

## **A068 LART**

### **Perceived Impact of Stressors on Black Adolescent Female Students in Central Alabama during the Onset of Covid-19 Pandemic**

#### **Abstract**

This study explores the impact of COVID-19 stressors on Black female students in Central Alabama. The aim is to characterize some factors contributing to the perceived stress levels of adolescent Black girls in Central Alabama during the onset of the Covid-19 pandemic. Also, the study describes how social environmental changes during the Covid-19 pandemic have impacted respondents' emotional, physical, and academic well-being. Data were gathered from a small sample of adolescent students, ages 13-19, and their parents, using in-depth interviews and questionnaires. The results indicated that disruptions in sleep, weight gain, moodiness, and academic consequences were common covid-related symptoms as reported by both the students and their parents. Notably, the impact on academic performance was varied in that some respondents experienced technical difficulties in virtual learning whereas others saw improvements in their knowledge and grades. Coping mechanisms developed during the pre-study timeframe have both beneficial and adverse outcomes. Directions for further research into this pandemic phenomenon and policy implications relating to the positive impacts of Covid-19, the role of resources, and communal support during these challenging times have been suggested. The study reveals new data on aspects of social-psychological effects of the pandemic and contributes to the discipline of sociology of health.