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### **Family Development in a Pandemic Era**

The outbreak of COVID-19 marked the Pandemic Era, a trying time for families and relationships. While it is true that the Pandemic has brought some families closer together, it has also had many adverse effects on relationships. The change to remote work and virtual schooling, combined with health and financial insecurity stress, has strained many relationships.

The Pandemic has changed how we view relationships and what is truly important in life. Many have re-evaluated their priorities and realized that material possessions and career success are less important than spending time with family and loved ones.

The Pandemic has had a substantial adverse effect on families, including mine. My mother, who was previously independent and active, became afraid of getting sick and was confined to her home, leading to feelings of depression and a loss of purpose. After Pandemic Era, despite slowly adapting to life outside her home, she still struggles with the fear of illness and requires constant care and support. This experience highlights the difficulties faced by many elderly individuals during the Pandemic and the crucial role families play in providing care and comfort.

Also, in that period, families had to adjust to spending an unprecedented amount of time together, leading to increased conflict and tension. The isolation and limited opportunities for social interaction have also taken a toll on mental health, making it harder for individuals to cope with their challenges.

The increased stress and anxiety caused by the Pandemic have taken a toll on many people, leading to increased conflict and tension within families (Kwong et al., 2021). In addition, the

lack of personal space and privacy, as well as the inability to escape from the stress of the Pandemic, has put tension on many relationships. The sudden shift to remote work and virtual education has also created additional pressures for parents, who are now balancing work and childcare in a challenging environment. The Pandemic has also negatively impacted parents' mental health and well-being, which can affect their relationships with their partners and children (Chen et al., 2021).

The Pandemic also has significantly impacted individuals' financial well-being. Many people reported decreased income and increased financial insecurity, which affected their relationships with their partners and family members. Many lost their jobs or faced financial insecurity, which was reflected in strained relationships with couples struggling to support their families even without stable jobs. (Chen et al., 2021).

The Pandemic also showed the limits of modern medicine and flashed fear in many people. Despite advances in medicine and technology, the world remains vulnerable to new viruses, leading to elevated awareness of mortality and risk of exposure. This has caused increased anxiety and made people feel uneasy in situations such as being near someone coughing. The spread of misinformation and media coverage has added to the general sense of fear and uncertainty (Hansson et al, 2021).

In conclusion, the Pandemic has been a period of growth, reflection, and increased appreciation for what truly matters. However, although the Pandemic has brought families closer in some cases, it has had some adverse effects on relationships. The increased stress, lack of personal space, and impact on mental health and financial stability have all contributed to the challenges faced by families during this difficult time.

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