**Effects of Racial Discrimination Against Asian-Americans due to COVID-19**

Ashraf Alam

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Professor: Rice-Evans

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**Introduction:**

The term COVID-19: used to define the pandemic and commonly used in the last two-three years to refer to the SARS-CoV-2 virus, has impacted various aspects of people's lives (WHO, 2022). Some aspects include physical and mental health, socioeconomic status and living conditions, and cultural conditions. One group: COVID-19 impacts on the mental health of adolescents was researched heavily and concluded that mostly all participants subjected to isolation due to the COVID-19 pandemic expressed an increase in depression, anxiety, stress, and higher rates of declining mental health (Imran et al., 2020; Fusar-Poli., 2021). Many studies/meta-studies have showcased the effects of COVID-19; however, there are a few sub-areas of interest that remain unexplored. The impacts of COVID-19 concerning the discrimination of Chinses-American adolescents: such topics are not as well covered and are not well investigated: hence this paper's goal is to research and bring light to the systematic disparity of Asian hate culture, specially Chinses-Americans, concerning specifically those caused by COVID-19; there are many standpoints on this topic, politically speaking, which is why I will not discuss this topic from a political viewpoint, and will only objectively report. I will argue, however, that COVID-19 has increased the severity of Asian hate systematically and on a personal level.

*Impact of COVID-19 on Adolescents Mental Health*

The negative impact of COVID-19 is nothing new: studies in many different cases. Adolescents' mental health: worsened by COVID-19. Fusar-Poli et al., (2021): did a systematic meta-analysis on the mental health of adolescents less than or equal to 19 years of age. They scanned through 61 articles regarding 54,999 adolescents. They reported: "Anxiety and depression to be the most common outcomes" with 49.5 percent to 63.8 percent respectively. Other emotions that were common included "Irritability and anger" with ranges of 73.2 percent to 51.3 percent respectively. Such notions concluded by Fusar-Poli and others are agreed upon by Fusar-Poli et al., (2021), who also conducted a meta-analysis on the impacts of COVID-19 on varying different subject groups: parents, adolescents, adolescents with needs/mental illness and gave interventions as a way to oppose such risks. In the paper, they detailed how teens would feel "Frustrated, nervous, disconnected, nostalgic, and bored because of social distancing during this pandemic" underlying due to the isolation brought on by COVID-19, teens would miss the Identity vs. Role Confusion stage, a stage needed for psychosocial development. Following this trend, children in isolation, and quarantine, experienced "Mental health disorders such as anxiety, acute stress, and adjustment disorders" and stated that they show a "Four times increase in mean post-traumatic stress scores" when "Compared to non-quarantined children". In both cases, both authors could agree that adolescents are more perceptible to mental harm than other subject groups.

*Impact of COVID-19 on Chinese-American’s Mental Health*

The work of Wu et al., (2021) furthers the argument by narrowing the before-mentioned notions further: they agree with Fusar-Poli et al., (2021) and Imran et al., (2020). Adolescents are at a higher risk, but they argue that specifically Chinses-American adolescents show higher cases of mental illness compared to any other race group due to the recent increase of racial discrimination of Asian hate brought on by the COVID-19 pandemic. Within their descriptive analysis, they surveyed over 8,500 adolescents, separating their subject pool into three main categories: Whites, Asian-American, and Asian immigrants. They concluded that "Asian Americans and Asian immigrants reported having encountered more instances of COVID-19-related acute discrimination than whites" and "Asian immigrants and Asian Americans also experienced higher levels of mental disorders during the pandemic" pointing to the notion that Asians, specifically Asian Americans must deal with "The associated stigmatization, violence, and discrimination". They also mentioned any "Discrimination examined in our study... directly related to COVID-19".

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