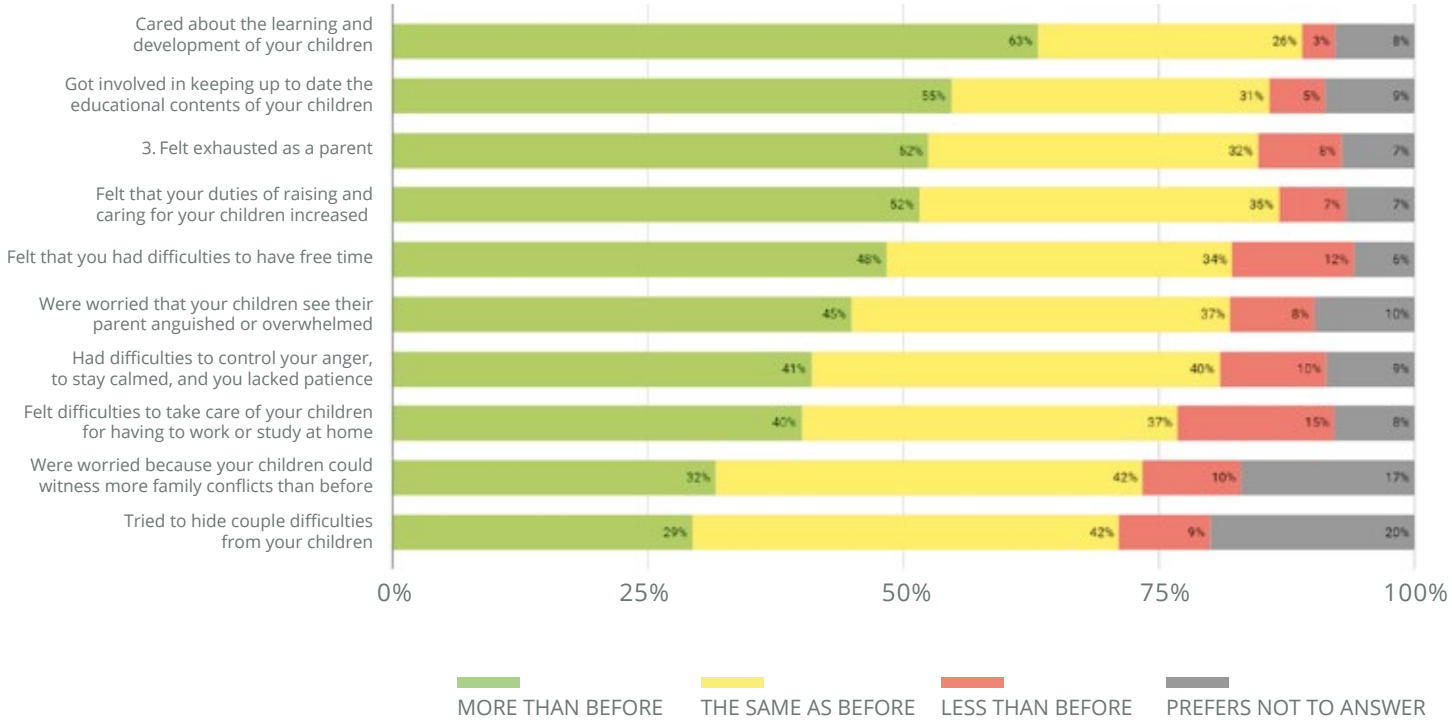


BASE: TOTAL POPULATION SURVEYED



SITUATIONS EXPERIENCED AS A CONSEQUENCE OF HAVING VIRTUAL CLASSES DURING THE PANDEMIC

AFTER THE PANDEMIC, WOULD YOU SAY THAT YOU...?



BASE: TOTAL POPULATION SURVEYED

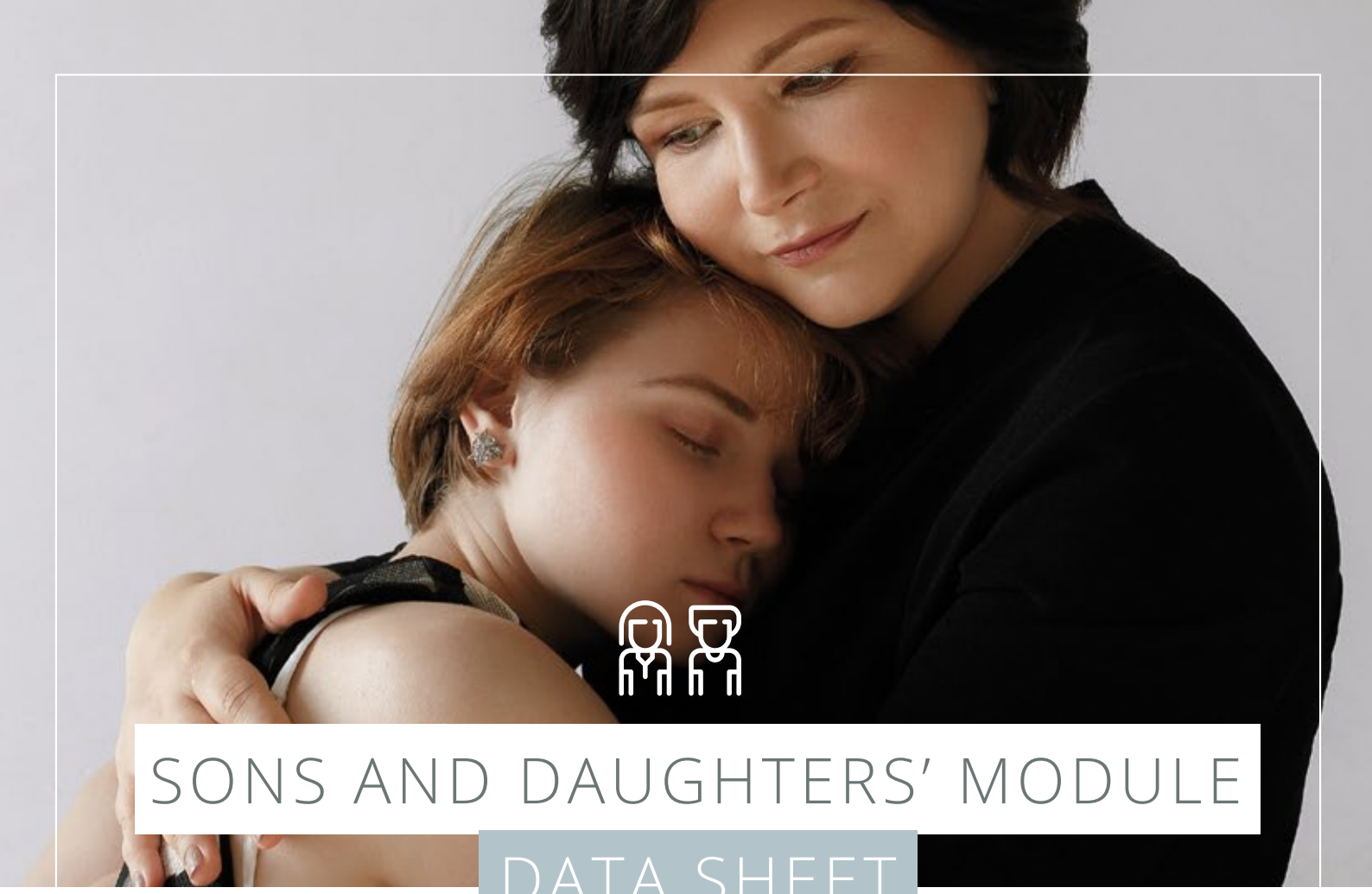
SITUATIONS EXPERIENCED AS A CONSEQUENCE OF HAVING VIRTUAL CLASSES DURING THE PANDEMIC

CHARTS BY AGE AND GENDER

	Cared about the learning and development of your children		Got involved in keeping up to date the educational contents of your children		Felt exhausted as a parent		Felt that your duties of raising and caring for your children increased		Felt that you had difficulties to have free time		Were worried that your children see their parent anguished or overwhelmed		Had difficulties to control your anger, to stay calmed, and you lacked patience		Felt difficulties to take care of your children for having to work or study at home		Were worried because your children could witness more family conflicts than before		Tried to hide couple difficulties from your children	
	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
More than before	67%	56%	58%	47%	57%	43%	55%	44%	50%	46%	48%	38%	44%	35%	41%	38%	32%	31%	29%	30%
The same as before	22%	34%	28%	38%	28%	42%	32%	42%	32%	37%	34%	44%	37%	46%	34%	42%	39%	47%	40%	46%
Less than before	3%	4%	5%	6%	8%	8%	7%	7%	12%	11%	8%	8%	11%	10%	17%	13%	10%	9%	9%	8%
Prefers not to answer	8%	7%	9%	9%	7%	7%	6%	7%	6%	5%	10%	9%	8%	9%	8%	7%	18%	13%	22%	16%

	Cared about the learning and development of your children			Got involved in keeping up to date the educational contents of your children			Felt exhausted as a parent			Felt that your duties of raising and caring for your children increased			Felt that you had difficulties to have free time			Were worried that your children see their parent anguished or overwhelmed			Had difficulties to control your anger, to stay calmed, and you lacked patience			Felt difficulties to take care of your children for having to work or study at home			Were worried because your children could witness more family conflicts than before			Tried to hide couple difficulties from your children		
	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more	18 to 29	30 to 49	50 or more
More than before	61%	69%	43%	56%	60%	35%	52%	55%	41%	62%	54%	32%	50%	52%	32%	44%	48%	34%	44%	41%	37%	43%	43%	25%	35%	34%	20%	35%	31%	17%
The same as before	22%	25%	33%	27%	31%	37%	33%	32%	33%	27%	36%	40%	34%	33%	37%	35%	37%	38%	35%	41%	40%	36%	37%	35%	34%	42%	45%	33%	43%	45%
Less than before	3%	3%	4%	4%	5%	8%	7%	8%	10%	4%	6%	9%	9%	12%	16%	8%	8%	8%	10%	11%	8%	12%	15%	20%	9%	10%	10%	10%	9%	7%
Prefers not to answer	13%	4%	19%	13%	5%	20%	8%	5%	16%	7%	4%	19%	7%	3%	15%	14%	7%	19%	11%	6%	15%	8%	4%	21%	22%	14%	24%	22%	17%	30%

BASE: TOTAL POPULATION SURVEYED



SONS AND DAUGHTERS' MODULE

DATA SHEET

Studied population: young people from 16 to 25 years old that live with their parents

Type of Survey: in person

Methodology: random sampling in areas where the Argentine Red Cross has presence.

Sample characteristics: the field operation was deployed in 20 provinces across the country.

Number of surveys: 304 cases.

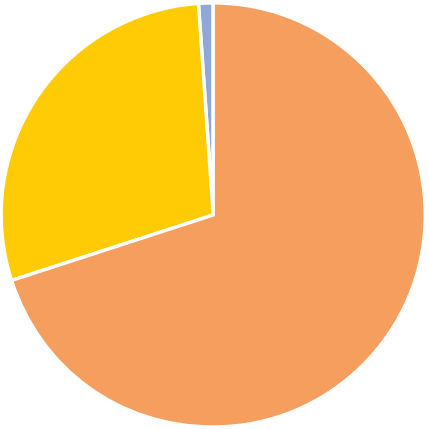
Statistical error: statistical error is not calculated because it is not a probabilistic sample. As an informative data, a probabilistic sample with this number of surveys has a +/- 5.7% margin of error for a trust level of 95%.

Date of the field operation: between the 13 and 30 October 2022.



SAMPLE PROFILE

GENDER

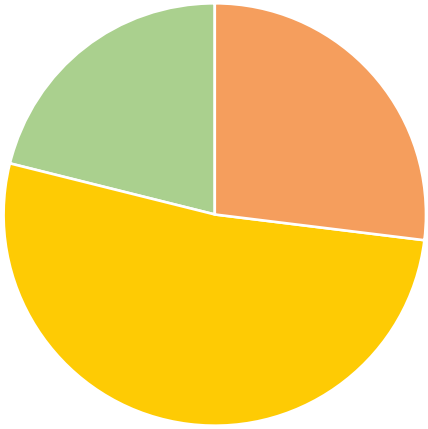


70% FEMALE

29% MALE

1% OTHER

SOCIOECONOMIC STATUS



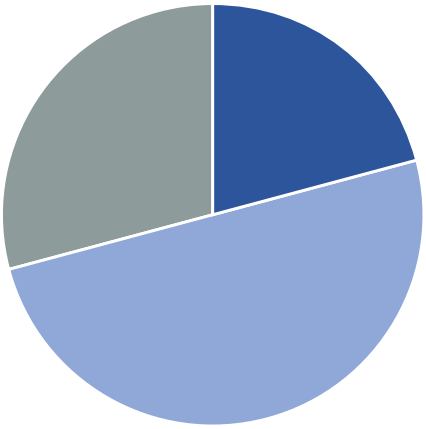
27% LOW

52% MIDDLE

21% HIGH

BASE: TOTAL POPULATION SURVEYED

AGE



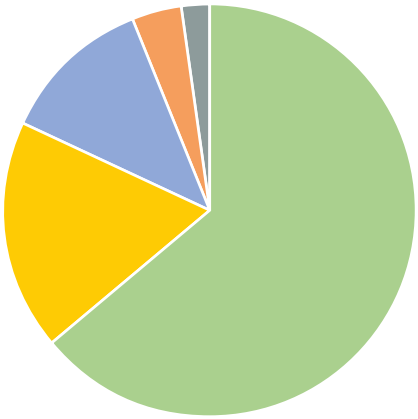
21%
16 TO 18

50%
19 TO 22

29%
23 TO 25

BASE: TOTAL POPULATION SURVEYED

PERSONA ADULTA DE REFERENCIA



64%
MY MOTHER

4%
MY GRANDMOTHER

18%
MY FATHER

2%
MY GRANDFATHER

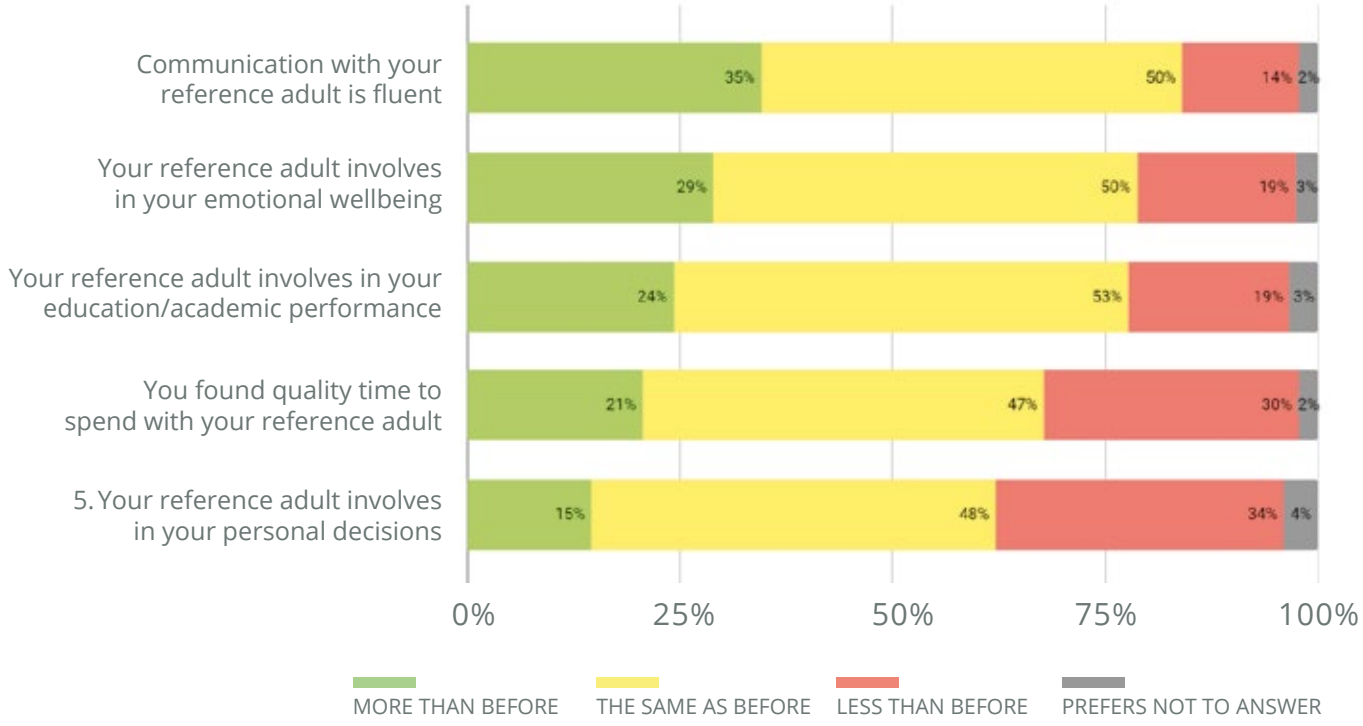
12%
ANOTHER ADULT

BASE: TOTAL POPULATION SURVEYED



RELATIONSHIP WITH THE REFERENCE ADULT

AFTER THE PANDEMIC, WOULD YOU SAY THAT...?

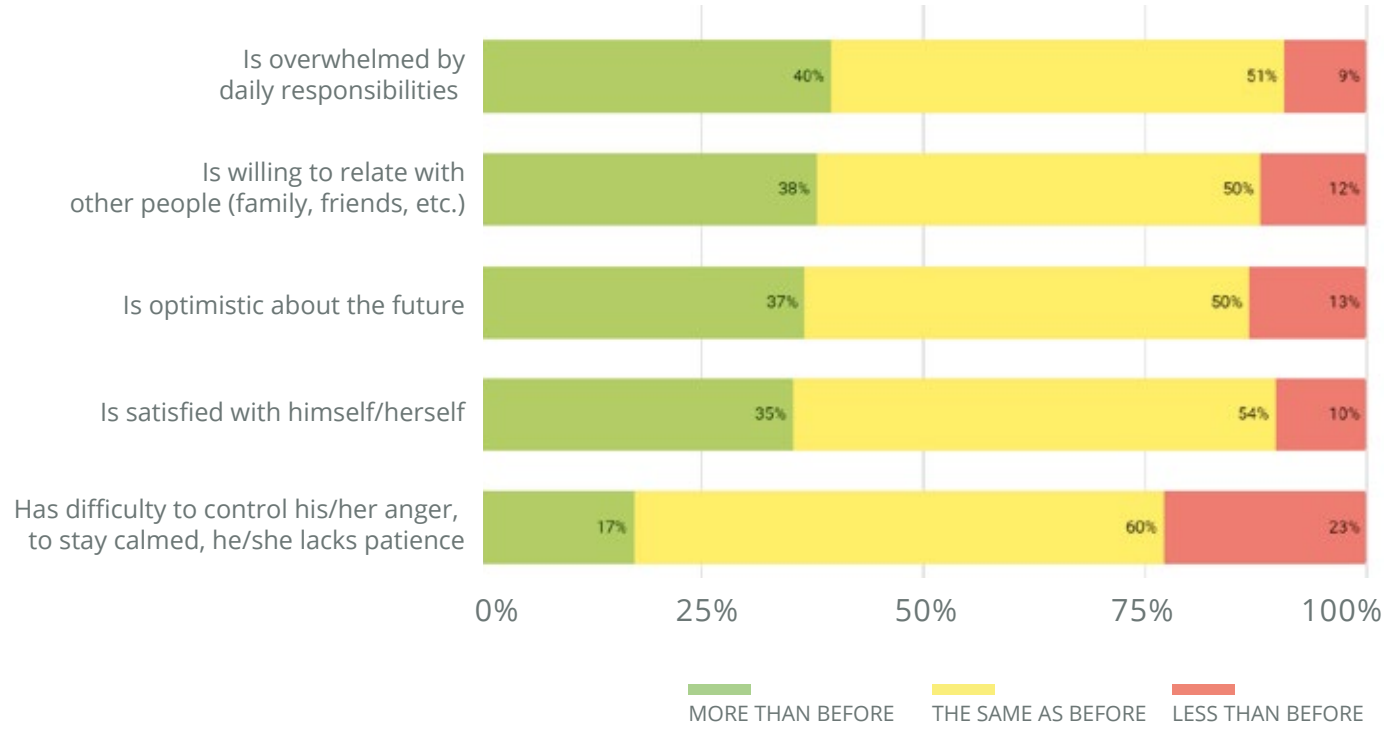


BASE: TOTAL POPULATION SURVEYED



PERSPECTIVES REGARDING THE REFERENCE ADULT

AS A CONSEQUENCE OF THE PANDEMIC, DO YOU BELIEVE THAT YOUR REFERENCE ADULT...?



BASE: TOTAL POPULATION SURVEYED

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