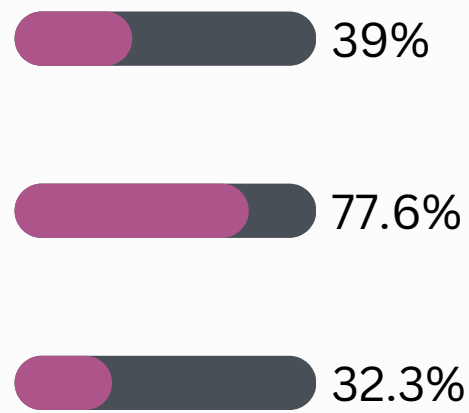


COVID - 19 in Netherlands

General Impact

Working population

The Netherlands has been a country where quite a large number of people were home-working even prior to the pandemic. However, as a result of the pandemic, this drastically increased. The work-life balance of individuals has significantly been affected. This has led to decreases in productivity and decrease in financial income due to cut in their contracted hours (Huls et al., 2022).



Before Coronavirus 39% occasionally worked from home. By the end of 2020, 77.6% of individuals experienced a change in their working conditions. Out of this statistic, 32.3% experienced WFH partly or completely (Statista, 2022).



Families

The pandemic caused a dramatic shift in educational and parental responsibilities. Families reported experiencing stress due to the stress of balancing work and home-schooling, coping with the pandemic and restrictions in place. Moreover, parents of primary school children reported higher levels of depression, anxiety and stress (Creasey et al., 2021).

The Elderly



Isolation has caused loneliness for many people, especially the elderly and vulnerable groups that had to shield themselves. This affected relationships and people's mental health, as more people felt lonely and depressed. The increase of social and emotional loneliness had negative impacts on mental health (Tilburg et al., 2021).



Essential Workers

The impact COVID-19 on essential workers has been tremendously negative, where they were more likely to be diagnosed with a mental health problem during the pandemic (APA, 2021). The pandemic also affected the work of people that looked after vulnerable groups, as they had to increase their efforts to cope with the struggles of their patients (Kingstone et al., 2021).

