

## Psychological Impact of the Exceptional State of Pandemic Confinement in the Pediatric Age

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According to UNICEF data, since the beginning of the Pandemic State motivated by the coronavirus 19,139 million children around the world have lived in a situation of compulsory confinement at home, an average time ranging from at least 9 months; another 193 million have lived Under recommended confinement policies, which has undoubtedly left traces that since the last 6 months of 2020 and throughout this year 2021 have become evident. Its expression encompasses Psychosomatic spheres, intellectual of Socio-Health Repercussion, not negligible, to which parallel to the evolution of this Pandemic we have been facing the questions impose themselves: How far? How much do we have left to do? Are we doing well?

Global children have been affected by the passage of the pandemic and the necessary physical and social distancing measures at all levels. Due to their age and condition, children, our infants and adolescents in all latitudes, are especially sensitive to changes in routines and lifestyle habits. It is not surprising the scenario that we do today in 2021 and we must continue to face as Professionals of Integral Pediatric Care.

Reactions to these measures necessarily imposed by the excepcional al situation of Confinement reach horizons ranging from emotional imbalances Alterations in the rhythm of sleep / wakefulness, generalized sleep disorders at every moment in increase and impact on quality of life And school performance of our childhood dependencies adhesions to TV screens to video games in most cases a didactic contribution Appropriate to the age in abuse of, day and or weekly hours with the consequent appearance of visual disorders headaches and worsening of the pre-existing ones But you are nocturnal state since they cover the spectrum of sleepwalking irritability night eating disorders increase in accidents at home, Notably as well as the heteroaggression with prevalence in the group of adolescents affective lability The covert depressions typical of age worsening and the necessary isolation lived changes that are evident in the routine in games in relationships in the

Motivations in general in behavior in all groups in all age groups according to the parameters associated with the expected behavior Average described at each age. But what are or could be the scenarios we make and must face in coming months as a result of physical isolation and the different changes in dynamics Family members and age routine for your Mental Health?

While we have to accept that these preventive measures have been necessary during the initial state of pandemic, the broad and substantial negative impact on the population is undeniable. Exposed globally, with special significance for children. The complexity of this scenario poses a challenge for policy makers and all Professionals Sociosanitary involved in Comprehensive Pediatric Care, the stressors and protective factors that could develop during this state of confinement And its consequences, are challenges that we must assume in this present. According to WHO recommendations, one of them has been revised, the fastest of three bases Electronic; (PubMed, EMBASE and Google Academic) in addition to the recommendations of many experts in the world and understood in Social and Health issues in children in all age groups.

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Of 57 documents, only three met the requirements and were included in the most recent revisions. Sprang and Silman in 2013<sup>4</sup> analyzed the Prevalence of related symptoms con estrés postraumático en el contexto de desastres sanitarios. En su estudio encontraron que las puntuaciones medias de estrés postraumático, Were 4 times higher in children who had been quarantined, for those who were not confined. A similar study carried out in university students found no significant differences in terms of an increased risk of symptoms related to Post-traumatic stress or general mental health problems, among the group of isolates in respect of those who had not been confined<sup>5</sup>. DiGiovanni et (another of the studies)<sup>6</sup> observed that adolescents had Difficulties in complying with quarantine rules and more likely to break it.

No study has been found to examine what factors are associated with Less Discomfort or Psychological Stress in childhood Exposures exposed to Quarantine.

Although there are numerous recommendations, most are from experts and have not been contrasted by studies. In which he proposes a summary of the expert recommendations With greater consensus to mitigate the negative impact of quarantine on minors.

This urgently imposes the need to integrate effective Impact measures that mitigate and phantize the Psychoemotional integration of the World's Pediatric Population, as well as the Restoration Suitable for school life. And educational recovering with acertivity the levels at least standards of demand in each colorazido Group prexistentes Antea del Esrado de Pandemia en el Mundo,este impacto como parte del proceso de planificación de la misma se impone exigiendo implicación inmediata de todos los entes implicados.

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