

Adolescents' and Young Adults' Well-Being, Health, and Loneliness during the COVID-19 Pandemic

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Abstract : Purpose: There are large gaps in the literature on COVID-19 pandemic-related mental health outcomes and after-effects specific to adolescents and young adults. The study's aim was to explore adolescents' and young adults' experiences of well-being, health, and loneliness during the COVID-19 pandemic. Method: A qualitative exploratory design with qualitative content analysis was used. Twenty-three participants (aged 19-27; four men and 19 women) were interviewed. Results: Four themes emerged: Changed social networks – fewer and closer contacts, changed mental and physical health, increased physical and social loneliness, well-being, internal growth, and need for support. Conclusion: Adolescents' and young adults' experiences of well-being, health, and loneliness are subtle and complex. Participants experienced changed social networks, mental and physical health, and well-being. Also, internal growth, need for support, and increased loneliness were seen. Clear information on how to seek help and support from professionals should be made available.

Keywords : adolescents, COVID-19 pandemic, health, interviews, loneliness, qualitative, well-being, young adults

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