

EXPLORING COMMUNICATION IN MANAGING COVID-19 LOCKDOWN AND ITS IMPACTS ON FAMILY INCOME AND RELATIONSHIP

Ozioko, Obioma R.

Enugu State University of Science and Technology

obidishobim@gmail.com

07037298676

Eze, Chinagolum O.

University of Nigeria Nsukka

ezechinagolum@yahoo.com

&

Onwude Nnenna Fiona

Godfrey Okoye University

nennyfifi@gmail.com

Abstract

This paper re-assessed the role of communication in managing the impacts of COVID-19 lockdown on households' income and relationship. The major reason for the review was to investigate how "Stay at Home Order" or physical distancing measures affected families' income and relationship. Using qualitative research approach, the findings revealed that family is the major source of emotional and practical support during pandemic. The findings also indicated that stay at home order posed a risk to those in abusive relationship, although majority of people (52%) used the opportunity to bond together with their families. It went further to show that there was an increase in unintended pregnancies, still birth and child mortality rate as a result of low access to medical services. Without much surprise, the study proved that the COVID-19 lockdown pushed families into endemic poverty with those from disadvantaged homes being the hardest hit. Finally, it revealed that providing palliatives is source of financial relief for families but the middle men in Nigeria hijack them. Based on the findings, the study recommended that; the government should provide incentives and non-payable grant to health workers and families respectively so as to enable health workers render services safely and as well lift families out of poverty.

Keywords: Communication: Impact. COVID-19. Lockdown. Family income. Family Relationship

Introduction

Recently, there is a dramatic shift in how families with children allocate their time. With total lockdown and restrictions issued by the government, parents have limited opportunities even to leave house, many families are having to maintain a difficult balancing act, combining paid work, housework and full-time childcare (Andrew et al., 2020).

The physical distancing and lockdown measures needed to save lives and suppress the transition of virus according to United Nations(2020) have resulted in a significant reduction of economic activity across all major economies and the resultant global recession that is greatly affecting family's income

No doubt, the outbreak of COVID-19 pandemic has forced families to try to maintain work-family balance with few supports. With physical distancing measures, parents are solely responsible for childcare and perhaps even home schooling (Ruppernner, et al., 2020). Yet, many parents are also working their paid jobs from home, responding to urgent emails about research or work-related zoom meetings and at the same time attending to children's needs (Ngan, 2020) while others have heightened financial concerns due to losing their jobs, and yet others involved in healthcare may be living away from their families to reduce exposing them to the virus. Whatever the circumstance, work-family balance has become increasingly challenging (Ngan,2020, Ruppernneret.al., 2020).

Because of physical distancing and employment impacts, parents have altered their usual routines and supports, and many children and families have been isolated in their homes for months. Children, in particular,

may not have left their homes or seen any friends or family members other than their parents for an extended period, since children do not typically have to leave their homes for essential services (The Daily, 2020), and this result in increase in the amount of time children spend in the front of screens (Shin, et-al., 2020).

Rules around kid's screen have evaporated as schools and workplaces have closed. Worrying about it should be low on our list of priorities (Purtill, 2020), with lockdown and physical distancing, parents have no real control over their kids' screen time. As a result, kids are spending excessive time watching screen –be it TV, iPad or mobile phones (timesofindia.com), while smart devices can help improve child's education, too much time can backfire and be damaging (The American Academy of Pediatrics, 2016).

For most children and parents, home represents a source of security and safety. But for minority, the opposite is tragically the case (UN, 2020) as children from poor homes are the most challenged (Susan, et al., 2020). Living in typically high – density houses, with reduced access to sanitation, and a lack saving to facilitate self-isolation, Nigeria poor are at greater risk of contracting the disease (Olurounbi, 2020).

But times of hardship can also allow for creative opportunity; to build stronger relationships between children, parents and the older parents (Cluver,et-al.,2020).As families around the globe are still struggling to adapting to the changes that are happening because of covid-19, many parents will find it stressful to balance work, caring for children and maintaining the household, partially when separated from their regular support networks while isolation can represent an opportunity to spend time together and develop true relationship with children, (United Nations Office on Drugs and Crime, 2020).

Physical distancing means more time at home with family, and if you are working, it might mean that you are balancing supervision of children's learning, family time and work commitments (<https://raisingchildren.net.au>)

More time at home creates an opportunity for family bonding, strengthens, good family relationship and family support. Bonding according to Tak and David (2012) is crucial for adolescents' health development. Social and emotional support from family, peer and the community according to them is important for adolescents who are in a transitional development period.

On the contrary, as distance measures are put in place and people are encouraged to stay at home, the risk of intimate partner violence is likely to increase (World Health Organization, 2020). For instance, the likelihood that women in an abusive relationship and their children will be exposed to violence is dramatically high as family members spend more time in close contact and families cope with additional stress and potential economic or job losses. Perpetrators may also restrict access to necessary items such as soap and hand sanitizer WHO emphasized.

Gabb et al., (2015) writes that working couples ordinarily spend only about 150 minutes together per day, while awake, 50 minutes of this time is spent on watching TV but “Stay at Home Message” means that couples are now spending far more time together than they are expected and this means that attachment and commitment becomes unavoidable(Tak.et al. 2012)

Statement of the Problem

The outbreak of the COVID-19 was so sudden and shock to the whole world. It was not expected that the outcome would be so severe that it would affect work and relationships. Consequently, people were encouraged to refrain from physical contact as a suitable measure to contain the spread of the virus. This measure forced workers of different profession to stay at home which possibly affected their earnings. It is also believed that the global lockdown policy would be a major hit on the relationship life of people. It is in the light of the above statement that this study is set out to evaluate the ways in which communication can help in managing the impacts of COVID-19 lockdown on family earnings and relationships.

Empirical Review**Poor Access to Sexual and Reproductive Health Information Triggered Unintended Pregnancies**

There is a global consensus on the importance of making voluntary family planning available to all women but as a result of COVID-19 pandemic, family planning needs is being obstructed and disrupted (UNPF et al., 2020). Not only is access to family planning a human right but it saves lives and promotes healthier populations, more efficient health systems and stronger economies. Much progress has been made in the last 25 years to make family planning methods almost doubling from 470 million in 1990 to 840million in 2016 UNPF stated.

As of March 2020, there were an estimated 450 million women using modern contraceptives across 114 priority low-and-middle-income countries (UNFPA, 2020). The covid-19 anticipated to impede the ability of these women to continue using contraception. Disruptions to global manufacturing and supply chain may also reduce the availability of contraceptive commodities. The closure of health facilities, unavailability of medical staff to provide family planning services, and women themselves being hesitant to visit health facilities due to concerns about covid-19 exposure are additionally anticipated to impact women's access to and continued use of contraception (UNFPA, 2020). Other impacts of Coronavirus include delays in seeking, accessing and receiving care (the three delays): an increase burden of mortality and morbidity among women and newborn (International Federation of Gynecology and Obstetrics, 2020). Henrietta (2020) states that, as the pandemic progresses, critical lifesaving services including immunization will likely be disrupted especially in Africa, Asia and the Middle East where they are mostly needed. She further states that medical goods are in short supply and supply chains are under historic strains due to transport disruptions, flight cancellations and trade restrictions by countries having severely strain access to essential medicines, including vaccines. Leading parents to make a difficult decision to defer routine immunization.

Analysis conducted for 115 low-and middle-income countries by UNFPA (2021) provides the latest estimates of the impact of COVID-19 on family planning. According to the findings, an estimated 12 million women may have been unable to access family planning services as a result of COVID-19 pandemic, with disruption of supplies and services lasting an average of 3-6 months. This number according to the report could be as high as 23 million of the higher end of projections, or as low as 4million at the lower end of projection. In a study by UNHCR (2020), almost 84% of the respondents confirmed that the pandemic impacted their access to a wide range of basic services in Nigeria. The study further revealed that almost half of respondents (46.45%) reported fear of contracting COVID-19 as a barrier they faced accessing health care facilities. Other barriers faced by respondents accessing services during the lockdown in Nigeria includes: lack of medicine (34.9%), higher

medical bills (26.9%), increased transport cost (25%), power services and lack of competent medical personnel (22.7%) and 17%, respectively), distance of health facilities (19%). Only 15% responded not having any barrier or fears when accessing healthcare facilities during lockdown in Nigeria.

These barriers could have dire consequences for women and the family at large. (Brenden, et-al., 2020). From 355,000 unintended pregnancies, the estimate for minimal disruptions for 3months, up to a staggering 15million unintended pregnancies if high disruptions are seen for a period of 12 months (UNFPA, 2020). One of the factors that causes over population according to Ejukwa (2019) is procreation rates and this has dire consequences on families. This will also lead to a wide range of health risks for the mother and child, such as malnutrition, illness, abuse and neglect, and even death. Unintended pregnancies according to (WHO,2019) can as well lower educational and employment potential and causes poverty – challenges which can span or hinders family's generational growth. World Vision International (2020) estimates that as many as one million girls across sub-Sahara Africa may be blocked from returning to school due to pregnancy during COVID-19 lockdown.

A consultant Obstetrician and Gynecologist at the Lagos University Teaching Hospital stated that those in early pregnancy were urged to come in once in eight weeks rather than once in four, and the number of antenatal care visits decreased from 10 to 15 to an average of 6 (Bethany et al, 2021). This is similar to a global, cross-sectional study of maternal and new born health professionals by Semaan et al. (2020) which found a significant reduction in antenatal care services utilized as clinics reduced hours, number of visitors permitted, and in-person visits during pregnancy and the adverse outcome of this was preterm delivery, and increased prevalence of low birthweight and Cesarean-section (C-section) delivery were also observed (Bethany et. al,2021). Other obstetric complications and outcomes according to them include maternal death, stillbirth, miscarriage, preeclampsia, fetal growth restriction, coagulopathy, and premature rupture of membranes were rare, but apparent. Epidemiological studies did not show that COVID-19 directly increased risks for these outcomes, although a study by Warland (2020) suggests that stillbirths may become more common as a direct or indirect consequence of the pandemic. Warland (2020) further explained that a spike in stillbirths this year, was not due to women or babies being infected with COVID-19; rather, it is indirect consequences of expectant mothers being told to stay away from hospitals for fear of contracting the virus or overloading the system.

Summarily, pregnant individuals with COVID-19 do not seem to display more severe disease symptoms than non-pregnant individuals rather, reduction in antenatal care services and health information resulted in preterm birth. More so, Lockdown resulted in girls spending time with men and boys than would were they to be in school and the consequences was greater engagement in risky sexual behavior and increased sexual violence thereby causing increased unintended pregnancies.

Communication for Changing Family Relationship during COVID-19 Lockdown

A study on covid-19 and its effect on relationship (2020) maintained that majority of the people (52%) spent more time and effort maintaining relationships during covid-19 restriction. This suggests that for many, the current situation has required great effort to sustain relationship. The study added family and other unpaid caregivers including relatives, partners, friends, and neighbors are the most important source of emotional and practical support for older adults with chronic, disabling, or serious health conditions (National Academics of Science, Engineering and Medicine, 2016; Reinhard et al., 2019). This perspective thus highlights the reliance of long-term care facilities on family support and the importance of the family caregiver role with the covid-19 pandemic (Edem et al., 2020). The family caregivers can serve as crucial and trusted partners in the covid-19 virus, and help the people they care for to cope with the stress and anxiety of the unprecedented situation (Centers for Disease Control, 2020). This according to Cireg (2020) may be because social contacts can buffer the negative effects of stress. Lab studies by Julianne et al, (2017) found that having a friend or even a relation present can reduce a person's cardiovascular response to a stressful task. There is even a correlation between perceived social connectedness and stress responses. Just knowing that you have someone you can count on if needed is enough to dampen some of those responses even if that person is not physically present.

Maria et al. (2020) reveals that relatives critically ill patients are at increased risk of traumatic stress symptoms (Piss, 57%), anxiety (80%) and depression (70%). The fear, sadness and anxiety that patient's families experience as they are isolated from the ones they love in life, often as they are dying cannot be over-emphasized but to be highly effective, communication must be capitalized on both verbal and nonverbal aspects to give them hope the study added. Mohmad et al (2014) in their study recommended the use of technology for bringing families together especially in time of crises or needs. In what they coined as Family Connecting Technology (FCT), they proved that this newly emerged FCT can be a great advantage in terms of its practicality and mobility to enable extended family members bond together in group.

Communication in Enhancing Income of Households or Families During COVID-19 Lockdown

In another dimension, COVID-19 pandemic has caused a massive economic shock across the world due to business interruptions and shutdowns from social distancing measures. Martins et al. (2020) tried to evaluate the socio-economic impact of COVID-19 on individuals in which they developed a micro-economic model to estimate the direct impact of COVID-19 on individual household income, savings, consumption and poverty. Their findings reveal that the poverty rate would temporarily increase from 17.1% to 25% and the lowest income earners would suffer the most in relative terms.

The COVID-19 crisis has affected the livelihoods of households with 1 out of 10 reporting a loss of livelihood and 3 out of 10 holds a reduction in income (Ministry of Agriculture and Livestock Development, 2020). The research further revealed that 18.6 percent of interviewed households reported job loss.

COVID-19 and the associated policy response have already led to a huge downturn in overall economic activity and employment, and are likely to increase global poverty. Summer, Hoy and Ortiz-Juarez (2020), estimate that as many as half a billion people, or 7% of the world's population, could fall into poverty and some regions, the negative effects could lead to poverty levels equivalent to those recorded 30 years ago.

The fact remains that many businesses are operating on reduced hours or closed entirely, and workers increasingly sheltering in their homes or unable to go work, by implication, many workers will face reduction in labor demand and earnings (Morgan Chase & Co, 2020).

It is important to note that in the context of globalization, this economic loss can easily be transmitted from one country to another with no exceptions. Agbe (2020) identified four major channels of transmission: the disruption of global base and prices due to factory shutdown; the decline of foreign financial flows in particular remittances; the contraction of tourism, major revenue stream for many countries and domestic capital as factories and people are inactive.

Similarly, The Economist (2020) reports that Nigeria relies on “major lockdown economies,” such as Britain, France, Italy, Spain, and the United States of America, for 54% of remittance incomes. Remittances from these countries declined dramatically in early-2020; for example, some payments companies in Europe reported declines of 80–90% in remittance payments to Africa. The World Bank (2020b) provides a longer-term perspective, predicting that remittance flows into Nigeria will decline by 25% this year due to COVID-19.

In some countries, especially the oil countries like Nigeria, Middle East and North Asia (MENA), the economic environment is further degraded with volatile oil prices. The region faces dual impacts from the covid-19 pandemic and the uncertainty in oil prices. The volatility in oil prices exacerbates the impacts of COVID-19 and brings severe negative income shock to many countries economic fortunes. Oil exporters are affected negatively by the massive direct negative income effect. As the economic fortunes of oil importers and exporters are connected, they are likely to also suffer a negative impact in form of reduced foreign direct investment, remittances and grants from the regions of high income exporters (Arezki et al., 2020). According to World Bank (2020), remittances to the MENA region are projected to fall by about (19.6 percent), sub-Saharan Africa (23.1%), all due to the dual impacts of the COVID-19 pandemic. Further, the macroeconomic impact of the covid-19 pandemic will likely be significant, even if Nigeria manages to contain the spread of the virus. Oil represents more than 80% of Nigeria’s exports, 30% of its banking-sector credit, and 50% of the overall government revenue. With the drop in oil prices, government revenues are expected to fall from already low 8% of GDP in 2019 to a projected 5% in 2020. This comes at a time when fiscal resources are urgently needed to contain the COVID-19 outbreak and stimulate the economy. Meanwhile, the pandemic has also to a fall in private investment due to greater uncertainty and is expected to reduce remittances to Nigeria households, amount of foreign direct investment and overseas development assistance (World Bank, 2020).

A decline in crop due to the covid-19 pandemic will inevitably translates to increasingly poverty (Daniel et al., 2020). Based on poverty line of \$1.9 per day, Vos and Laborde (2020) estimate a potential increase of global poverty of between 14 and 22 million under a scenario of a global slowdown of 1 percentage points. Using the most recent data, the World Bank has predicted corona virus is pushing 40 – 60 million people into extreme poverty (Daniel et al., 2020). As such, our result may overstate the actual experience of being poor from the perspective of people’s ability to access food and essential items. We find that the national rate of poverty increases 8.7% points from a base of 43.5%, which equates to 17 million more people falling below the poverty line during lockdown. Although the percentage point increase in poverty is higher for urban than for

rural households, rural households account for a larger share of the population, and hence the majority of people that fall into poverty during the lockdown period (Kwam, et. al., 2020).

In addition to the impacts outlined above, there are longer-run dynamic effect that can leave extremely damaging impacts on economic mobility of individuals and with that on movements of households into and out of poverty. For example, a loss of income for a period of time can severely restrict the ability of poor households to invest in education of children, and or in the nutrition and health of children and mothers, with potential negative impacts on long-term outcomes of children, including lifetime earnings. (World Bank, 2020).

Financial instability is on the rise because of covid-19 crisis and low-income families already unable to budget for unexpected expenses will be hit the hardest (The children's society, 2020). Costs of living will increase for families as more children are at home, while earnings for parents are likely to decrease, meaning families will struggle with the cost of food and other essentials (Douglas, 2020). Increased childcare responsibilities for parents while children's movement are restricted and without the possibility of help from family networks (such as grandparents), are also likely to put additional financial strain on families will maintained.

In many countries (Nigeria), food prices are rising in cities, where the highest concentration of consumers care can be found. When milk and dairy products, fruits and vegetables, meat and fish fail to reach wholesale and retail markets because of border closures and restrictive measures prevent rural dwellers who are the major producers of food to transport their produce to the urban and semi-urban markets, farmers, pastoralist households, fisher folks and traders suffer major income losses (UN,2020).

More than 820 million people were already classified as food insecure (UN, 2020). According to the Integrated Food Security Phase Classification (IPC) system that is used worldwide to establish objective measures of risk of food and nutrition failure and to prioritize resources and action, this number included 135 million people who are at or above crises and emergency status. The world food programme estimates that additional 130 million people could fall into the category by the end of the year. Near real time household food security monitoring and model based estimates suggest that deteriorating employment conditions and other factors may have pushed as many as 45 million people into acute food insecurity since February 2020, the majority of whom (33million) reside in south and southeast Asia, and most of the remainder in sub-Saharan African(UN, 2020).

Additionally, the pandemic came at a time when food security and food systems were already under strain. Conflict, natural disaster, climate change, and the arrival of pests and plagues on a transcontinental scale preceded covid-19 and were already undermining food security in many countries. For example, in East Africa, people are facing a "triple menace" of mutually exacerbating disaster, an ongoing heavy rain hampers or obstructs attempts to deal with swarms of locusts in the midst of the COVID-19 outbreak. Meanwhile, the worst locust crisis in decades threatens crops heading into the harvest period (World Bank, 2020, UN, 2020).

The locust crisis overlaps with the COVID-19 pandemic, creating a crisis within crisis. By itself, the COVID-19 pandemic has the potential to create a severe food security crisis in Africa, as elsewhere as agricultural production contracts and food imports decline. Local agric-food supply chains are already experiencing disruption including reduced access to inputs and services, labor movement, transport and roadblocks, and credit or liquidity due to COVID-19. In particular, the pandemic is disrupting the supply chains for pesticides and other equipment necessary to control the spread of locusts (World Bank, 2020).

Even if the overall impact of the COVID-19 pandemic appears global sparing no one, certain segment of the population is resenting disproportionate impact. The disadvantaged homes are likely to bear a greater burden aggravating inequality (Atagube, 2020). There is already evidence emerging that although the COVID-19 will affect us in markedly different ways, Ruth et al (2020) states that families with dependent children are likely to be adversely affected by the financial, emotional and physical implications of COVID-19 lockdown. This is especially acute for families living in poverty they further revealed.

Despite the benefit of palliative care to patients and their families, Okon (2020) writes that if you live in an urban area or hospitalized in a big city, your chances of being offered palliative care services are generally higher than those who are in rural areas. Okuhu (2020) proved the above assertion right by stating that a local government chairman donates palliatives to UNN, abandoning his poor and vulnerable community. In the word of Onyeka (2020) everyone, young and old, male and female, rich and poor should have access to excellent care during the course of a serious illness and outbreak of diseases like COVID-19, he added that a denial of such care becomes an infringement of the individual's human rights.

UNICEF (2020) summarized that in these times of unprecedented crises, it is necessary to mobilize all resources, material and human, to protect those families in need.

Theoretical Review

The two theories to support this study are Technological Determinism theory and The Common-sense Theory. Technological Determinism Theory was propounded by Marshal McLuhan. The theory states there is a long and still active tradition of searching for links between the dominant communication technology of an age and key features of society-with a common element of media-centeredness, McQuail, (2010). The theory believes that technology has the power to shape, change or transform the society. The theory is relevant to this study as the online ventures is a new technological working mode when compared to the normal method of learning. The new method of teaching-learning has come to stay as lockdown had been occasioned by the COVID-19 pandemic. The adoption of technological or internet method of working has drastically changed our traditional method in the face of lockdowns that suspended face-to-face contact with online or virtual working and interaction methods. The lockdown was an evident that space or geography is not a barrier to working and socializing.

Consequently, the commonsense theory gives an idea of using ourselves to comprehend, and at the same time, take quick decision. The nature of the spread of the virus and the occurring rates of death made the government and stakeholders to take measures to control the spread since there was no known drug for curing the virus disease and the only way to avoid being affected is to take the preventive measures as enumerated by the Nigerian Centre for Disease control (NCDC). You do not need to be told that the man closer to you is a potential corona virus carrier especially when you observe abnormalities around him. The signs may take form of squeezing, coughing and feeling cold. The combination of these symptoms will quickly awaken our good conscience and how to stay cool and defend ourselves. The theories are relevant in buttressing the peoples' beliefs and dispositions in real life extremist.

Methodology

Due to geographical barrier and or in an attempt to adhere to the physical distance measures recommended by (WHO, 2020) as one such means of preventing the spread of the virus, the researchers depended

totally on qualitative approach. Qualitative research which is likened to library research approach according to Corbin & Strauss (2008) means analyzing journal articles, textbooks and surfing the internet in order to elicit meaning, gain understanding and develop empirical knowledge in the study area

Findings and Conclusion

1. Although, there is an increase in intimate partner violence, majority of people (52%) used the “Stay at Home Order” to bond together with their families.
2. There is an increase in unintended pregnancies, stillbirths and child mortality as a result of low access to modern contraceptives and medical services.
3. There is an increase in kids screen time and parents are not bothered about it.
4. COVID-19 lockdown measures are pushing families into abject poverty especially those from disadvantaged homes.
5. Providing palliative care to patients’ families is one sure way to rescue families from the devastating effect of COVID-19 but the middle men in Nigeria hijack them.

Recommendations

The question in the minds of national and global leaders in the midst of the evolving pandemic is how affected communities, families will bounce back and in a sustainable manner recover from the crisis (United Nation, 2020). In line with the above, this paper makes the following recommendations:

1. Those in an abusive relationship should not keep silence, rather report to lawful agencies
2. Government should provide incentives for health workers to enable them engage in home services during an outbreak of diseases.
3. Co-viewing and monitoring are important manners to be adopted by parents and guardians to manage or control kids screen time during the covid-19 lockdown.
4. Government and nongovernmental organizations should provide non repayable grants to families so as to lift them out of poverty.
5. There is need to provide incentives for private firms for business to continue, including the financial system, shipping, local businesses and agricultural farming which are essentials for keeping the economy running

References

- Agbe, G. M. (2020). Impact of the COVID-19 pandemic on poverty in MENA countries. *Focus on child poverty* <https://www.coronavirus.ihu.edu/map>
- America Academy of pediatrics (2016). Media and young minds pediatrics. <https://doi.org/10.1542/peds.2016-2591>.
- Andrew, A., Sarah, C., Monica, C., Christine, F., Lucy, K., Sonya, K., Angus, P. & Servilla, A. (2020). How are mothers and fathers balancing work and family with lockdown? *Institute for Fiscal Studies*.
- Arezki, R., Lederman, D., Amani, A., El-mallakh, W. Fan, R., Mohammed, A. & Zouadi, M (2020). Middle East and North Africa Economic update, April 2020. *How Transparency can help the Middle East and North Africa from* <https://www.worldbank.com>

- Ataguba, J. E. (2020). COVID-19 pandemic, a war to be won: understanding its economic implications for Africa. *Journal of applied Health Economics and health policy* (2020) 18; 325-328.
- Bethany, K. Emily, G., Sophia, P., Ana, L., & Henning, T. (2021). The impact of the COVID19 pandemic on maternal and perinatal health: a scoping review. Available at <https://doi.org/10.1186/s12978-021-01070-6>
- Brendan, H., Michelle, W., Julia, W. & John, S. (2020). Are we ready to mitigate the impacts of COVID-19 on family planning and contraceptives? *Journal of Global Financing facility*.
- Centers for Disease control and prevention (2020). Groups at higher risk for severe illness. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-riskhtml/>
- Children spending more Hours watching screen during lockdown. Here is what you need to do from <https://www.timeofindia.com>
- Cluver, L., Wessels, I., Jamie, M. & Bachman, G. (2020). Parenting in a time of COVID-19 from [https://doi.org/10.1016/s0140-6736\(20\)30736-4](https://doi.org/10.1016/s0140-6736(20)30736-4).
- Corbin, J. & Strauss A. (2008). Basics of qualitative research: Techniques and procedures of developing grounded theory (3rd ed.). *Thousand Oaks, CA: Sage*
- COVID-19 and its effects on Relation from www.relationships.org.au
- Daniel, M. & Christoph, L. (2020). This is the effect COVID-19 will have on global poverty. <https://www.weforum.org/age>
- Douglas, F. (2020). Economic cost of Coronavirus lockdown keeps on rising <https://www.bbc.com>
- Drabwell, C. (2020). Love in a time of COVID-19: Families and couple relationships from <https://ounews.com>
- Edem, H., & Lynn, F. (2020). Amid the COVID-19 pandemic, meaningful communication between family caregivers and residents of long-term care facilities is imperative. *Journal of Aging & social policy* vol. 32, Issue 4-5
- Ejukwa, O. (2019). Analysis of the social consequences of overpopulation in Nigeria-Multi-Disciplinary. *Journal of Research and Development perspective* volume 8, Number 1, page 173-195.
- Gabb, J. and Fink, J. (2015). Couple Relationships in the 21st century. *Palgrave Macmillan*.
- Greg, M. (2020). Social Distancing prevents Infections, but it can have unintended consequences from <https://www.sciencemag.org>
- Henrietta, F. (2020). Disruption of Immunization and basic health services due to the COVID-19 pandemic. <https://www.unicef.org>
- International Federation of Gynecology and Obstetrics (2020). COVID-19 Contraception and family planning. <https://www.figo.org>
- Julianne, M., O'Daniels, M, Heather, M., McLaughlin, M. & Heidi L. (2017). A survey of current practices for genomic sequencing test interpretation and reporting processes in US laboratories. *Journal of the American College of Medical Genetics*.
- Kwam, A., Edeh, H., Oboh, V., Karl, P., & James, T. (2020). Impacts of COVID-19 on Food Systems and Poverty in Nigeria. *Advances in Food Security and Sustainability* vol., 5
- Marra, A., Pasquale, B., Maria, V., Carmine, L., Eugene, W. & Servillo, G. (2020). How COVID-19 pandemic changed our communication with families: losing nonverbal cues. <https://doi.org/10.1186/s13054-020-03035-w>.
- Martins, A., Maryia, M. & Stephane, H. (2020). Socio-Economic impacts of COVID-19 on Household consumption and poverty. *Journal of Economics or disasters and climate change*.

- Ministry of Agriculture and Livestock Development (2020-May). The impact of COVID-19 on Households in Nepal.
- Mohmad, F. K., Laila, N. & Hanif, B. (2014). "Presence in Absence:" Distributed family communication practices for familial bonding via Mobile Communication Technology *Springer International Publishing Switzerland, 2014*.
- Morgan Chase Institute (2020, March). The potential economic impacts of COVID-19 on families, small business, and communities.
- National Academics of Sciences, Engineering and Medicine (2020). Social Isolation and loneliness in older adults: opportunities for the health care system. *Journal of National Academic press*.
- Ngan, F. H. (2020). Parenting in the COVID-19 Era: Work-life Balance Turning into Whack-A-Mole. *Journal of Clayman Institute for Gender Research*.
- Okon, D. (2020). Lamentation still trails Lagos, FG's palliative packages as middle men hijack programmes. <https://www.businessday.ng>
- Okuhu, I. (2020). "Palliatives" and the Ignominious destitution of the University of Nigeria. ikemsjournal.com.ng/palliatives
- Olurounbi, R. (2020). Nigeria: pandemic to poverty in the post-COVID future <https://www.african.report.com>
- Onyeka, T. C. (2020). Palliative care in Enugu, Nigeria: Challenges to a new practice. *Indian Journal of palliatives care*.
- Purtill, C. (2020). Do screen time rules still apply in lockdown? From <https://www.bbc.com>
- Reinhard, S. C. Feinberg, L. F., Houser, A., Choula, and R. & Evans, M. (2019) .Valuing the invaluable: 2019 update. *Journal of AARP public policy institute*.
- Relief Web (2020, April). Locusts, Floods and COVID-19: a potentially deadly combination for malnourished children across the Horn of Africa.
- Ruppaneer, L., Churchill, B., & Scarborough, W. (2020). "Why Coronavirus may forever change the way we care within families" the conversation. <https://theconversation.com/>
- Ruth, P. Kayleigh, G. & Maddy. P. (2020). Researching COVID-19 and its impact on families: Some ethical challenges from <https://discoversociety.org/2020>.
- Semaan, A.T., Audet, C., Huysmas, E., Afolabi, B.B., Assarag, B., Banke-Thoma, A., Bilencowe, H. Caluwaerts, S., Campbell, O. M., Cavallaro, F.L., Chavane, L. Voices from the frontline: findings from a thematic analysis of a rapid online global survey of maternal and newborn health professionals facing the COVID-19 pandemic. *BMJ Global Health*. 2020;5(6): e002967. <https://doi.org/10.1136/bmjgh-2020-00296>
- Shin, H.D. & Amin, A. (2020). Coronavirus: how to reduce your children screen time and make them more active from <https://www.theconversation.com>
- Sumner, A., C. Hoy and E. Ortiz-Juarez (2020), "Estimates of the impact of COVID-19 on global poverty", *UNU-WIDER Working Paper 2020/43*, <http://dx.doi.org/10.35188/UNU-WIDER/2020/800-9>.
- Susan, A., Sandra, R. & Gilman, W. (2020). Keeping poor kids fed and safe during COVID-19 <https://www.annualreviews.com>
- Tak, Y. & David, P. (2012). Bonding as a positive youth Development Construct: A conceptual Review <https://doi.org/10.1100/2012/481471>.
- The children's society (2020).The impact of COVID-19 on children and young people. <https://www.childrensociety.org.uk>

The Daily (2020). The impact of COVID-19 on Canadian families and children from <https://www.150.statcan.gc.ca>

The Economist (2020). Covid Stops Many Migrants Sending Money Home. The Economist. April 16, 2020 <https://www.economist.com/middle-east-and-africa/2020/04/16/covid-stops-many-migrants-sending-money-home?fsrscn/fb/te/bl/ed/acashcowdriesupcovidstopsmanymigrantssendingmoneyhomemiddleeastandafrika&fbclid=IwAR3sLLExKK09JPQVYjpdFjDvBGrQILBIJxCWQezRkKaky0>.

UNICEF (2020, April). UNICEF report: COVID-19 pandemic increases risk of vulnerable children and their families in Romania.

United Nations (2020, April). Policy Brief: The impact of COVID-19 on children

United Nations (2020, June). Policy Brief: The Impact of COVID-19 on food security and Nutrition.

United Nations (2020, May). Policy Brief: The impact of COVID-19 on older persons.

United Nations Development Programs (2020, March). The impact of the COVID-19 pandemic in Nigeria.

UNHCR (2020). Assessment of COVID Pandemic Among Persons of Concern in Nigeria available at www.UNHCR.Agiende

United Nations Office on Drugs and Crime (2020). Information on Parenting during COVID-19. From <https://www.unodc.org>.

United Nations Population fund, Avenir Health & Victoria University (2020, April). Impact of the COVID-19 pandemic on family planning and Ending Gender-based violence, female Genital mutilation and child marriage.

Vos, R. W. & Laborde, D. (2020). How much will global poverty increase because of COVID-19? <https://www.ifpri.org/blog/how-much-will-global-poverty-increase-because-of-COVID-19>.

Warland, J. (2020). Sharp jump in stillbirths during COVID lockdown. <https://www.unisa.edu.au>.

WHO (2020, March). COVID-19 and violence against women what the health sector/system can do.

World Bank, 2020b. World Bank Predicts Sharpest Decline of Remittances in Recent History. Press Release. Downloaded on May 5th 2020 from <https://www.worldbank.org/en/news/press-release/2020/04/22/world-bank-predicts-sharpest-decline-of-remittances-in-recent-history>.

World Bank (2020, April). World Bank Predicts sharpest decline of remittances in Recent History.

World Bank (2020, July). The Locust Crisis: The World Bank's Response

World Bank (2020, June). Nigeria's Economy faces worst Recession in four decades, says New World Bank Report.

World Bank (2020, April). -Poverty and distributional impacts of COVID-19: channels of Impact and mitigating policies

World Health Organization (2019, October). High rates of unintended pregnancies linked to gaps in family planning services New WHO study.

World Vision International (2020). COVID-19 Aftershocks: Access Denied Teenage Pregnancy Threatens to Block A Million Girls Across Sub-Sahara Africa from Returning to School.