

The Impacts of Novel Coronavirus (COVID-19) Pandemic on Family Relations among Saudi Family Members

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Abstract: The current research aimed at investigating the psychological, social and economic impacts of Coronavirus (COVID-19) pandemic on family relations from parents' viewpoints. In addition, it aimed at presenting proposed strategies to reduce the negative impacts of Coronavirus (COVID-19) pandemic on family relations. To achieve the research objectives, the researcher followed the descriptive analytical research design. The research instruments included a questionnaire designed to verify the most significant psychological, social and economic impacts, and the most effective proposed strategies. The questionnaire was administered to a sample of parents of some Saudi families. Results showed that there was a high percentage of agreement ranged between (50.86: 84.20) about the negative psychological impacts of Coronavirus (COVID-19) pandemic on family relations. Nevertheless, there was a high percentage of agreement ranged between (68.40: 85.93) about the positive social impacts of Coronavirus (COVID-19) pandemic on family relations, whereas there was a high percentage of agreement ranged between (68.40: 80.99) about the negative economic impacts of coronavirus (COVID- 19) pandemic on family relations. This meant that the pandemic had significant negative psychological and economic impacts on family relations, whereas it had considerable positive social impacts. Additionally, all the proposed strategies to reduce the negative impacts of Coronavirus (COVID-19) pandemic on family relations indicated high percentage of agreement ranged between (80.74: 88.64). Furthermore, some recommendations were also presented, the most important of which is preparing group counseling programs to train all Family members, i.e. Parents and their children, on communication and problem-solving skills during Coronavirus pandemic.

Keywords: Impact - Pandemic - Novel Coronavirus (COVID-19) - Family Relations - Saudi Family

1 Introduction

Human societies are going through difficult and decisive historical moments due to the outbreak of the novel Coronavirus (COVID-19) pandemic across societies. However, this was not the first pandemic that humanity had experienced. Actually, it was preceded by many epidemics during the past decades, such as Middle East respiratory syndrome corona, bird flu, swine flu, SARS and Ebola in Africa, and Zika virus in South America and elsewhere. Nevertheless, the outbreak of novel Coronavirus pandemic 2019 has the most impact on all societies without exception due to the rapid spread of it from one person to another whether through direct contact with the infected person or through droplets fallen from him, or indirect contact through touching Polluted surfaces or tools. This led to the disappearance of social, political and economic groupings and reducing globalization repercussions, especially the openness of borders and markets, freedom of movement, etc.

The outbreak of novel Coronavirus (COVID-19) has caused a state of global panic during the period extending from the beginning of its announcement in December 2019. The World Health Organization has classified the spread of this virus as a pandemic, which means that it is out of control. International organizations that concerned with human health have linked it to the terrible increase of infection and death rate around the world as the rate has reached the stage of danger [1]. The World Health Organization has indicated that the number of cases up to 31 March 2020 has reached over 825000, and the number of deaths has reached 30000 deaths due to (COVID-19). Moreover, the official data indicated that the prevalence and number of cases of Covid-19 virus tend to increase continuously, as it reached on May 30, 2020 more than 6000000 cases (6026091 cases and 366415 deaths) due to COVID-19 infection around the world [2].

According to a study conducted by Paules et al., [3], the outbreak of novel Coronavirus pandemic is not clear and that the situation is getting worse rapidly. Further, Klein [4] stated that the increasing rate of COVID-19 infection is

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about 2.5 new infections within five days. This means that every single case can lead to infection of other 244 cases throughout the month. However, if social distancing measures are applied, the increasing rate can drop to 1.25 new infections per case, so there would be only four new cases throughout the month. This confirms the importance of exerting the efforts of individuals, institutions and countries to focus on precautionary measures and prevention procedures. Perhaps the most important of these measures is the prevention represented by quarantine and isolation of infected or potentially infected individuals, which is considered a pure social affair.

Since the beginning of the pandemic, global warnings confirm the seriousness of the situation, which is dangerous due to the risks posed by the novel virus itself on the one hand and its fast transmission on the other hand. In light of this, the Kingdom of Saudi Arabia has taken a series of measures, including suspending study at all educational institutions from primary to university levels. Another measure is closing shopping malls and places of worship and advising people to stay at home and practice self-isolation and social distancing. Ultimately, taking precautionary measures is the best and easiest way to avoid any potentially catastrophic consequences of the pandemic among citizens of Saudi society.

The family is considered the only social unit in human society that overlaps with all other social systems. It is primarily responsible for the process of socialization through culture and all other vital activities of the human being that distinguish him from all beings. Looking at all aspects of individuals' lives, we realize that the family is the core element in identifying social expectations and important sources of growth, as well as different cultures [5]. Thus, family relations are the main determinant of socialization patterns. Due to these relations, family members can socially interact with each other's as well as values and norms are acquired. These relations can be represented in parental relations, parents' relations with their children and brothers' relations [6].

According to Al-Oweidi [7], Family relations are divided into two main types. The first type is internal family relations which include relations between husband and wife, relations between parents and children, and relations between children with each other's. The second type is external family relations that include relations between family members and relatives, whether through blood kinship or marriage. Family relations are based on friendliness, love, sincerity and mutual trust. They are necessary to build a strong family that is able to play an effective role in developing the members' personality and providing them with good values and traditions. Nothing can replace the friendly and respectful emotional relations in the family, because they help to remove tensions and relieve emotional stress [8].

The strength and maturity of family relations and family cohesion are necessary for establishing good families as well as suitable atmosphere for adapting children and providing them with balanced psychological and emotional development. Conversely, any tension or conflict between parents can negatively affect their child and lead to lose his emotional balance [7]. Similarly, Al-Tuwaijri [9] and Khalil [10] confirmed that the interconnected family highly achieves family safety and good mental health for its members. Therefore, maintaining family relations is a prerequisite for keeping the family as cohesive unit in terms of social structure integrated and consistent with customs and traditions.

In the current research, the researcher attempted to investigate the impacts of novel Coronavirus pandemic on family relations. There are conflicting views regarding these impacts. Some views refer to the positive impacts of COVID-19 health crisis in Saudi society represented in closeness among family members as a result of self-isolation and quarantine. Additionally, there is an improvement in the quality of relations between parents and children in particular and between husband and wife and other manifestations of family friendliness that lead to family cohesion. On the contrary, other views indicate that the pandemic contributed to tension and disorder in family relations for several reasons, but mainly due to the economic conditions made worse by quarantine and stay-at-home measures. This led to the high rates of disagreement and family problems and even the high rates of divorce. The study conducted by Akhana [11] confirmed that the quarantine measures that were implemented in light of the outbreak of this epidemic have resulted in several negative psychological and economic impacts in addition to other problems. Despite of these negative implications, families have a chance to reconnect, rearrange their priorities and adjust their interactions.

The outbreak of Corona virus (COVID-19) in various parts of the world has caused family members to feel bored and isolated. Not making use of free time, negatively affects social relations between individuals and groups. Hence, this may lead to mental illnesses due to long home-stays [12]. From 24 studies conducted on the SARS, influenza and Ebola epidemics, 23 proved that there is a correlation between quarantine and isolation measures and negative psychological impacts on individuals' well-being. This is because human nature cannot afford these restrictions, especially if the restrictions associated with unlimited time and a dangerous health situation. Therefore, sense of security and freedom are necessary during challenge and psychological stress [13].

Despite of the outbreak of Coronavirus pandemic is a crisis that Saudi society is going through, we hope that it will end soon; but it gave the chance to family members to stay at home for long periods and to share everything with

each other in non-conventional scene. This highlights the importance making use of free time in "Corona time" through practicing favorite recreational activities at home. Such activities can create an atmosphere of happiness and pleasure and bright aspects of knowledge and culture for family members. Consequently this will play a positive role on family life and encourages scientific, ethical and cultural success and creativity among individuals. So, time that individuals have to sit at home should be invested and not go out unless necessary in order to appreciate national efforts of facing the virus and preventing its outbreak [12].

After the outbreak of virus pandemic (COVID-19), the family has suffer from a difficult crisis, and of course the isolation and loneliness imposed by the pandemic has led to a negative impact on couples, as such pandemic may affect marital relations. For instance, couples who spend their time together in the period of the pandemic in the same place may discover that they are not satisfied with their marital life. This leads to a lot of problems and conflicts. On the contrary, this pandemic may be a good opportunity for many couples to restore interactions and family cohesion, reinforce relations and enhance the stability and cohesion of family and society, especially during the current quarantine and the preventive social distancing. Now, all the family members stay together at home, sharing their hours, days and social life in an exceptional atmosphere that was not conventional in the past; which creates more challenges of confrontation and interaction. The head of the family, the wife and children have come face to face in front of traditional and new social responsibilities. Furthermore, the family success in managing circumstances is measured by the amount of time each of members dedicates to communicate and spread positive energy and harmony. If we consider that home quarantine and the concept of social distancing is an opportunity for social communication, it is also a rare opportunity to pose with oneself, reflect on marital life and learn patterns of communication to overcome conflicts [14]. Hence, the researcher concludes that if home quarantine and the concept of social distancing are considered as an opportunity for social communication, it is also a unique opportunity to pause with oneself, reflect on marital life and discover patterns of marital communication. This is consistent with Khairy [15] who stated that there is a need to allocate time and space for privacy between Spouses in order to maintain their mental health.

The state of panic that may occur within the family due to the emerging corona pandemic may have negative effects on children. Therefore, experts recommend that children be kept away from misinformation and shocking scenes spread on the internet during this pandemic. This is because children are more vulnerable to fear of corona virus [16]. Parents have a great role to implement and practice health guidelines for children, so that they become a daily behavior and lifestyle to avoid various diseases including COVID- 19. Thus, family members should

choose the correct and reliable educational sources of information related to Coronavirus disease and avoid rumors. In addition, children should be monitored to choose reliable sources to obtain the correct information and avoid misinformation that may cause unjustified anxiety and fear among family members [17].

Dr. Ibrahim Adak, a member teaching staff at University of Health Sciences, in the Department of Children's Mental Health Diseases, explained that the psychological state of children can be negatively affected by diseases. There are important factors that explain the extent to which the child's psyche will be affected by the disease, including the child's age, emotional state, mood and ability to adapt to those around him in addition to the type and severity of the disease, the extent of its impact on the activities and daily life of the child, and the attitude of the parents and those around the child as well as their behavior towards the disease. It has been proven that infectious diseases that spread quickly and are transmitted from one person to another, cause psychological problems such as anxiety in children more than others, and it may form in the mind of the child that he will be infected with the disease himself and those around him. I that situation, parents have an important role in relieving the child's anxiety. First, parents should control their anxiety and panic to set an example for their children to follow. They should also provide reliable information to their children on how to protect themselves from disease. Furthermore, they should not talk too often about the virus; and instead they can discuss other topics and try as much as possible to continue their normal daily life while applying all necessary precautionary measures [18].

Another negative impact of the quarantine is that children and adolescents do not go to school or go out to play and enjoy time that can go beyond mere boredom or loss of social contact. As a result, this can negatively affect children's feelings and cognitive and mental abilities [19]. It is very common for them to be isolated, as they prefer to stay in the room and spend hours connected to the Internet instead of completing their academic assignments and this represents another risk factor [16]. This current situation has put parents in front of many challenges with their children, perhaps the most important of which is filling the gap left by school, friends and entertainment centers, as well as preserving their mental development and psychological balance, and helping them adapt to the current lifestyle. For adapting quarantine, parents can design a schedule of tasks and daily routines instead of chaos and randomness, as it includes allocated time for study, eating, work, breaks other activities, housework, prayer, etc. In this way, the home system can be managed. There is also a need to specify daily tasks, so everyone needs an appropriate environment to focus on, as this station will create some restrictions for children, so the child cannot play with the laptop or phone while working. Moreover, children should be busy in some kind of activity

continuously, and they should practice daily activities. In addition, it is also useful to search for videos about learning new skills that every child or teenager interested in, and parents should make an appointment for children to talk to their friends using the Internet. Talking with friends is very beneficial for their mental health, especially by being able to see their peers from a distance [20, 21].

For facing the challenges posed by the coronavirus pandemic, it is necessary to confirm family budget management, so that families should prepare themselves internally, personally and psychologically. Families should realize that the emerging coronavirus pandemic is not only a health crisis, but according to many experts, it will have serious economic repercussions on home, society and the whole state. So, dealing with these repercussions requires real awareness of economic risks as well as health risks. Thus, experts advise to prepare in advance to work on managing an emergency plan for crises in order to save families from a pandemic of hunger [22].

The quarantine period proved the great role that women play and the extent of their contribution to managing the family budget in particular. This shift must be positively reflected after the pandemic by reviewing the way and patterns of thinking, because this shift establishes new behaviors. The quarantine period has affected the psyche of all groups of society, due to the restriction of daily behaviors, which resulted in many repercussions, especially on the family budget. Overcoming challenges of the pandemic and changing them into positive impacts could be easy and successful, by focusing on priorities and postponing needs to achieve the desired aims. Also, the quarantine has some positive aspects to families that knew how to use it in a positive way and considered it an opportunity to restore family relations. The quarantine period constituted a valuable opportunity for them to consolidate family relations, and abandon some behaviors that used to increase the family budget expenditures. So, quarantine for this group does not represent any problem, but rather they were able to adapt and that stems from their awareness of the conditions that society is going through and through holding sessions for dialogue, communication and participation in setting the budget of their family, while also taking into account the estimated time needed to get out of this crisis with the least possible losses [22].

Those economic repercussions have caused a state of financial difficulties anxiety and fear that represent psychological weakness for parents, and are matched by a state boredom and rebellion among children. As a result, this led to a conflict in the family relations. Insufficient psychological awareness among many families, some have to unload this confusion through violence in its different forms e.g. screaming, verbal assault or physical violence. UN Women [23] stated that quarantine and the resulting tensions on the social level led to an increase in violence rates against women during the pandemic. Moreover, one

out of every three women worldwide has been exposed to either physical or sexual violence [24]. For facing this challenge, a space for discussion between the spouses is recommended and it should be based on based on conformity and harmony rather than competition. In order to face this stage, a suitable plan should be developed to cope with the circumstances of the family. This can be done through giving a space for each family member to express his condition by allocating time for discussion, especially for adolescents, which enables to understand their feelings. Additionally, allocating time to express any feelings of distress, anger or anxiety is successful, especially between the spouses, as they get rid of stress in a proper way through breathing, relaxation and quiet discussion instead of conflicts [20].

The elderly and patients with low immunity are victims of this invisible killer (i.e COVID-19) and they are most vulnerable to infection [25], because their immune system weakens gradually with age. This goes in line with Cao, Weiliang, [26] who illustrate that the elderly are more susceptible to COVID-19 infection, followed by patients with low immunity at all ages. Further, Chen, et al. [27] state that Corona virus disease has an effect on the elderly with cardiovascular disease and high blood pressure.

Therefore, it is imperative for family members and those in charge of caring for the elderly in the family to provide all information and knowledge about the emerging coronavirus in terms of its causes, symptoms, risks, implications, and all measures to prevent this virus from spreading [28]. This is what the Saudi Elderly Support Organization (WAQAR) called for to support adults in terms of the need to protect the elderly from the pandemic, especially those who have chronic diseases and do not have strong immunity. The organization stressed not to transmit bad news about the disease to protect them from panic, fear and anxiety, and they should be reminded of the importance of health precautions that the government and the Ministry of Health provide to deal with the virus [29]. Additionally, encouraging the elderly to practice usual or new activities, including regular exercises, housework or drawing, and focusing on enjoyable hobbies and communicating with family and loved ones can help to improve their psychological state [24].

From this point, the good health challenges have forced new regulations to deal with the pandemic. Societies must re-adjust the new social relations imposed within and outside the family in light of the spread of this pandemic. This can be achieved through developing a new pattern of interaction and socialization in the community, especially during periods of home stays, isolation and quarantine. This is necessary to appreciate the value of time management and lifestyle organization, making people even more aware of themselves and of their needs [30].

In light of novel Corona pandemic, the work of the head of the family has become from home, and the lessons of the children are all via the Internet, and everyone in the family continued to carry out all his activities without leaving home, which led to an increase in contacting with family members. The researcher believes this has positive impacts. However, lockdown measures are still implemented and the void increases, along with financial instability and anxiety about infection, the psychological stress and tension increase, which cause some family problems. This was confirmed by Al-Nuaimi [31], who stressed that the compulsory congregation of people together can put immense pressure on relationships between and among the people involved. In this sense, home quarantine and lockdown has a big role in increasing family problems for some e.g. panic, psychological stress, and financial problems which significantly affect family relationships.

According to the above considerations, the researcher concluded that the issue of novel Coronavirus (COVID-19) pandemic and its psychological, social and economic impact on family relations is one of the most important issues that concern those in charge of social service, as it is a complex issue that does not have a single impact that can be relied upon to investigate it. Hence, the current research aimed to monitor the phenomenon of family relations in the light of the corona pandemic in an attempt to provide proposed strategies to reduce the negative impacts of coronavirus (COVID-19) pandemic on family relations, through analyzing the reality related to families in Saudi society. The researcher sought to determine the most prominent psychological, social and economic impacts of coronavirus pandemic on family relations, as well as to verify the proposed strategies in order to reduce these impacts so that all Saudi family members are able to deal with the new situations resulting from the pandemic.

2 Problem of the research

The world started the year 2020 with a difficult health crisis represented in the outbreak of coronavirus (COVID- 19) pandemic which originating from China to various parts of the world, a phenomenon that deserves attention. Since there is no vaccine or drug could then protect people against the virus, the dangers of its spread and infections have threatened the lives of millions of people. Consequently, healthcare systems and services all over the world are facing exceptional and unprecedented global pressures. This is due to the intensity of infection cases in a way that the health system's capabilities are unable to deal with. The current situation has its severe psychological and social impact on individuals, threatening their safety and security in addition to changing social relations and interactions and preventing habits and meetings. Moreover, this ultimately affects individuals' psychological, social and economic security [32].

Novel Corona pandemic affected all aspects of health, social, economic and political life in all societies. The Kingdom of Saudi Arabia (KSA) decided to take a number of precautionary measures that included, among others, partial curfews, social distancing and home quarantine. Hence, it closed mosques, educational institutions, shops, restaurants, shopping centers, parks, clubs and others, while preventing funerals and weddings. This has led to the isolation of communities and families from each other, which also began to threaten social relations and ties and unleash a hidden form of 'civil war' in which everyone is wary of their relatives, friends, neighbors, and indeed everyone who leaves his home.

The novel Coronavirus pandemic also affected the lives of people in general, whether negatively or positively, and affected the family in particular. This is due to the fact that the family as a social unit was the primary addressee by state officials and private institutions. Stay-at-home order addressed the family because it is considered the first barrier in dealing with the pandemic and their repercussions. Therefore, the current research focuses on exploring the psychological, social and economic impacts of the novel Coronavirus (COVID-19) pandemic and its repercussions on the Saudi family and on the relationship between and among its members. The research further seeks to reflect on the most important practices that the family undertakes in dealing with that pandemic.

In the light of the realistic observations of the researcher, the idea of studying the impact of the new Corona pandemic on family relations has resulted from the psychological, social and economic impacts of the family as it is not just a health problem, but rather an epidemic and a disaster that has its future impacts psychologically, socially and economically, and it will leave its mark on the Saudi family with many negative aspects. This is obvious in its impact on the family budget, the weakness of family relations, the breakdown of ties between spouses and children, which negatively affects the children and results in academic delays and weak performance due to the failure to satisfy their basic needs such as the need for love and a sense of security. Nevertheless, the pandemic has positive aspects such as reuniting the Saudi family and spending more time with family members which consequently increase family cohesion.

The victims of the novel Coronavirus are constantly increasing, and the virus continues to spread at an accelerated rate all over the world. This greatly contributes to multiplying the problems that affect all groups of society. The idea of infection with the virus dominates their thinking, so they create a frightening scenario of infection that prevents them from practicing life normally. Then the virus is transmitted to them, which soon spreads in one way or another to their family and to others [33]. This has also reinforced the strict home quarantine measures imposed on most of the world's population, restrictions imposed on

travel, and constant examination and monitoring, in addition to the large amount of misinformation spread on social media. Not only that, but they found themselves forced to follow strict isolation measures, fighting an unknown enemy to them [34, 35]. People are living in a state of panic, anxiety and tension on a large scale that humanity may not have witnessed before. Additionally, they have feelings of alienation and psychological distress that embodied in depressive symptoms, and even a state of boredom in general that may later develop into severe symptoms [36, 37].

The researcher assures of the necessity to explore the repercussions of the new Corona pandemic, through the held conferences and seminars, including:

- The first virtual international conference of Tanta University, which was held on 27 and 28 May 2020 entitled "scientific research in facing Coronavirus crisis, and world future after the pandemic." The conference came out with 40 recommendations, including what was recommended by research in the social and human sciences that field studies revealed a crisis in awareness of the danger of the virus, which significantly contributes to the spread of the pandemic. The conference also recommended adopting major awareness campaigns, and implementing cognitive behavioral therapy applications in cooperation with the Ministry of Communications, in order to treat anxiety and disorder resulting from Covid-19 [38].
- The international conference held from 30-31 May 2020 entitled "The World in the Light of the Corona Crisis: Problems and Solutions" and held through Zoom, which shed light on several topics, including: the future of education in the time of Corona, economics and social, psychological science in the time of Corona. Conferences came out with many recommendations, the most important of which is the need to hold future conferences that concern the various aspects that the Corona pandemic has impressed [39].
- The ninth international scientific conference held via cyberspace by London Center for Research and Consulting in cooperation with the Universal Research and Training Center in Britain from 6-8 June 2020, entitled "Social and Economic Implications of COVID- 19 virus", which included 7 sections. The fifth section was the social one. It discussed a number of important topics such as: the spread of the virus between the crisis and its fabrication, the role of society and international organizations in dealing with crises, the social and cultural dimensions of crises and disasters, the COVID crisis "19 model", the value and social implications, the spread of epidemics and diseases in the light of contemporary changes: international

strategies and mechanisms for dealing with crises and disasters; visions and future societal directions for dealing with and reducing crises: contemporary implementation plans [40].

- The virtual conference held on 19-20 July 2020 at Minia University entitled: "The implications of the Coronavirus crisis," which among its most important recommendations: psychological support for patients and their families to alleviate the severity of the mental disorders they suffer and treat mental disorders: such as anxiety, sick fear and panic that may afflict people from Excessive concern about getting sick. Strengthening psychological immunity of people in general and among the infected cases and their families in a way that strengthens the organic immunity and then reduces the possibility of infection. Another recommendation is that father or mother gets closer to the children and tries to play with them to reduce their nervousness because of their isolation and not going out to the club. In addition, teaching children a new skill (work - drawing - weaving - music) to occupy their free time. Also, it is recommended that father go for some time to meet some of his friends in order not to feel bored [41].

The researcher also observed the importance of developing family relations during Corona pandemic in an appropriate manner, through the recommendations of a seminar held by the Organization of Islamic Cooperation's Fiqh Academy on April 16, entitled "Novel coronavirus and Related Medical Treatments and Legal Rulings" via video conferencing. One of its recommendations is the need to intensify lectures in the field of preserving family relations during the novel Corona pandemic [42].

Due to the seriousness of the psychological, social and economic impacts of Corona (COVID-19) pandemic, they were discussed in various studies e.g [43-52]. The studies emphasized the existence of many psychological, social and economic impacts of novel corona pandemic and they also presented some coping mechanisms with those impacts to reduce them.

As far as the researcher's acquainted, previous studies that focused on the psychological, social and economic impacts of Covid-19's precautionary measures hardly reflected on the impact it had on Saudi family relations from parents' viewpoints.

Based on the previous considerations, the problem of the research can be stated as follows:

There is a lack of sufficient information regarding the psychological, social and economic impacts of novel coronavirus pandemic on family relations. Thus, the researcher attempted to investigate the extent of these impacts through reflecting on the impacts of novel coronavirus (COVID-19) pandemic on family relations among a sample of some families of female students at the Saudi University in Riyadh. Hence, the research sought to answer the following questions:

1. What are the impacts of novel coronavirus (COVID-19) pandemic on family relations among Saudi family members?

This question is sub-divided into the following questions:

1.1. What are the psychological impacts of coronavirus (COVID-19) pandemic on family relations from parents' viewpoints?

1.2. What are the social impacts of coronavirus (COVID-19) pandemic on family relations from parents' viewpoints?

1.3. What are the economic impacts of coronavirus (COVID-19) pandemic on family relations from parents' viewpoints?

2. What are the proposed strategies to reduce the negative impacts of coronavirus (COVID-19) pandemic on family relations from parents' viewpoints?

3 Objectives of the research

The current research aimed at the following:

1- Determining the psychological impacts of coronavirus (COVID-19) pandemic on family relationships from parents' viewpoints.

2- Determining the social impacts of the coronavirus (COVID-19) pandemic on family relations from parents' viewpoints.

3- Determining the economic impacts of the coronavirus (COVID-19) pandemic on family relations from parents' viewpoints.

4- Presenting the proposed strategies to reduce the negative impacts of the Coronavirus (COVID-19) pandemic on family relations from parents' viewpoints.

4 Significance of the research

1. Theoretical significance

- The significance of research stems from the seriousness of the Corona pandemic and its outbreak that caused a shock to the world. This has led to negative results at various levels and reflected on the psychological, social and economic sides, especially as people are forced to stay at home. In addition, the significance stems from the importance of the novelty of the subject that has not received sufficient attention.

- The research significance lies in clarifying the impacts of social distancing and home quarantine on family and individual's health, the elderly and children, and the relations between husband and wife in all aspects, whether negatively or positively, in the light of the health conditions associated with novel Coronavirus pandemic..

- In the field of social service, the current research sheds light on family practices that have an effective role in facing the negative impacts of home quarantine and social distancing in the light of the new Corona pandemic, and the role that the family, especially parents, plays to protect its members from it. The research is also an attempt to help the Saudi family to overcome the crisis of the outbreak of

novel Coronavirus, and thus to increase communication among families that suffer from disturbed family relations in the light of that pandemic, and hence improve family relations.

- The current research deals with an important segment of society, namely the parents of female students at the university, i.e. the Saudi families due to their responsibilities and tasks entrusted to them.

- This research may add to theoretical knowledge through paving the way for researchers for further research and future studies in the field of social service to examine the impacts of novel coronavirus pandemic on other aspects of society and to explore other proposed strategies that can reduce these impacts.

2. Practical significance

- Social institutions and counseling organizations can benefit through the information about novel coronavirus provided by the research and the proposed strategies to overcome its negative impacts. This can be beneficial through holding training courses and workshops aimed at educating families on how to develop family relations and the best way to deal with this novel pandemic, in addition to providing publications and handouts with the aim of informing the family about the negative impacts of novel coronavirus pandemic.

- Results and recommendations of the research may help social service specialists and stakeholders to develop techniques and counseling programs to reduce the symptoms and impacts of coronavirus pandemic that affects family relations in Saudi society.

- The research provides a standardized instrument to identify the psychological, social and economic impacts of novel Coronavirus pandemic on family relations, so that it contributes to enriching the family's social service field.

- The results of the research may be beneficial in determining guidelines for family members for dealing positively with novel coronavirus pandemic, which in turn will be useful for Saudi family members.

5 Delimitations of the research

The research was delimited to a sample of male and female parents in Riyadh, Eastern Province, and Jeddah in the Kingdom of Saudi Arabia. It was delimited to a period from 7-7-2020 to 14-9-2020 for collecting data. It dealt with investigating the psychological, social and economic impacts of Corona (COVID-19) pandemic on family relations and providing proposed strategies to reduce these negative impacts.

6 Definitions of Terms

Impact

- Ma'ani Site [53] defines impact as the ability to have a strong excitement and influence on mind and heart, and to move emotions.

In the light of the research aims, impact can be procedurally defined as the ability of the novel Coronavirus pandemic (Covid-19), with its social distancing and home quarantine requirements, to bring about a change in the behavior, thinking, feelings and family relations of all Saudi family members.

The pandemic is the global outbreak of a novel disease along many countries and gets out of control. This justifies its spread internationally and not being limited to one country. The novel Coronavirus disease at the beginning of its spread in the Chinese city i.e. Wuhan in December 2019 was classified as an epidemic outbreak until it spread across various parts of the world, so that no country is excluded from its global economic, political and social repercussions [54].

Novel Coronavirus (Covid-19)

Skafi [21] defines novel coronavirus (COVID-19) as a disease that affects humans and causes acute respiratory distress syndrome (ARDS) and inflammation of the respiratory system mainly in humans, which leads to acute respiratory failure that may lead to death. In the current research, the researcher procedurally defines the novel coronavirus pandemic as what coronavirus causes in terms of sudden and unexpected problems as well as positive and negative impacts on family relations in Saudi society, on various levels psychologically, socially and economically.

Family relations

Family relations are defined individuals' perceive d techniques in terms of parents' manners at their different life situations, and what they adhere to from these different techniques [55]. In the current research, the researcher procedurally defines them as the mutual interaction between members of the Saudi family that lasts for a long period of time, and the social relations highlighted in communication and the exchange of rights and duties.

7 Research methodology and procedures

Design of the research

The current research followed the descriptive analytical design to suit its nature. It utilized both qualitative and quantitative methods through studying the phenomenon, collecting data via a questionnaire, analyzing results, writing conclusions and coming up with generalizations and new relations [56, 57]. In the current research, the researcher reviewed literature, then collected and analyzed data, by examining the reality of the most significant psychological, social and economic impacts of the coronavirus (COVID-19) pandemic on family relations through a questionnaire prepared for this purpose. Furthermore, parents' were asked about their points of view regarding proposed strategies to reduce the negative impacts of the Coronavirus (COVID-19) pandemic on family relations. Following that, the researcher administered a statistical analysis and interpreted the results.

Approach of the research

The social survey is considered one of the most appropriate approaches to use and suitable for this research. The cross-sectional social survey was conducted on parents of universities and colleges' students, friends and colleagues in the community of Riyadh, the Eastern Province, and Jeddah. Participants are randomly selected from different neighborhoods in the Kingdom of Saudi Arabia.

Population of the research

The research population consisted of all male and female parents (father and mother) in Riyadh, Eastern Province, and Jeddah from various neighborhoods in the Kingdom of Saudi Arabia in the year 2019/2020. These areas were chosen due to the large number of inhabitants there, which will help in generalizing the results of the questionnaire at the Kingdom level. The population in the Riyadh region reached (6.677 million) and Riyadh is the capital of the Kingdom of Saudi Arabia, it is largest city and the third largest Arab capital in terms of population. The population of the Eastern Province is (4.9 million) and the province is located in the east of the country on the coast of the Persian Gulf and has a great impact in attracting attention to it, especially because it is a link between the outside world and other areas close to it. As for the Jeddah region, its population is (3.976 million) and is located in the west of the Kingdom of Saudi Arabia on the coast of the Red Sea.

Sample of the research

The research sample consisted of (405) male and female parents (father and mother) in the Riyadh region, the Eastern Province, and Jeddah from various neighborhoods in the Kingdom of Saudi Arabia. This sample was reached through university and college students as well as through friends and colleagues in the community by publishing the online questionnaire in the form of a link on social media and messaging sites/apps, such as WhatsApp, telegram and e-mails taking into account the ethics of scientific research, as shown in table (1).

Table (1) shows the difference and disparity of the sample members in terms of the variables of familial relationship, educational level, employer, and number of family members.

Instrumentation

The questionnaire was designed by the researcher according to the following steps:

1. Determining the objective of the questionnaire:

The questionnaire aimed at identifying the most significant psychological, social and economic impacts of coronavirus (COVID- 19) pandemic on family relations, and the most effective

Table 1: Distribution of the research sample.

Variables		Frequency	Percentage%
Familial relationship	Father	55	13.6
	Mother	105	25.9
	Daughter	245	60.5
	Total	405	100%
Educational level	Primary	5	1.2
	Intermediate	0	0
	Secondary	30	7.4
	University	370	91.4
	Total	405	100%
Employer	Government Sector	95	23.4
	Private Sector	70	17.3
	Unemployed	240	59.3
	Total	405	100%
Number of family member	1 – 3	40	9.9
	4 – 6	135	33.3
	7 – 9	170	42
	Over 9	60	14.8
	Total	405	100%

Proposed strategies to reduce its negative impacts on family relations.

2. Preparing the questionnaire in its initial form:

2.1. Reviewing literature and previous studies related to the topic of the research, as well as investigating specialists' points of view through personal interviews. This was beneficial in determining main sections of the questionnaire and formulating its statements.

2.2. Preparing the questionnaire in its initial form, which included (17) statements in the first section, (19) statements in the second section, (6) statements in the third section, and (25) statements in the fourth section. The researcher took in consideration formulating simple, direct and clear items.

3. Reaching the final version of the questionnaire which consisted of two main sections:

3.1. The first section includes personal data, and included the following variables: familial relationship, educational level, employer, and the number of family members.

3.2. The second section includes the four main areas of focus and their sub-statements. The researcher used a five-point Likert scale, by setting five levels to measure the degree of significance, so that each of the questionnaire statements has five options (strongly agree, agree, neutral, disagree, strongly disagree).

Validity of the questionnaire

presented in its initial form to a group of specialists, consisting of (12) jury members from faculties of different Saudi universities. The jury members were asked to evaluate the questionnaire according to the appropriateness of the questionnaire items to its aim and the relevance of the questionnaire statements to each section. The jury members added some comments and suggestions. Some items were omitted and others were edited according to the jury recommendations.

Internal consistency

The validity of the internal consistency between the score of each section of the questionnaire and its total score was calculated by conducting a pilot study consisted of 40 participants, as shown in table (2).

Table (2) shows that all the values of correlation between the items and the total score of the sections were statistically significant 0.01 level. This indicates the internal consistency of the questionnaire and its sections.

Reliability of the questionnaire

In order to verify the reliability of the questionnaire, Cronbach's Alpha formula was computed. Table (3) illustrates this.

Table 2: Correlation coefficients between the score of each section of the questionnaire and its total score.

First section: the psychological impacts of COVID-19 on family relations	
Correlation coefficient	0.72 **
Second section: the social impacts of COVID-19 on family relations	
Correlation coefficient	0.87 **
Third section: the economic impacts of COVID-19 on family relations	
Correlation coefficient	0.71 **
Fourth section: the proposed strategies for reducing the negative impacts of COVID-19 on family relations	
Correlation coefficient	0.83 **

(**) Significant at 0.01 level

Table 3: Reliability values of the questionnaire and its sections.

The research instrument	Cronbach's Alpha Coefficient
The first section	0.91 **
The second section	0.89 **
The third section	0.83 **
The fourth section	0.97 ** the
Total score of the questionnaire	0.96 **

(**) Significant at 0.01 level

Table (3) shows that the all values of Cronbach's Alpha are statistically significant at 0.01 level which indicates high reliability.

8 Results and Discussion

Testing the first Question

What are the psychological impacts of Coronavirus (COVID- 19) pandemic on family relations from parents' viewpoints?

To answer the first question of the research, the frequencies, relative weight and percentages of the sample responses were calculated regarding the psychological impacts of coronavirus (COVID- 19) pandemic on family relations, as clarified in Table (4).

In general, there is an increase in the percentage of agreement of the negative psychological impacts of coronavirus (COVID-19) pandemic on family relations, meaning that the nature of Saudi family relations is significantly affected as a result of the negative psychological impacts of COVID- 19 pandemic. The researcher attributes this to the increased stress on family members that have been linked with the outbreak of coronavirus and consequent death cases. The lack of vital treatment so far, the matter has become a source of concern

and fear of infection or transmission of the disease to family members.

The researcher believes that this is due to the Saudi family's awareness of the negative psychological impacts of the pandemic on family relations due

Table (4) shows that the percentages of the psychological impacts of Coronavirus (COVID -19) pandemic on family relations ranged between (50.86: 84.20). The statement "The novel coronavirus (COVID-19) pandemic causes family members to fear for and worry about their elderly" ranked first. The researcher attributes that to the fact that it refers to an actual reality, since Covid-19 affects the elderly to a greater degree. This result is consistent with the results of other studies [25-27]. Meanwhile, the statement "the home quarantine resulting from COVID -19 has caused children to have involuntary urination. This leads to great embarrassment towards their family members and distracts them from their siblings" ranked last.

confined these families to their homes. As a result, the researcher believes that despite the great significance of these precautionary measures to stop the spread of the pandemic, it also causes severe psychological disorders that are necessary to address by following certain measures. This is a solidarity issue that is not limited to governmental

Table 4: Sample responses on the psychological impacts of COVID- 19 pandemic on family relations.

Statements	Total sample							
	Frequency					Relative Weight	Percentage	Ranking
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree			
The novel coronavirus (COVID-19) pandemic causes family members to fear for and worry about their elderly.	190	140	45	30	0	1705	64.20	1
COVID-19 increases the burden placed on mothers to maintain the health of family members, especially when they go out of the house.	160	130	85	30	0	1635	80.74	2
COVID-19 contributes to enhance children and parents' feelings, by spending most of their time with each others, which reinforces their self-reliance.	145	160	55	45	0	1620	80.00	3
COVID -19 increases anxiety symptoms of the elderly because of fearing that other members of the family may get infected.	130	165	70	40	0	1600	79.01	4
COVID- 19 causes psychological tension and disturbance among family member due to the frequent complaining and the constant negative talk among them about the bad situation.	115	145	65	70	10	1500	74.07	5
COVID -19 has increased parents' panic and anxiety because their business has stopped and they face many financial problems. This causes them to ignore their family duties.	90	180	65	65	5	1500	74.07	5
COVID- 19 transmits fear and anxiety from parents to children. This causes them to fear leaving the house or being exposed to any stranger and infected.	100	170	45	85	5	1490	73.58	6

COVID -19 increases anxiety of the mother or wife, due to additional pressures on them, especially when the husband/father does not share responsibilities at home.	75	175	65	75	15	1435	70.86	8
COVID -19 generates boredom because of family members sitting for long periods at home with each other and doing the same routine, without joint targeted programs, which makes them want to leave the family space.	95	150	80	40	40	1435	70.86	9
COVID -19 causes mood swings for spouses, due to daily pressures, which negatively affects their marital relationship.	45	185	105	65	5	1415	69.88	10
COVID- 19 increases the chance of family members getting depressed due to lack of family stability and members being forced to stay at home. This increases their isolation from each other.	70	160	85	60	30	1395	68.89	11
COVID- 19 reinforces the family head's sense of guilt because of his inability to address the needs of his family.	60	125	135	65	20	1355	66.91	12
COVID- 19 prompted family members to take out their frustration and negative energies on one another as a result of their panic and psychological tension.	40	105	140	100	20	1260	62.22	13
COVID -19 causes children to cry and scream, which makes the family complain about them all the time.	35	120	115	80	55	1215	60.00	14
COVID -19 causes young children to act with violence against themselves by cutting their hair and hurting their skin, which makes them feel that their parents are not satisfied with them.	45	100	70	95	95	1120	55.31	15
COVID -19 causes children pretending to be sick when parents ask them to go to bring something essential for the family from the shop, which contributed to their disobedience to their parents.	40	65	85	145	70	1075	53.09	16
The home quarantine resulting from COVID -19 has caused children to have involuntary urination. This leads to great embarrassment towards their family members and distracts them from their siblings.	35	55	115	90	110	1030	50.86	17

or civil institutions, rather concerns all members of society, starting from the family and to the wider society as it is more related to individuals and social reality.

This result agrees with other studies as [12, 14, 16, 17, 20, 31, 36, 37] regarding that home quarantine during the pandemic has many different psychological impacts.

Testing the second question

What are the social impacts of Coronavirus (COVID- 19) pandemic on family relations from parents' viewpoints?

To answer the second question of the research, the frequencies, relative weight and percentages of the sample responses were calculated regarding the social impacts of coronavirus (COVID- 19) pandemic on family relations, as illustrated in Table (5).

to precautionary measures that requires spending long periods at home. This may be a result of avoiding crowding and applying social distancing to avoid infection. Home quarantine has led to frustration, nervous breakdowns and other psychological disorders. This prompted Saudi family

members to properly and effectively practice the necessary strategies to overcome these impacts.

The researcher attributes this result to the fact that the family is responsible for protecting children. The family should provide children with psychological protection, as some sociologists believe that one of the current functions of the family is to protect its members from the dangers facing them, which threaten their lives and cause them psychological disorders. Meanwhile, the family works to direct and guide its members to protect themselves, for they need to know everything related to their lives' affairs. Additionally, they also need to learn that there are certain limits that show them what can and cannot be done. The family educates children to know their rights as well as their duties. The challenges that coronavirus pandemic has created on the Saudi family are putting it in trouble, in terms of travel restrictions, curfews and social distancing that have changing world, the family has become a safe haven for all its members, old and young, women and men, due to coronavirus pandemic.

The researcher attributes this result to the fact that the family is responsible for protecting children and should provide them with social protection, as some sociologists believe that one of the current functions of the family is to

Table (5) Sample responses on the social impacts of COVID- 19 pandemic on family relations.

Statements	Total sample							
	Frequency					Relative Weight	Percentage	Ranking
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree			
The novel Coronavirus (COVID -19) pandemic provides an opportunity for family members to gather in collective worship, e.g. group prayers, Quran recitation and supplication.	200	135	60	10	0	1740	85.93	1
COVID- 19 enables men to realize the difficulties women face at home, and this makes them understand and appreciate the challenges their wives have.	155	200	50	0	0	1725	85.19	2
COVID- 19 provides an opportunity for parents to educate their children through talks on health procedures that must be followed in order to protect them from infection transmission, by focusing especially on hygiene.	160	165	75	5	0	1695	83.70	3
COVID- 19 provides an opportunity to consolidate harmony in the family, which is normally lacking due to life stress and the daily work routine.	155	180	55	15	0	1690	83.46	4

COVID- 19 reveals to family members: the importance of the family, the need for family time, and makes them ready to overlook previous problems in order to face the difficulties of the new life.	165	170	50	10	10	1685	83.21	5
COVID- 19 enables children to acquire some age-appropriate skills through practicing household activities with parents.	145	180	75	5	0	1680	82.96	6
COVID- 19, Through the home quarantine and online work, COVID- 19 restores the lost warmth and desired communication between family members, which creates intimacy and love among them.	155	175	55	10	10	1670	82.47	7
COVID- 19 helps parents follow the relationship between and among their siblings at home and the extent of love among them.	140	180	80	5	0	1670	82.47	8
COVID- 19 is considered as an opportunity for parents to help their children in distance learning. This enables them to identify their children needs and individual differences.	150	175	60	10	10	1660	81.23	9
COVID- 19 enables parents to enjoy playing with their children for long hours. This removes the barriers among family members, and reinforces love and tenderness among them.	140	175	65	25	0	1645	81.23	10
Covid-19 obliges parents to play the role of teacher for their children during distance learning while they are not ready for that.	140	150	95	20	0	1625	80.25	11
COVID- 19 enables family members to participate at home by carrying out different duties, such as: painting walls of the house, which consolidates their collective spirit.	140	160	80	15	10	1620	80.00	12
COVID- 19 puts family members to an actual test that reveals to them family relations' weaknesses that should be addressed.	125	180	80	10	10	1615	79.75	13
COVID- 19 contributes to reviving the forgotten conflicts between the spouses as a result of having plenty of time and being together most of the time.	110	180	100	15	0	1600	79.01	14

COVID- 19 and home quarantine lead children to keep their energy that they used to exhaust outside their homes, which is beyond the family's endurance.	105	165	125	10	0	1580	78.02	15
COVID- 19 reduces the differences between the spouses' views on life affairs, which consolidates their familial bond.	90	180	110	25	0	1550	76.54	16
COVID- 19 and the stress due to home isolation are leading to a noticeable increase in marital disputes, which resulted in a significant increase in the divorce rates.	90	120	145	20	30	1435	70.86	17
COVID- 19 increases cases of domestic violence affecting women, children, or siblings, whether psychological, verbal or physical.	85	120	120	55	25	1400	69.14	18
COVID- 19 causes postponing family celebrations and festivals. This negatively affects the relations between the families of individuals who are about to get married.	75	110	160	30	30	1385	68.40	19

protect its members from the dangers facing them, which threaten their lives and cause them social disorders. Meanwhile, the family works to direct and guide its members to protect themselves, for they need to know everything related to their lives' affairs. Additionally, they also need to learn that there are certain limits set that show them what can and cannot be done. The family educates children to know their rights as well as their duties. The challenges that coronavirus pandemic has created on the Saudi family are putting it in trouble, in terms of travel restrictions, curfews and social distancing that have confined these families to their homes. As a result, the researcher believes that despite the great importance of these measures and precautionary measures to stop the spread of the pandemic, individuals can still sociable but in different healthy and preventive ways through physical distancing. In addition, the researcher further believes that we can benefit from communication, social media and video messaging apps to support our families and children. Hence, the pandemic has contributed to changing the pattern of family life, social relations and interaction, as it has Table (5) clarifies that the percentages of the social impacts of coronavirus (COVID-19) pandemic on family relations ranged between (68.40: 85.93). The statement "The novel Coronavirus (COVID -19) pandemic provides an opportunity for family members to gather in collective worship, e.g. group prayers, Quran recitation and supplication" ranked first, whereas the statement "COVID-19 causes postponing family celebrations and festivals. This negatively affects the relations between the families of individuals who are about to get married" ranked last.

In general, there is a high percentage of agreement regarding the positive social impacts of coronavirus (COVID- 19) pandemic on family relations. The researcher attributes this to the Saudi family's awareness of the positive social impacts of the pandemic and its impact on

family relations, due to precautionary measures that requires spending long periods at home. The researcher also attributed this to lack of communication with family and friends imposed by the pandemic. The current circumstances obliged individuals to online education and shopping as well as social distancing in order to avoid crowding and possible infection. All of this contributed to changing normal lifestyle. Consequently, Saudi family shifted to a new social life that has affected the nature and quality of family cohesion, social interdependence and approved human actions. Instead of neglecting some basic responsibilities towards children due to ongoing challenges of a contributed to increasing social awareness among the Saudi family members, and caused them to cope with such circumstances and help their families, children and relatives.

The researcher also interprets this result as confirming that social distancing and home quarantine are an opportunity for meeting, solidarity and cooperation among members of the same family, sharing their time in order to increase family cohesion. This means that the responsibility of combating the threat of the virus does not only fall on the government but on the family as a constitutive unit as well as on the individual.

This result is in accordance with the results of other studies [12, 22] in that besides the negative impacts of home quarantine during novel coronavirus pandemic, there are also some positive impacts.

awareness of the negative economic impacts of the pandemic, its seriousness and its impact on relations among the family members. This is mainly due to the long periods that family members spend at home due to precautionary measures. The researcher attributes this to the pandemic's current lockdown measures forcing some to lose their jobs. Hence, the lockdown measures in places have caused

severe economic problems, which prompted the Saudi family members to properly and effectively practice the necessary strategies to overcome these problems.

The researcher attributes this result to the fact that the tremendous challenges that the coronavirus pandemic has created on the Saudi family are putting it in trouble, in terms of travel restrictions, curfews and social distancing that have confined these families to their homes. The researcher believes that despite the great Table (6) shows that the percentages of the economic impacts of the coronavirus (COVID- 19) pandemic on family relations ranged between (68.40: 80.99). The statement "The novel Coronavirus (COVID- 19) pandemic causes some family members to lose their jobs. This caused significant financial problems affecting family stability" ranked first, whereas the statement "COVID- 19 increases cases of divorce and separation between spouses because of the financial pressures and crises resulting from the economic recession" ranked last.

In general, there is a high percentage of agreement regarding the negative economic impacts of coronavirus (COVID- 19) pandemic on family relations, meaning that these negative impacts threaten family relations. The researcher believes that this is due to the Saudi family's This result is consistent with Akhana [11] in that home quarantine during novel coronavirus pandemic has some negative economic impacts.

Testing the fourth question

What are the proposed strategies to reduce the negative impacts of coronavirus (COVID- 19) pandemic on family relationships from parents' viewpoints?

To answer the fourth question of the research, the frequencies, relative weight and percentages of the sample responses were calculated regarding the proposed strategies to reduce the negative impacts of coronavirus (COVID- 19) pandemic on family relations from parents' points of view, as shown in Table (7).

Table (6) Sample responses on the economic impacts of COVID- 19 pandemic on family relations.

Statements	Total sample							
	Frequency					Relative Weight	Percentage	Ranking
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree			
The novel Coronavirus (COVID- 19) pandemic causes some family members to lose their jobs. This caused significant financial problems affecting family stability.	115	200	85	5	0	1640	80.99	1
Covid-19 reduces the family's daily expenses, and their consumption of basic needs because they fear their savings will run out if they continue spending as usual. This increases family stress.		165	115	20	5	1550	76.54	2
Due to lockdown associated with COVID- 19 measures the head of the family faces difficulties in addressing the basic needs of his family e.g. rent, food and medicine.	120	115	125	40	5	1520	75.06	3
COVID- 19 pushes family members, due to its ambiguity, to overspend, and double the consumption of foodstuffs than before.	120	120	120	25	20	1510	74.57	4
COVID- 19 causes one or both spouses to lose their job. This forces them to borrow or seek aid from charitable organizations, which affects family relations and increases temper tantrums.	100	130	115	40	20	1465	72.35	5
COVID- 19 increases cases of divorce and separation between spouses because of the financial pressures and crises resulting from	86	131	126	46	16	1440	71.11	6

Table (7) Sample responses on the proposed strategies to reduce the negative impacts of coronavirus (COVID- 19) pandemic on family relations.

Statements	Total sample							
	Frequency					Relative Weight	Percentage	Ranking
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree			
Encouraging the elderly in the family to use technology to communicate with family and friends, through video calls, and other means of communication that allow them to see their children and grandchildren.	235	110	60	0	0	1795	88.64	1
The head of the family should modify his role, become closer to his children and wife, become flexible, adapt to the new reality, and use it to improve family relations.	230	120	55	0	0	1795	88.64	1
Having faith and good morals is important to increase family members' patience and trust in God.	180	150	75	0	0	1725	85.19	2
Creating an electronic environment on social media platforms to work online as a solution for those who lost their work due to the pandemic.	190	130	85	0	0	1725	85.19	2
Children should not be isolated for long periods of time indoors, by participating in any activity outside: such as walking or jogging in open spaces.	180	155	65	5	0	1725	85.19	2
Asking family members to completely avoid sitting alone so that they do not feel lonely and sad, which causes negative energy, and a feeling of psychological stress.	170	165	70	0	0	1720	84.94	3
Altruism among family members contributes a kind, comforting and reassuring joyful time during lockdown	180	145	80	0	0	1720	84.94	3
Hotlines, counseling services, online help services and text messaging services should be available by the government to all victims of domestic violence during the pandemic.	180	140	85	0	0	1715	84.69	4
Setting up a special schedule for children during lockdown, which includes: classes, creative activities, times to play with the rest of the family, and other times of break.	150	195	60	0	0	1710	84.44	5

Diversification of joint activities to break boredom, and to motivate children to fill their free time with healthy and socially beneficial activities, such as: reading, educational programs, entertainment and sports activities.	180	140	80	5	0	1710	84.44	5
Children should not be left for long hours on computer screens and other devices while surfing the internet without rationalization and follow-up. Instead, they should focus on positive activities, such as: memorizing the Holy Qur'an.	180	140	80	5	0	1710	84.44	5
When a conflict occurs between the siblings, the parents try to maintain a calm atmosphere and control their feelings. An unbalanced reaction can aggravate the situation.	175	155	70	0	5	1710	84.44	5
The family instills a culture of dialogue, exchanging opinions, the art of listening to others, taming oneself to be patient, and not being nervous.	160	175	65	5	0	1705	84.20	6
The family should avoid actions that negatively affect children during lockdown, such as: watching the news all day long, getting frustrated and showing discontent, and wondering when the pandemic will end.	160	170	75	0	0	1705	84.20	7
Making use of lockdown time during the pandemic for enhancing skills, self-development, and benefitting from technology.	180	150	65	0	10	1705	84.20	7
Avoiding negative arguments that weaken the energies of family members, working to strengthen each other's spirits when anyone's feeling down, and having patience and endurance.	175	145	80	0	5	1700	83.95	8
Parents try to reduce fear of the pandemic, by coexisting naturally with others, taking into account the precautionary measures and educating their children about them.	185	145	60	0	15	1700	83.95	8
The family can implement some strategies to reduce the negative economic impact on the family, such as: e-shopping, comparing prices, choosing the best, and rationalizing the purchase of supplies.	165	160	75	0	5	1695	83.70	9
Encouraging the elderly in the family to practice new activities, such as: regular exercises, doing housework, drawing, etc.	160	170	70	0	5	1695	83.70	9
Inviting spouses to focus on the positive features between them during home quarantine, as it is an excellent opportunity to enhance mutual relations between them, and thus to improve relations among family members.	155	170	70	0	10	1675	82.72	10
It's important for the family to rearrange its priorities, whether in terms of consumer behavior patterns or social relationships.	165	150	80	0	10	1675	82.72	11
The government should announce family awareness initiatives that enhance harmony among family members and family cohesion during the pandemic.	150	160	95	0	0	1675	82.72	11
The family's investment of lockdown during the pandemic to educate children about what this virus is, the symptoms of infection, and ways to prevent it.	155	160	85	0	5	1675	82.72	11
Providing family-oriented guides to benefit from it in times of disasters and crises, such as: the novel coronavirus pandemic.	155	150	95	5	0	1670	82.47	12
Media and famous media professionals should positively deal with home quarantine in order to boost family cohesion.	130	170	95	10	0	1635	80.74	13

that allow them to see their children and grandchildren” ranked first. Meanwhile, the statement “Media and famous media professionals should positively deal with home quarantine in order to boost family cohesion” ranked last.

Overall, all the proposed strategies were highly agreed, and the most prominent were as follows:

- Encouraging the elderly in the family to use technology to communicate with family and

- friends, through video calls, and other means of communication that allow them to see their children and grandchildren.
- The head of the family should modify his role, become closer to his children and wife, become flexible, adapt to the new reality, and use it to improve family relations.

- Having faith and good morals is important to increase family members' patience and trust in God.
- Creating an electronic environment on social media platforms to work online as a solution for those who lost their work due to the pandemic.
- Children should not be isolated for long periods of time indoors, by participating in any activity outside: such as walking or jogging in open spaces.
- Asking family members to completely avoid sitting alone so that they do not feel lonely and sad, which causes negative energy and a feeling of psychological stress.

The researcher interpreted this result as there is a common denominator among the psychological, social and economic impacts of coronavirus (COVID- 19) pandemic on family relations and the proposed strategies for promoting family adaptation. Moreover, setting and organizing a special schedule for children during the home quarantine period for tasks and daily routines instead of chaos and randomness can occupy their time in a beneficial way. Such schedule should include specified times for study, creative activities, playing and break. The researcher believes that there are many ideas that each family can come up with depending on their conditions, and the decisive factor must be implementation and commitment.

The researcher attributes this result to parents' understanding and awareness of the concept of family relations, which led to a change in their perceptions about psychological, social and economic disorders as a result of the pandemic. This is reflected in their family relations, and therefore these suggestions tackle special strategies for dealing with thoughts and feelings. These strategies are also designed to address parent-to-parent and parent-to-child negative interactions. Possessing and adopting these strategies will lead to better family adaptation and overcoming the pandemic's negative impacts.

The researcher suggested some strategies for fostering family adaptation during coronavirus pandemic, and these suggestions contribute to rebuilding family relations, and work to change the mindset of family members. This is because the family is an important incubator for every desired reform. However, life is a journey full of experiences and challenges, and each individual is the hero the one responsible for his journey. Thus, he/she must put it under control with his/her ability to think and plan properly and not be carried away by emotions and negative thinking. In addition, self- confidence and trusting in God is a prerequisite for success.

The researcher believes that it is necessary to benefit from these proposed strategies and take them into account when trying to develop an effective implementation plan. This is in order to improve family relations that have been negatively affected by the outbreak of the novel

coronavirus pandemic. Furthermore, the proposed suggestions can be beneficial for designing a suggested framework for promoting family adaptation.

This result goes in line with the results of other studies e.g. [9, 10] in terms of the necessity to work on bringing about family adaptation by maintaining family relations among family members. Additionally, this result agrees with Abu Al-Qasim [30] in terms of developing new strategies for dealing with life and coexistence in society, especially during periods of lockdown, isolation and home quarantine.

9 Recommendations

Due to the nature of the research, the recommendations are in the form of proposed strategies for consolidating family adaptation during the novel coronavirus pandemic, which the researcher recommends to be implemented. In the light of the current research results, the researcher recommends the following:

1. Educating husbands and wives through holding awareness seminars and training courses on the importance of stable family marital relations in creating a healthy environment that supports by positive adaptive communication patterns among family members and their implications for family relations.
2. Organizing training courses and online webinars to increase the recreational awareness of the Saudi family on the importance of practicing various recreational activities at home during the pandemic.
3. Staying in contact with reliable people to break the barrier of fear, isolation and introversion, and renew social energy while social distancing during the pandemic.
4. Increasing the process of social interaction through contact and communication via modern technology means for reducing the burden of home quarantine and physical distancing during the novel coronavirus pandemic.
5. Increasing caring and support for the family because of its constructive role in the stability of society and preserving its safety.
6. Designing group counseling programs to train all family members, parents and children, in communication skills and problem-solving during coronavirus pandemic.
7. Diversifying counseling methods through which families who suffer from disorders in family relations can be helped by choosing the appropriate counseling technique for the needs and abilities of their members.
8. Educating the Arab family about the importance of communication and media awareness to adapt to new family roles due to the pandemic, and the need to contribute to the availability of support services for the family.

9. Providing informative publications and handouts by social workers about the negative and positive impacts of coronavirus pandemic on family relations.

10. Providing counseling programs for students on how to deal with social media, especially during quarantine due to the pandemic.

11. Providing awareness programs to help students overcome the problems of boredom, social fears and psychological loneliness.

12. Various media should broadcast positive moral feelings to all family members, and focus on their enlightenment that the future is in God's hands, and that the pandemic will be overcome.

13. Establishing a psychological aid unit at the university whose mission will be at the time of the pandemic to reduce the problems of boredom, social anxiety and psychological loneliness so that these problems do not worsen.

14. Media should intensify efforts to educate parents and children about the novel coronavirus, ways of transmission and infection, as well as precautionary measures to prevent its outbreak.

10 Conclusions

The commitment to quarantine and social distancing during novel coronavirus pandemic has a commendable goal of slowing the outbreak of the COVID- 19. However, this is not without psychological, social and economic consequences for family members and on family relations among them. Thus, the outbreak of novel Coronavirus pandemic has negative impacts, especially after applying lockdown and home quarantine, which resulted in negative repercussions and impacts that led to multiple disturbances and disorders. Consequently, this requires families to follow some important procedures, advice and effective methods that will help family members take care of themselves and deal with this difficult period properly. To sum up, the researcher emphasizes that human health does not depend only on obtaining health care, but also on obtaining reliable information on the nature of threats and ways to protect family relations.

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