

## The Impact of COVID-19 on Family Values and Relations: A Case Study of Ajman Emirate Family

Osman Sirajeldeen Ahmed\*

Department of Sociology, college of huminites and Science, Ajman University, UAE

Email: [o.ahmed@ajman.ac.ae](mailto:o.ahmed@ajman.ac.ae)

Mohd. Elmagzoub Eltahir

Humanities and Social Sciences Research Center (HSSRC), Ajman University, Ajman, UAE

Email: [m.babiker@ajman.ac.ae](mailto:m.babiker@ajman.ac.ae)

### Abstract

The global pandemic of COVID-19 has had a profound impact on families across the globe, resulting in substantial disturbances to their daily routines, employment situations, and interpersonal relationships. This case study examines the transformation of family values and relationships in Ajman Emirate amidst the COVID-19 pandemic. This study seeks to gain insight into the effects of the pandemic on family dynamics and explore potential implications for practical interventions and policy development by analyzing the experiences and perspectives of families in the region. The study sample comprises a randomly selected group of 300 households residing in nine residential sectors within the city of Ajman. The participants included in the study were aged 18 years or older and were selected through a random sampling method. To collect data, an online questionnaire was developed and administered during the period from December 15, 2021, to February 12, 2022. The primary finding of this study highlights that amidst the ongoing pandemic, families in the United Arab Emirates have exhibited resilience by maintaining cohesion. Specifically, the study reveals that the challenges and disruptions brought about by the pandemic have not significantly altered family values and the collective relationships among families. The relatively slow pace of change in cultural practices pertaining to responses to consolation and burial has the potential to contribute to the transmission and dissemination of infectious diseases within the surrounding environment. The comparative analysis of the findings in this study with similar studies conducted in various regions contributes to the enrichment of the global knowledge repository. In all aspects, this particular case study makes a valuable contribution to the expanding corpus of knowledge concerning the effects of the COVID-19 pandemic on families residing in the Ajman Emirate. By acknowledging the shifts in familial values and dynamics, policymakers and professionals have the opportunity to construct interventions and

policies grounded in empirical evidence. These measures aim to provide assistance to families and improve their overall welfare during periods of turmoil.

**Keywords:** Family, Values, Social change, Ajman Emirate, Relationship, COVID-19

## 1. Introduction

The global pandemic that showed up in 2019, commonly referred to as COVID-19 has had a profound impact on the global community. The adverse impacts caused by this global pandemic transcend national boundaries and affect various sectors. At first, there was a prevailing belief that the pandemic primarily impacted individuals' health. However, apprehensions escalated as the repercussions extended to the economies of nations ([Al-Thaqeb, Algharabali, & Alabdulghafour, 2022](#)). The safety of the general public was compromised throughout the duration of this pandemic. The COVID-19 pandemic has not only had detrimental effects on individuals' physical well-being, but it has also significantly altered various aspects of their lives, necessitating attention and action ([Debata, Patnaik, & Mishra, 2020](#)). In light of the societal transformations occurring in the wake of the Covid-19 pandemic, certain aspects warrant our careful consideration. The aforementioned information pertains to the social relations model, social structures, with a particular emphasis on family systems and structures. A number of studies ([Tarkar, 2020](#); [Tull et al., 2020](#)) were carried out during the pandemic to examine the impact of COVID-19 on individuals' daily lives and employees' experiences in the workplace. In light of the conclusion of the pandemic, researchers are currently undertaking various research studies to examine the impact of this global health crisis on individuals' familial values. The rationale behind this phenomenon is attributed to the implementation of lockdown measures, which resulted in individuals predominantly allocating their time within the confines of their households alongside their immediate family members amidst the ongoing pandemic. This dynamic could have fostered stronger bonds among certain family members, albeit potentially disrupting other relationships as well. A significant portion of the population experienced elevated levels of stress and depression amidst the global pandemic. Furthermore, the limitations on interpersonal

visits imposed during the period of lockdown have also had a significant impact on individuals' social interactions ([Hugelius, Harada, & Marutani, 2021](#)). Family systems theory suggests that the family unit is an intricate system comprised of interconnected individuals ([Bowen, 1966, 1993](#); [Kerr & Bowen, 1988](#)). The main objective of this study is to gain insight into the impact of the COVID-19 pandemic on the overall family structure, encompassing alterations in roles, communication strategies, boundaries, and dynamics. This study aims to examine the impact of these aforementioned changes on family values and relationships in the context of the ongoing pandemic.

The anticipated changes are not confined to a specific social system, as they will encompass the social framework of the entire global community. ([Gierszewski, Kluzowicz, & Opozda-Suder, 2022](#)). The United Arab Emirates (UAE), along with several other countries, has experienced significant repercussions as a result of the COVID-19 pandemic. These consequences encompass not only the domains of economy and health but also extend to the psychological well-being of the general populace ([Cheikh Ismail et al., 2020](#)).

It is evident that the post-coronavirus era will witness significant transformations in various domains such as the economy, society, education, and health, as highlighted by [Abdellatif et al. \(2023\)](#), [Chohan \(2020\)](#), and [Eltahir, Alsalhi, and Al-Qatawneh \(2022\)](#). It is inevitable that all individuals will experience some form of loss as a result of this crisis. The historical challenges to individual and social freedoms have not significantly altered our societal structure. However, in the present era, these fundamental pillars of our civilization face grave jeopardy. The examination of international institutions will be of utmost importance in the aftermath of the coronavirus pandemic, as developing countries with low GDP growth will encounter challenges in upholding autonomous foreign policies ([Sharfuddin, 2020](#)). The integration of information technology is expected to have a significant impact on various domains of human existence, including but not limited to education, e-government, business, health, and artificial intelligence ([Eltahir et al., 2022](#); [Grinin, Grinin, & Korotayev, 2022](#)). The lesson derived from the COVID-19 pandemic is profoundly significant. In the progression of human civilization, the principle of survival of the fittest is not applicable. It is imperative to ensure the inclusion and

support of individuals who are weak and vulnerable, even if it requires providing physical assistance ([Sharfuddin, 2020](#)).

The objective of this study is to investigate the effects of these modifications on family values and relationships, as well as to comprehend the ways in which families have adjusted to the altered circumstances. The primary objective of this study is to investigate the impact of the COVID-19 pandemic on social interactions among different cultural groups. The objective of this study was to examine the effects of the COVID-19 pandemic on the familial framework, values, and interpersonal dynamics within the Ajman Emirate.

### **1.1 Research Problem**

The COVID-19 pandemic has resulted in substantial disruptions to multiple facets of society, including the dynamics within families. Given the heightened stress levels experienced during the pandemic, it is imperative to examine the impact of this global crisis on the dynamics and core principles of familial units ([Zhang et al., 2022](#)). The global populace has universally encountered a shift in family values and dynamics, with no nation being exempt from this phenomenon. Similar to numerous other nations, the United Arab Emirates is also confronted with this matter. Following the conclusion of the pandemic, a discernible transformation in the behavior and dynamics of family members becomes evident, necessitating careful consideration and attention. This case study examines the impact of the COVID-19 pandemic on family values and relationships in Ajman Emirate, United Arab Emirates. The objective of this study is to gain insight into the effects of the pandemic on family dynamics, communication strategies, intergenerational connections, and overall welfare by analyzing the experiences, obstacles, and adjustments made by families residing in Ajman Emirate.

A number of studies have been conducted to examine the ramifications of COVID-19 across various sectors. However, there exists a paucity of research studies that have specifically addressed the impact of COVID-19 on the everyday lives of individuals. A limited number of studies have addressed the effects of the pandemic on individuals' lives, with a particular focus on the impact on familial dynamics and relationships. Limited research has been conducted on the ramifications of COVID-19 on familial dynamics and

relationships, with a dearth of scholarly attention devoted to its influence on core family values. Regrettably, a paucity of research exists pertaining to the examination of the repercussions stemming from the alteration of family values and relationships within the Ajman Emirate amidst the COVID-19 pandemic. Furthermore, a limited number of research studies have employed the descriptive technique for the analysis of this data. The present investigation is regarded as novel research due to this rationale.

Many studies ([Berdida & Grande, 2023](#); [de Palma, Vosough, & Liao, 2022](#); [Masterson-Algar et al., 2022](#)) have examined the effects of the pandemic on various sectors and individuals' lives. These studies have underscored the importance of conducting research to evaluate the impact of the pandemic on the values and dynamics of familial relationships. [Zhang et al. \(2022\)](#) conducted a research study with the objective of comprehending the transmission of psychological distress from parents to children amidst the ongoing pandemic. The study focused on examining the effects of the COVID-19 pandemic on families, particularly during periods of lockdown when family members were in close proximity to one another.

Based on the preceding discourse, the present research study will encompass the subsequent research objectives:

1. To understand the impact of COVID-19 on the family structure, values, and relationships in Ajman Emirate.
2. To assess the changes in social relations between groups of a cultural nature due to the COVID-19 pandemic.

### **1.2 Key Research Questions**

3. How have family structure, values, and relationships changed during the COVID-19 pandemic in Ajman Emirate?
4. Has the COVID-19 pandemic affected changes in social relations between groups of a cultural nature?

### **1.3 Significance of the Study**

This study intends to improve the current body of literature concerning the effects of COVID-19 on family dynamics by offering a localized viewpoint specific to

the Ajman Emirate. This study aims to contribute to the existing body of knowledge by examining the impact of the COVID-19 pandemic on social relations among culturally diverse groups. The discoveries will augment our comprehension of the particular difficulties faced by families in this geographical area, contribute to policy-making choices and targeted interventions that cater to their requirements, and offer valuable perspectives for future endeavors in crisis preparedness and resilience development. The primary objective of this study is to provide assistance to families in Ajman Emirate in order to enhance their overall well-being and strengthen their unity. Additionally, this research seeks to contribute to the existing body of knowledge on the transformation of family values and relationships during times of global crises. This study will hold significance for the broader population in comprehending the impact of the pandemic on their familial and social connections. This study holds considerable importance for the research community, as it offers valuable insights into the pandemic and its effects on families. Conducting studies in accordance with this will be beneficial for future researchers.

The present research study possesses a broad scope that pertains to the general populace, as it explores the ramifications of the pandemic on individuals' family values and relationships. The study's scope may be broadened to encompass Asian countries, as it is being conducted within the context of families in Ajman Emirate. The scope may be expanded to include Muslim countries, as the fundamental family values observed by Muslims are largely similar.

This research is structured into a total of five sections. The initial segment comprises an introduction that provides a comprehensive discussion of the study's background, including the research questions and objectives. Additionally, this paper incorporates an examination of the originality of the present investigation and the issue that this research endeavour aims to tackle. The subsequent section pertains to the Literature review, wherein previous studies pertaining to the subject matter are examined and the theoretical framework is expounded upon. The third section of this study encompasses the methodology, which encompasses the research philosophy, approach, and method employed in the investigation. Additionally, it encompasses the utilization of data collection tools in conjunction with the methodology employed

for data acquisition. The fourth section of the research paper encompasses the discussion and results, wherein a comprehensive presentation of the study's findings is provided. The conclusion serves as the final segment of this research endeavour, encompassing a concise summary of the study's key findings and outcomes. The present research study encompassed an examination of the implications and limitations, as well as the identification of potential future directions.

## 2. Literature Review

### 2.1 Theoretical Frameworks

#### Bowen's Family systems theory

Bowen's family systems theory presents a theoretical framework that has a substantial influence on family values and relationships [Sari et al. \(2022\)](#); ([Wedemeyer & Grotevant, 1982](#)). [Hammond, Cheney, and Pearsey \(2015\)](#) posit that Family Systems Theory is a psychological theoretical framework that investigates the interconnections and dynamics present within a familial entity. The perspective regards the family as a multifaceted system wherein the thoughts, emotions, and actions of each member are interconnected and shaped by their interactions with other family members. The family systems theory, formulated by Murray Bowen during the 1950s, places significant emphasis on comprehending the family as a cohesive unit rather than directing attention exclusively towards individual members ([Bowen, 1993](#); [Kerr & Bowen, 1988](#)).

Bowen's Family Systems Theory is founded upon a set of eight fundamental principles, which serve as a conceptual framework for comprehending the intricacies and operations of family dynamics ([Bowen, 1993](#)). The aforementioned principles encompass the following:

- (1) The concept of differentiation of self underscores the significance of individual differentiation within the context of a familial system. The term "differentiation of self" pertains to the capacity of individuals to effectively distinguish their thoughts, emotions, and behaviours from those of their family members, all the while sustaining an emotional bond. Increased levels of differentiation are associated with improved functioning within the family system.
- (2) Triangles: Triangles manifest when the equilibrium between two individuals

experiencing tension or conflict is restored through the inclusion of a third person or issue. According to Bowen, the utilisation of triangles can serve as an inherent mechanism for addressing anxiety within the context of the family system. A comprehensive comprehension of the formation and influence of triangles is imperative in the analysis of family systems. (3) The Nuclear Family Emotional System principle centers on the examination of emotional patterns and dynamics that exist within the nuclear family unit. Bowen (year) identified four distinct patterns that contribute to emotional dysfunction. These patterns include marital conflict, dysfunction in one spouse, impairment of one or more children, and emotional distance. (4) The concept of the family projection process pertains to the manner in which parents transmit their unresolved emotional issues and anxieties to their children. This phenomenon may lead to the offspring's assimilation of their parents' emotional concerns and the perpetuation of maladaptive patterns throughout subsequent generations. (5) The emotional cutoff is a phenomenon characterized by individuals deliberately creating emotional distance from their family of origin as a means to mitigate conflict or cope with feelings of anxiety. According to Bowen, the presence of emotional cutoffs can impede the progress of personal growth and give rise to difficulties in establishing and maintaining positive interpersonal connections. (6) Sibling position theory posits that an individual's personality, behavior, and relationship patterns can be influenced by their birth order and sibling relationships (6). Bowen's study revealed consistent patterns within individuals sharing the same sibling position. (7) The principle of Societal Emotional Process acknowledges that the emotional functioning of families is influenced by societal and cultural factors. The influence of societal trends, values, and beliefs on family systems is a significant factor to consider in the analysis of these systems. It is crucial to have a comprehensive understanding of the broader societal context in order to effectively analyse family systems. (8) The importance of multigenerational transmission in comprehending family dynamics was underscored by Bowen. This principle posits that hereditary transmission of patterns, anxieties, and emotional concerns frequently results in the emergence of recurrent themes and challenges within the familial structure.



The aforementioned eight principles offer a comprehensive framework for comprehending the dynamics, interactions, and intergenerational patterns that exist within families. Bowen's Family Systems Theory provides valuable insights into the functioning of families as interconnected systems and the multifaceted influences that contribute to the holistic welfare of individuals within the familial unit.

The incorporation of family systems theory allows for an examination of how the aforementioned theory can offer valuable perspectives on the dynamics and transformations witnessed within familial units amidst the ongoing pandemic. Family systems theory emphasizes the interconnectedness and interdependence among individuals within a family unit (Kerr & Bowen, 1988; Sari et al., 2022; Zemp et al., 2021). Throughout the duration of the COVID-19 pandemic, families encountered a multitude of obstacles, including but not limited to, the implementation of lockdown measures, the practice of social distancing, and an extended period of time spent within the confines of their own homes. The aforementioned circumstances had a profound impact on the overall family system, resulting in significant changes to established routines, roles, and patterns of communication. Through the analysis of the family as a cohesive unit, family systems theory provides a framework for comprehending the effects of these transformations on familial values and interpersonal dynamics.

The relevance of the concept of differentiation of self lies in its ability to shed light on the responses of individuals within families to the stressors brought about by the pandemic (Bavel et al., 2020). According to Morales-Vives et al. (2020), certain individuals within a family unit may have demonstrated greater adaptability to the changes and managed to preserve their personal identity, whereas others may have encountered heightened levels of anxiety or encountered challenges in the process of adjustment. In line with family systems theory, an increased level of differentiation has the potential to facilitate more adaptive responses, thereby fostering healthier family values and relationships in the face of difficult circumstances (Kerr & Bowen, 1988).

The COVID-19 pandemic necessitated that families adapt to new constraints, including the implementation of remote work or education, restricted social interactions, and the simultaneous management of individual and familial demands within a shared physical environment. The significance of maintaining healthy boundaries and employing effective communication within the context of family functioning is underscored by the

family systems theory (Prime, Wade, & Browne, 2020). The research will investigate the impact of these changes on the values and relationships of families.

Family systems theory acknowledges that families possess distinct coping mechanisms in response to stress and transitions (Bowen, 1993; Kerr & Bowen, 1988). The present study aims to examine the coping strategies utilised by families amidst the COVID-19 pandemic. These strategies include heightened dependence on familial support, participation in joint activities, and the adoption of novel virtual means for communication and connection. Gaining insight into these coping strategies from a family systems perspective can offer a valuable understanding of how families navigate and uphold their values and relationships in the face of adversity.

The application of family systems theory in this study provides a framework for comprehending the fundamental dynamics and processes that impacted family functioning amidst the pandemic. This methodology facilitates the identification of the intricate dynamics among individuals, interpersonal connections, and the wider familial structure, offering a comprehensive theoretical structure for the analysis and interpretation of the research outcomes.

## 2.2 Previous studies

Many scholarly searches have been conducted to examine the ramifications of the COVID-19 pandemic on societal transformations encompassing social, political, educational, and economic domains. An illustrative instance is provided by Briggs et al. (2020), who conducted a study that investigated the ramifications of the COVID-19 pandemic on the prospective social, political, and economic landscape of the United Kingdom. The findings indicate that closures have a disruptive impact on individuals' daily routines and stimulate contemplation regarding their consumption patterns and the potential for future alternatives. However, a significant number of participants still exhibit a strong emotional connection to aspects of life prior to the pandemic. Furthermore, the promotion by both the government and enterprises to encourage individuals to resume shopping and spending is incongruent with the existing structures and mechanisms that impede neoliberalism, thereby undermining the individual's impetus for transformative action.

[Prime et al. \(2020\)](#) conducted a study analyzing the potential ramifications of the ongoing crisis on the welfare of families and children. The ongoing global pandemic caused by the novel coronavirus has posed a significant and immediate threat to various aspects of society, including family dynamics, regulatory frameworks, ceremonial practices, and established routine procedures. The current circumstances may exert a significant influence on the behavioral patterns exhibited by children. Hence, it is evident that families will face a disproportionate impact due to their previous circumstances, such as low socioeconomic status, experiences of racism or marginalization. It is crucial for families to uphold their shared relationships and beliefs in order to ensure the well-being and optimism of children amidst the prevailing atmosphere of tension and uncertainty brought about by the pandemic.

Some researchers express apprehension regarding the intricacies inherent in norms, organizations, and ceremonies, which play a pivotal role in documenting the societal transformations brought about by the COVID-19 pandemic. Instances of physical and tactile greetings in social interactions are subject to formal constraints in social settings. There has been a shift observed in the manner of greetings, transitioning from customary and confident exchanges to more hesitant but ultimately fulfilled greetings, and further evolving into anticipated but resisted or outright declined greetings. Moreover, it elucidates certain novel forms of salutation (such as elbow or feet bumps, and airborne hugs) and their intricate and traceable nature, as well as their gradual integration and acceptance within the context of the ongoing pandemic ([Mondada et al., 2020](#)).

Based on the findings put forth by [Feinberg et al. \(2022\)](#), it is evident that significant outcomes underscore the necessity of implementing comprehensive family support and intervention measures in order to mitigate the risk of potential family "scarring." This term refers to the enduring and interconnected challenges faced by individuals in terms of their mental well-being and familial relationships.

Several scholarly studies have been conducted to look into the correlation between community attachment, social trust, family connections, safety, and various control variables in relation to the mortality rate of the COVID-19 pandemic. These investigations used web-based opinion polls as their research methodology

(Breakwell & Jaspal, 2021; Imbulana Arachchi & Managi, 2021). The researchers reached the determination that the impact of social capital on dynamic threats, such as the COVID-19 pandemic, is not uniformly positive or negative. Consequently, it is imperative to modify individuals' behavior in order to bolster the collective response to the pandemic threat.

In their study, Ayuso et al. (2020) conducted an analysis on the effects of confinement on three specific aspects of family life. These aspects include the emotional well-being of family members, the dynamics of family relationships within and outside the household, and the influence of information and communication technologies (ICTs) on families experiencing isolation. The findings underscore the significant adaptive capacity exhibited by Spanish families, as well as the activation of solidarity networks and the enhancement of both internal and external family dynamics. The current scenario has contributed to the expedited advancement of novel technologies within the realm of domesticity, thereby impacting the communicative dynamics among household members. This has sparked discussions regarding the efficacy of teleworking as a means to harmonise professional and familial obligations.

The study undertaken by Cassinat et al. (2021) revealed an elevation in levels of family chaos amidst the pandemic. This was accompanied by noticeable enhancements in parental awareness, which in turn resulted in a decline in parental autonomy bestowal. The implementation of pandemic-related shutdowns resulted in heightened levels of family turmoil, which in turn led to elevated levels of conflict between mothers and children, fathers and children, and siblings. Additionally, there was a decrease in the level of intimacy between fathers and children, as well as reduced levels of intimacy and disclosure among siblings.

Ratten (2020) sought to gain insights into the ways in which COVID-19 has contributed to the amplification of social value creation, leading to the emergence of innovative societal advantages. The research also underscored the transformative impact of the pandemic on individuals' lifestyles. This study examines the correlation between the coronavirus pandemic and social entrepreneurship, with a particular emphasis on the novel aspect of generating shared values. This perspective on the crisis offers a novel vantage point by examining it through the lens of social policy.

[Schmid et al. \(2021\)](#) examined the impact of changes in partners' employment circumstances, specifically in relation to home-office and short-time work, on the immediate satisfaction of cohabiting couples, both married and unmarried, during the COVID-19 crisis. The findings of the study provided confirmation that the COVID-19 pandemic poses a significant threat to the quality of relationships among couples and the overall functioning of families in terms of their health and well-being.

The impact of COVID-19 on Korean families was examined by [Lee, Chin, and Sung \(2020\)](#). The COVID-19 pandemic has posed a significant threat to the economic welfare of Korean households, as a considerable number of family members have experienced job losses or reductions in their income levels.

The study has determined that COVID-19 has altered the concept of home in Korea, transforming it from a mere dwelling for sleeping into a multifunctional basecamp that encompasses a wide range of significant activities such as work, education, childcare, household chores, shopping, recreation, and religious practises. Korean households have encountered difficulties in dedicating substantial amounts of time to familial interactions, distributing gender-specific familial obligations, and providing assistance to other households.

With regard to the impacts of the COVID-19 lockdown on women's work and family equilibrium, it was also observed that the implementation of the shutdown facilitated a reevaluation and renewed emphasis on familial principles. The study's findings indicate that the simultaneous presence of work and family obligations within the domestic sphere undermines the capacity to achieve work-family balance and results in role differentiation stemming from conflicts between these roles.

According to [Rudolph and Zacher \(2021\)](#), there was a noticeable rise in families' demands and satisfaction with family life during the specified period. However, it was noted that the presence of minor children was linked to a decrease in overall satisfaction. The implications of these findings have significant implications for future research on the dynamics of family life and the levels of family welfare in times of crisis.

considering the exceptional circumstances of the COVID-19 pandemic and the extensive implementation of lockdown measures, it is crucial to amass empirical data regarding the potential adverse impacts of this crisis on familial values and interpersonal connections. There is a growing body of empirical research that investigates the impacts

on families. (Canta, 2023; Egan et al., 2021). The socio-emotional consequences of the closure of early childhood education and care facilities during the COVID-19 pandemic are investigated in a study conducted by Egan et al. (2021). The results indicate that a majority of children experienced a sense of longing for their peers, engaging in play with other children, and the established schedule and organisation offered by early childhood education and care. The parents provided accounts of adverse effects on the social and emotional well-being of their children. Nevertheless, certain parents expressed their perspective that the implementation of the lockdown provided them with an opportunity to engage in recreational activities with their siblings and deviate from their usual daily schedules. Consequently, it is worth acknowledging that there were favourable elements associated with this situation.

In a study conducted by Canta (2023), the effects of social isolation experienced by Italian families during the COVID-19 lockdown were investigated in relation to work-family balance, family functioning, and parenting. The results of the study revealed that the implementation of lockdown measures resulted in heightened levels of parenting stress as a consequence of social isolation. Furthermore, it was observed that mothers faced a more significant burden in this regard, primarily due to the enduring gender disparities in the division of unpaid labour. Notwithstanding these obstacles, families managed to reestablish the significance of engaging in shared activities within the domestic sphere. Consequently, these developments resulted in enhancements in familial unity, emotional openness, and effective parental practises.

Moreover, the research pointed out the capacity of Italian households to effectively manage the psychological strain induced by the global health crisis. Nevertheless, it is crucial to underscore the necessity of implementing suitable policies that provide assistance to families with young children who have both parents employed at the same time in the current circumstances.

A number of studies have been undertaken to examine the ramifications of the COVID-19 pandemic on the general populace's daily existence. Regrettably, there exists a dearth of research studies that have specifically addressed the effects of COVID-19 on familial values and relationships, as well as the alterations experienced within such dynamics, specifically within the Ajman Emirate context.

### 3. Methodology

The case study applied qualitative research methodologies and primarily relied on an online survey instrument that was developed and disseminated to gather data from a heterogeneous population of households residing in Ajman, a region within the Emirate. The research will center on the examination of the viewpoints and encounters of individuals belonging to various age cohorts, socioeconomic strata, and familial arrangements.

#### 3.1 Research Philosophy

According to [Jayasuriya \(2023\)](#), there exist four distinct research philosophies, namely Positivism, Interpretivism, Pragmatism, and Realism. The positivist philosophy pertains to the notion that reliable data can only be obtained through the use of scientific methods of data collection. This philosophy is particularly applicable to studies that possess an objective nature. In contrast, interpretivism pertains to the recognition that non-scientific approaches to data collection can yield dependable data, particularly in studies that involve subjective phenomena ([Lawler & Waldner, 2023](#)). The present research study has employed interpretivism as the underlying research philosophy, as opposed to adopting the positivism philosophy. Given the subjective nature of the current research study, which aims to explore the effects of COVID-19 on family structure, values, and relationships in the Ajman Emirate, the research philosophy that best aligns with this study is interpretivism.

#### 3.2 Research Approach

According to [Haque \(2022\)](#), there currently exist two distinct research approaches: the inductive research approach and the deductive research approach. The inductive research approach operates based on the fundamental principle of theory construction, whereas the deductive research approach operates based on the fundamental principle of theory verification. The present research investigation has employed the inductive research methodology instead of employing the deductive research methodology. Given the objective of the present research investigation, which aims to formulate a theoretical

framework concerning the effects of COVID-19 on familial dynamics, values, and interpersonal connections within the Ajman Emirate, an inductive research methodology emerges as the most appropriate approach.

### 3.3 Research Method

According to [Geremew, Huang, and Hung \(2023\)](#), there exist three distinct research methods: qualitative research, quantitative research, and mixed-method research. The qualitative research methodology is well-suited for investigations that involve subjective phenomena, while the quantitative research methodology is more appropriate for studies that focus on objective phenomena. Mixed-method research, on the other hand, is employed to determine the most suitable approach for different aspects of a study ([Bager-Charleson & McBeath, 2023](#)). The current study has employed a qualitative research methodology as opposed to a quantitative research methodology. The primary objective of the present research study was to investigate the effects of the COVID-19 pandemic on the family structure, values, and relationships in the Ajman Emirate. Additionally, the study aimed to evaluate the alterations in social interactions among culturally diverse groups resulting from the ongoing COVID-19 crisis. It is important to note that the study adopted a subjective approach to gather relevant data and insights. The qualitative research methodology is deemed the most appropriate approach to carrying out this study.

### 3.4 Participants

The study was restricted to participants who are citizens of the United Arab Emirates and reside specifically in the Emirate of Ajman. The subjects of the questionnaire were analyzed descriptively, including variables such as gender, age, family status, educational qualifications, housing type, working status, and other factors. The purpose of this analysis was to assess the impact of the pandemic on social relations within family systems.

A systematic random sampling method was employed to conduct a survey in the residential regions of Ajman City. The study employed the formula  $(2) (1)/Yamani N=N$  to determine a representative sample of 300 households from the Aljarf and Alhamidia



housing sectors. The collected quantitative field data was then analyzed using the Statistical Package for the Social Sciences software (SPSS). The subsequent tables present the primary data pertaining to the sampling specifications of the research.

Table 1. The primary data of the research sampling specifications

Percentage (%)	Frequency		
37.3	112	Male	Gender
62.7	188	Female	
100	300		Total
64.3	193	19-29	Age
19	57	30-39	
10.3	31	40-49	
6.3	19	50 & over	
100	300		Total
2.3	7	Intermediate	Education
2.3	57	Secondary	
19	201	University	
67	35	Post Graduate	
100	300		Total
21.3	64	Father	Social Status
22.3	67	Mother	
56.3	169	Son	
100	300		Total
25.7	77	Public house	Dwelling
59	177	Villa	
9.3	28	Small flat	
6	18	Big flat	
100	300		Total
49	147	Work	Work Status
51	153	Jobless	
100	300		Total

### 3.5 Study Tool

The primary instrument utilized in this study to collect data from a diverse sample of families residing in Ajman Emirate was an online questionnaire administered through a Google Form survey. The questionnaire employed a five-point Likert scale, with responses ranging from "Strongly Agree" (assigned a value of 5) to "Strongly Disagree" (assigned a value of 1). The survey comprised two sections, with the initial section encompassing the demographic profile of the respondents. The second section of the questionnaire aimed to assess the extent of social change within the family system, including its impact on relationships, values, culture, and group dynamics. The content of the questionnaire utilized in this study was influenced by two primary sources. The initial source comprised a comprehensive examination of pertinent prior research conducted by [Breakwell and Jaspal \(2021\)](#); [Imbulana Arachchi and Managi \(2021\)](#); [Lee et al. \(2020\)](#); [Morales-Vives et al. \(2020\)](#) and [Prime et al. \(2020\)](#). The second source pertains to the personal experiences of researchers involved in addressing the pandemic. The questionnaires were distributed and completed through an online platform. Individuals who were below the age of 18, non-residents of Ajman, and did not provide informed consent were excluded from the study. The study ensured the safeguarding of data and confidentiality, with the assurance that all questionnaires were administered anonymously.

### 3.6. Methodology of Data Analysis

There are various data analysis techniques that can be used to analyse the data collected by the researcher during research. These data analysis techniques differ based on the objectives of the study and the nature of the study. As a method for analysing the gathered data, descriptive analysis was used in the current research study. This is one of the most common and dependable methods of data analysis employed in qualitative research. Effectively and constructively summarising the study's data elements. This facilitates the researcher's ability to identify patterns in data by allowing patterns to emerge. ([Mishra et al., 2019](#)).

### 3.7. Validity and Reliability

The technique of virtual validity was employed to determine the validity of the questionnaire. A panel of scholars specializing in Sociology, psychology, and education measurement were requested to provide their perspectives on the suitability of the items in attaining the study's objectives, as well as the adequacy of the tools in terms of item quantity, comprehensiveness, and diversity. The questionnaire items underwent modifications in accordance with the suggestions and comments provided by the participants. The researcher employed a pilot sample consisting of 30 families who were not included in the main study sample in order to assess the reliability of the tool. The calculation of Cronbach's alpha was performed using the SPSS software, yielding a specific numerical value. The Cronbach's alpha coefficient was computed using the SPSS software, yielding a value of 0.887 for the questionnaire, as presented in [Table 2](#).

Table 2. Cronbach's Alpha Coefficients of Reliability for the Questionnaire

<b>Dimensions</b>	<b>No. of items</b>	<b>Cronbach's Alpha Reliability Coefficient</b>
Social change in the family system, relationships and values	10	0.897
Social change in group relations.	17	0.877
Total Reliability	27	0.887

### 3.8. Ethical Considerations

Researchers must adhere to specific ethical standards when conducting a research study. The current research study was conducted with careful consideration of all ethical considerations. Prior to data collection, the participants were provided with information regarding the objective of the research. The researchers obtained informed consent from all participants, ensuring that no participant was forced into participating in the study. Participants were granted the freedom to exit the research settings at their own discretion.

The researcher ensured the confidentiality of the participants' identities. There were no instances of physical or psychological harm observed or reported throughout the course of this research. The data gathered from the participants was exclusively utilized for research purposes by the investigator. The researcher reported the data collected from the participants without any discrepancies.

#### 4. Discussions & Results

In order to elucidate the responses of the sampled participants, the researcher employed five assessments to gauge the level of approval for each paragraph, based on the average score. The five response options available for expressing agreement or disagreement are: strongly agree, somewhat agree, neither agree nor disagree, somewhat disagree, and strongly disagree. To identify the assessment limits of these paragraphs, the researcher counts only the length of the assessment duration/ number of alternatives =  $(5-1)/5-8.0$

Table 3. Basis of the questionnaire paragraphs assessment

Approval degree	The mean value
Strongly agree	5.00-4.21
Agree	4.20-3.41
Neutral	3.40-2.61
Disagree	2.60-1.81
Strongly Disagree	1.80-1.00

#### 4.1 Findings Related to Q1: How have family structure, values, and relationships changed during the COVID-19 pandemic in Ajman Emirate?

The data collected through the Research Questionnaires intends to investigate the impact of COVID-19 on family structure, values, and relationships. This is achieved by examining various variables that offer insights into the evolving dynamics of familial social interactions.

Table 4. shows the response of the respondents regarding variables in changes in families' relations during COVID-19.

The response The variable	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
The relationship between couples has improved	155 51.7%	47 15.7%	75 25.0%	6 2.0%	17 25.0%
Parental control over children strength of Family Relations	142 47.3%	89 29.7%	57 19.0%	57 19.0%	9 3.0%
The intimacy between parents and children is reduced	157 52.3%	82 27.3%	43 14.3%	8 2.7%	10 3.3%
Decline of parental authority	128 42.7%	67 22.3%	67 22.3%	8 2.7%	30 10.0%
More dependent on neighbours than relatives	116 38.7%	62 20.7%	57 19.0%	17 5.7%	48 16.0%
The increased importance of nuclear family values	50 16.7%	17 5.7%	92 30.7%	37 12.3%	104 34.7%
The traditional roles of mother and father have changed	110 36.7%	52 17.3%	111 37.0%	6 2.0%	21 7.0%
Family's interest in family activities	148 49.3%	123 41.0%	24 8.0%	0 0.0%	5 1.7%
Increase the intimacy between brothers and sisters	155 51.7%	79 26.3%	41 13.7%	7 2.3%	18 6.0%
	173 57.7%	84 28.0%	31 10.3%	4 1.3%	8 2.7%

The variables stated in [Table 4](#), which assess the influence of the pandemic on familial dynamics, indicate that the participants in the study expressed their disapproval of the alterations in family relations resulting from the COVID-19 pandemic. The above table demonstrates unfavorable reactions toward the top-down variables pertaining to sibling relationships and family hierarchies. The social environment elicited a significant response in relation to the presence of state institutions, such as police agencies, that have implemented social welfare systems and interventions aimed at safeguarding their citizens. These efforts primarily focus on protecting the most vulnerable groups within families, while also implementing emergency laws to mitigate the social risks associated with the ongoing pandemic ([Ahmed & Abdalrahman, 2022](#); [Ahmed et al., 2022](#); [Al Arab, Al Rawashdeh, & Ahmed, 2022](#); [Egan et al., 2021](#); [Eltahir & Ahmed, 2023](#); [Omer et al., 2023](#)).

Table 5. provides a statistical analysis of the changes in household relationships resulting from COVID-19

Std. Deviation	Mean	The variable
1.081	1.91	The relationship between couples has improved.
0.916	1.81	Parental control over children
0.994	1.77	The power of family relations
1.135	2.08	The intimacy between parents and children is reduced.
1.283	2.29	Decline of parental authority
1.236	3.20	More dependent on neighbours than relatives
1.077	2.20	The increased importance of nuclear family values
0.705	1.62	The traditional roles of mother and father have changed.
1.035	1.81	Interest in family activities
0.875	1.62	Increase the intimacy between brothers and sisters.
2.0307		Mean of all variables.

The data presented in [Table 5](#) demonstrates an aggregate mean value of 2.0307 across all variables utilised to assess the impact of COVID-19 on familial relationships. The mean value falls within the range of disagreement, as indicated by the data presented in [Table 3](#). This table specifically focuses on evaluating specific paragraphs where participants exhibited the lowest levels of agreement in relation to variables such as heightened sibling intimacy and shifts in the conventional parental roles. A mean average of 1.62 suggests a significant level of personal disagreement among the respondents.

The findings of these analyses suggest that the sampled individuals provided evidence that COVID-19 did not have an impact on Emirati family dynamics. The justification for the continuation of family relations both prior to and following the pandemic within conventional legal frameworks can be attributed to their ability to uphold the values that safeguard families from societal upheavals. The findings of this study align with the conclusions drawn in prior research conducted by [Briggs et al. \(2020\)](#) and [Feinberg et al. \(2022\)](#). Nevertheless, these findings are in direct contradiction with the results obtained by other researchers ([Ahmed, 2021](#); [Cassinat et al., 2021](#); [Lee et al., 2020](#)).

#### **4.2 Findings Related to Q2: Has the COVID-19 pandemic affected changes in social relations between groups of a cultural nature?**

The data presented in [Table 6](#) reveals that the participants expressed their dissent regarding the presence of alterations in cultural and social interactions. Nevertheless, it is important to acknowledge that there are differing levels of disagreement regarding the variables utilized in the study to assess change. There is an important deficiency in the rates of change pertaining to the connections between cultural practices and their potential impact on the transmission or escalation of disease within familial settings. An illustrative instance of this phenomenon can be observed in the context of funerals and burials.

Table 6. shows the respondent's responses about the variable of change in the group relations during COVID-19.

The response The variable	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
The spread of COVID-19 reflects positively on the celebration.	97 32.3%	105 35.0%	49 16.3%	144 47.7%	35 11.7%
Limiting invitees to a certain number reduces the cost of marriage.	114 38.0%	146 48.7%	33 11.0%	0 0.0%	7 2.3%
The pandemic has strengthened couples' social responsibility to each other.	154 51.3%	89 29.7%	45 15.0%	4 1.3%	8 2.7%
The pandemic encouraged young people to get married.	115 38.3%	119 39.7%	48 16.0%	4 1.3%	14 4.7%
Under the influence of the pandemic, the number of joys has increased because the cost of a marriage has decreased.	116 38.7%	139 46.3%	27 9.0%	5 1.7%	13 4.3%
Obligations to comply with health protocols in marriage-related gatherings.	146 48.7%	89 29.7%	40 13.3%	7 2.3%	18 6.0%
The family gatherings related to happy activities were reduced.	154 51.3%	103 34.3%	28 9.3%	5 1.7%	10 3.3%
The pandemic has affected collective customs related to marriage.	139 46.3%	94 31.3%	44 14.7%	4 1.3%	19 6.3%
The outbreak of COVID-19 has reduced condolence days.	124 41.3%	84 28.0%	54 18.0%	13 4.3%	25 8.3%
Social distancing health protocols have reduced the number of people participating in condolence.	140 46.7%	110 36.7%	38 12.7%	2 0.7%	10 3.3%
Community satisfaction about limiting participation in condolence.	121 40.3%	65 21.7%	58 19.3%	21 7.0%	35 11.7%
Only first-degree relatives can attend condolence.	143 47.7%	96 32.0%	43 14.3%	4 1.3%	14 4.7%
The families of the deceased received consolation by telephone and social media.	130 43.3%	114 38.0%	42 14.0%	5 1.7%	9 3.0%
Funerals are held only for the families of the deceased	128 42.7%	82 27.3%	50 16.7%	14 4.7%	26 8.7%
Funerals are supervised by state agencies.	119 39.7%	85 28.3%	63 21.0%	14 4.7%	19 6.3%
Funeral prayers are limited to first-degree parents	106 35.3%	62 20.7%	64 21.3%	25 8.3%	43 14.3%
The pandemic has reduced the number of grand banquets held after burying the dead.	120 40.0%	125 41.7%	42 14.0%	14 4.7%	10 3.3%



Table 7. Provides statistical analysis of the changes caused by COVID-19 on Group Relations

Variable	Mean	Std. Deviation
The spread of COVID-19 positively affected weddings.	2.21	1.154
Restricting the invitees to a certain number reduced the expenses of the marriage.	1.78	0.732
The pandemic has reinforced the couple's social responsibility towards each other.	1.73	0.905
The epidemic encouraged young people to get married.	1.91	0.919
Wedding occasions increased in light of the pandemic due to the lack of marriage expenses	1.84	0.881
Adhering to the health protocol regarding gatherings related to wedding occasions.	1.84	1.023
Family gatherings related to wedding events have decreased	1.70	0.895
The pandemic affected the collective customs related to marriage.	1.85	0.982
The spread of COVID-19 reduced days of mourning.	1.856 7	0.56421
The health protocol for social distancing reduced the number of mourners	2.06	1.148
Societal satisfaction with the limitation of participation in mourning	1.75	0.851
Limiting the participants in the morning to first-degree relatives	2.23	1.282
The family of the deceased accepted condolences by phone and social media.	1.80	0.943
The funeral is restricted to the family of the deceased	1.82	0.901
Burial ceremonies are supervised by state institutions	2.05	1.167
Funeral prayers are limited to the family of the first degree	2.08	1.130
The pandemic reduced the holding of large banquets after burying the deceased	2.40	1.319
The mean of all variables	1.8567	

The data presented in [Table 7](#) indicates that the overall mean value of the variables used to assess the impact of COVID-19 on collective cultural relationships was 1.8567. The data presented in [Table 3](#) indicates that the average response falls within the range of disagreement. This finding pertains to the evaluation of questionnaire items, specifically regarding the respondents' weak response regarding the family's adherence to family gatherings for marriage celebrations. The average responses for this item ranged between 1.70 and 1.75. On the contrary, there exists a significant level of endorsement for communal practises pertaining to funeral customs, such as the restriction of funeral prayers to immediate family members, the reduction of post-burial gatherings, and the oversight of funeral proceedings by governmental healthcare establishments. The results align with previous research conducted by other researchers. ([Breakwell & Jaspal, 2021](#); [Imbulana Arachchi & Managi, 2021](#); [Mondada et al., 2020](#)).

## 5. Conclusion

It is significant that the sample participants exhibited high percentages and averages in expressing their belief that the family unit remained cohesive in fulfilling its designated roles, despite the challenges posed by the pandemic. Moreover, they indicated that the disruptions caused by the pandemic did not result in any significant alteration of their core family values. The social welfare system in the United Arab Emirates (UAE) demonstrated its commitment to safeguarding the Emirati family during the pandemic by offering a range of services. ([Omer et al., 2023](#)).

Despite the COVID-19 pandemic introducing unfamiliar activities to the Emirati family's household and altering the significance of the home due to the diverse range of activities being practised by its occupants, the study conducted through an investigative survey revealed that the functional dynamics within the family structure remained consistent throughout the period of total and partial closure. This consistency was maintained by adhering to health protocols associated with the pandemic, even after the restrictions were lifted.

From a sociological standpoint, the conventional roles within a family were generally static and determined by the social standing of its members, with particular emphasis on the roles of the mother and father.

The research additionally revealed that households with limited income are especially susceptible to a decline in overall welfare, aligning with previous studies that have examined the repercussions of COVID-19 on parental, child, and familial dynamics (Feinberg et al., 2022).

The social care system in the United Arab Emirates (UAE) successfully mitigated family disruptions amidst the pandemic by implementing strategies that involved family carers and modifying care tasks and approaches. These adaptations encompassed various responsibilities such as offering emotional support, ensuring protection, facilitating shopping, and other related duties. This was achieved through the utilisation of technological advancements and effective management of family caregiving services. This care model has been demonstrated to be efficacious during the course of the pandemic, as evidenced by numerous studies. (Canta, 2023; Egan et al., 2021; Irani, Niyomyart, & Hickman Jr, 2021).

A closer look of the rationales behind the reactions of the Emirati family unveiled a focus on the enduring nature of the familial structure in fulfilling its customary functions and safeguarding the societal standing of its constituents. Furthermore, there is a need to examine the manner in which the collective interactions mentioned in Table 7 persisted in their customary course, despite the implementation of health advisories due to the ongoing pandemic.

The present study makes a substantial theoretical contribution and offers valuable practical and policy implications. By examining the shifts in family values and relationships within the Ajman Emirate, this research can provide policymakers, government officials, and community leaders with insights into the unique challenges encountered by families in this particular area.

## Implications

### Theoretical Implications

The current study's investigation is anticipated to yield significant theoretical implications. The examination of the pandemic's influence on family values and relationships in the Ajman Emirates has been relatively limited within the existing literature and body of

knowledge. Therefore, this study has the potential to contribute valuable insights to this area of research. Given the qualitative nature of the present research investigation, it is anticipated that a comprehensive and intricate examination will be conducted to elucidate the ramifications of the COVID-19 pandemic on familial dynamics.

### **Practical Implications**

In addition to its theoretical implications, the present study will yield significant practical implications. Initially, this will prove to be highly advantageous for the broader populace, as it will afford them a deeper understanding of the transformative impact of the pandemic on their familial values and social connections. Furthermore, this will hold significant value for the research community as it offers comprehensive insights and analysis regarding the progress made in the field thus far. Consequently, this will facilitate researchers in conducting additional research investigations.

### **Limitations and Future Research**

In spite of the meticulous research methodology employed in this research, it is imperative to recognize that there may exist constraints in carrying out this particular case study and avenues for further scholarly inquiry. The present research investigation exclusively employed qualitative research methodology; however, incorporating a statistical approach could potentially yield empirical evidence. It is recommended that future studies be conducted utilizing a statistical approach in order to facilitate comparability of the results. This study exclusively examines the effects of the COVID-19 pandemic on family values, intra-familial relationships, and social relationships. Nevertheless, this perspective fails to account for several crucial variables, including the psychological well-being of individuals and the mental health status of family members, among other factors. In future studies, it is imperative for researchers to take into account these aforementioned factors.

The current case study displays a restricted sample size, potentially compromising the extent to which the findings can be generalized. It is imperative to evaluate the extent to which the chosen families are indicative of the wider population in the United Arab Emirates. Subsequent investigations may consider expanding the

scope of their study by incorporating larger and more diverse participant samples, thereby augmenting the credibility and applicability of the findings. This study is limited to the specific context of the United Arab Emirates (UAE), and it is important to acknowledge that the findings and conclusions may vary when applied to different countries or regions. Future research endeavors should be undertaken in European nations to ascertain potential disparities in outcomes by juxtaposing the findings of Asian and European countries.

One additional limitation refers to the temporal scope of this investigation, which focuses exclusively on a particular timeframe within the COVID-19 pandemic. Consequently, the comprehension of enduring alterations in family values and relationships may be restricted. Future research endeavors may benefit from the implementation of longitudinal studies, which would enable the tracking of temporal changes in family dynamics over an extended duration. Such an approach would facilitate a more comprehensive comprehension of the ramifications of the pandemic on family values and relationships.

Ajman Emirate exhibits distinctive cultural and contextual elements that exert an influence on family values and relationships. It is of the utmost importance to acknowledge these factors and their potential influence on the research outcomes. Further investigation may be warranted to delve into the intricate cultural nuances and contextual factors that influence the dynamics within families, thus contributing to a more holistic comprehension of this subject matter.

This study lacks a comparative analysis of family values and relationships prior to and following the onset of the COVID-19 pandemic. Further research may benefit from the incorporation of a control group or the juxtaposition of the obtained results with pre-pandemic data, thereby facilitating a comprehensive comprehension of the alterations that have transpired amidst the pandemic.

Enhanced understanding of the change in family values and relations during the COVID-19 pandemic can be achieved by addressing the aforementioned limitations and directing attention to future research endeavors. This pursuit of knowledge holds the potential to yield valuable insights for policymakers, practitioners, and families alike.

## Reference

- Abdellatif, S., Eltahir, M., Al Salhi, N., & Al Qatawneh, S. (2023). Distance Learning in Emergencies: Social and Pedagogical Relations in the Context of the COVID-19 Pandemic. *Inform. Sci. Lett*, 12, 243-250. <http://dx.doi.org/10.18576/isl/120119>
- Ahmed, O. S. (2021). Family challenges in online learning for their children, during COVID 19: A study of the Emirati family. *Turkish Journal of Computer and Mathematics Education (TURCOMAT)*, 12(10), 440-447.
- Ahmed, O. S., & Abdalrahman, E. (2022). The Relationship between Social Variables Related to Parents and the Academic Achievement of their Children during Corona Virus: A Case Study. *Information Sciences Letters*, 11(3), 739-744. <http://dx.doi.org/10.18576/isl/110306>
- Ahmed, O. S., Yousif, E., Nasef, S. A., & Al Rawashdeh, A. Z. (2022). COVID Police: Role of Ajman Police During Initial Lockdown. *Frontiers in Psychology*, 13, 916713. <https://doi.org/10.3389/fpsyg.2022.916713>
- Al-Thaqeb, S. A., Algharabali, B. G., & Alabdulghafour, K. T. (2022). The pandemic and economic policy uncertainty. *International Journal of Finance & Economics*, 27(3), 2784-2794. <https://doi.org/10.1002/ijfe.2298>
- Al Arab, A. R., Al Rawashdeh, A. Z., & Ahmed, O. S. (2022). Awareness of gender equality during first wave of corona virus: a case study. *Information Sciences Letters*, 11(1), 167-172. <http://dx.doi.org/10.18576/isl/110118>
- Ayuso, L., Requena, F., Jiménez-Rodríguez, O., & Khamis, N. (2020). The effects of COVID-19 confinement on the Spanish family: Adaptation or change? *Journal of Comparative Family Studies*, 51(3-4), 274-287. <https://doi.org/10.3138/jcfs.51.3-4.004>
- Bager-Charleson, S., & McBeath, A. (2023). *Supporting Research in Counselling and Psychotherapy: Qualitative, Quantitative, and Mixed Methods Research*. Springer Nature. <https://doi.org/10.1007/978-3-031-13942-0>
- Bavel, J. J. V., Baicker, K., Boggio, P. S., Capraro, V., Cichocka, A., Cikara, M., Crockett, M. J., Crum, A. J., Douglas, K. M., & Druckman, J. N. (2020). Using social and behavioural science to support COVID-19 pandemic response. *Nature human behaviour*, 4(5), 460-471. <https://doi.org/10.1038/s41562-020-0884-z>

- Berdida, D. J. E., & Grande, R. A. N. (2023). Academic stress, COVID-19 anxiety, and quality of life among nursing students: The mediating role of resilience. *International Nursing Review*, 70(1), 34-42. <https://doi.org/10.1111/inr.12774>
- Bowen, M. (1966). The use of family theory in clinical practice. *Comprehensive psychiatry*, 7(5), 345-374. [https://doi.org/10.1016/S0010-440X\(66\)80065-2](https://doi.org/10.1016/S0010-440X(66)80065-2)
- Bowen, M. (1993). *Family therapy in clinical practice*. Jason Aronson.
- Breakwell, G. M., & Jaspal, R. (2021). Identity change, uncertainty and mistrust in relation to fear and risk of COVID-19. *Journal of Risk Research*, 24(3-4), 335-351. <https://doi.org/10.1080/13669877.2020.1864011>
- Briggs, D., Ellis, A., Lloyd, A., & Telford, L. (2020). New hope or old futures in disguise? Neoliberalism, the Covid-19 pandemic and the possibility for social change. *International Journal of Sociology and Social Policy*, 40(9/10), 831-848. <https://doi.org/10.1108/IJSSP-07-2020-0268>
- Canta, A. F. (2023). Education and Democracy: The Third Way in Karl Mannheim. *Italian Sociological Review*, 13(1), 91-110. <https://doi.org/10.13136/isr.v13i1.631>
- Cassinat, J. R., Whiteman, S. D., Serang, S., Dotterer, A. M., Mustillo, S. A., Maggs, J. L., & Kelly, B. C. (2021). Changes in family chaos and family relationships during the COVID-19 pandemic: Evidence from a longitudinal study. *Developmental psychology*, 57(10), 1597-1610. <https://doi.org/10.1037/dev0001217>
- Cheikh Ismail, L., Osaili, T. M., Mohamad, M. N., Al Marzouqi, A., Jarrar, A. H., Abu Jamous, D. O., Magriplis, E., Ali, H. I., Al Sabbah, H., & Hasan, H. (2020). Eating habits and lifestyle during COVID-19 lockdown in the United Arab Emirates: a cross-sectional study. *Nutrients*, 12(11), 3314. <https://doi.org/10.3390/nu12113314>
- Chohan, U. W. (2020). *A post-coronavirus world: 7 points of discussion for a new political economy*. <http://dx.doi.org/10.2139/ssrn.3557738>
- de Palma, A., Vosough, S., & Liao, F. (2022). An overview of effects of COVID-19 on mobility and lifestyle: 18 months since the outbreak. *Transportation Research Part A: Policy and Practice*, 159, 372-397. <https://doi.org/10.1016/j.tra.2022.03.024>
- Debata, B., Patnaik, P., & Mishra, A. (2020). COVID-19 pandemic! It's impact on people, economy, and environment. *Journal of Public Affairs*, 20(4), e2372. <https://doi.org/10.1002/pa.2372>

- Egan, S. M., Pope, J., Moloney, M., Hoyne, C., & Beatty, C. (2021). Missing early education and care during the pandemic: The socio-emotional impact of the COVID-19 crisis on young children. *Early Childhood Education Journal*, 49(5), 925-934. <https://doi.org/10.1007/s10643-021-01193-2>
- Eltahir, M., & Ahmed, O. (2023). Cybersecurity Awareness in African Higher Education Institutions: A Case Study of Sudan. *Inf. Sci. Lett*, 12(1), 171-183. <http://dx.doi.org/10.18576/isl/120113>
- Eltahir, M. E., Alsalhi, N. R., & Al-Qatawneh, S. S. (2022). Implementation of E-exams during the COVID-19 pandemic: A quantitative study in higher education. *Plos one*, 17(5), e0266940. <https://doi.org/10.1371/journal.pone.0266940>
- Feinberg, M. E., A Mogle, J., Lee, J. K., Tornello, S. L., Hostetler, M. L., Cifelli, J. A., Bai, S., & Hotez, E. (2022). Impact of the COVID-19 pandemic on parent, child, and family functioning. *Family Process*, 61(1), 361-374. <https://doi.org/10.1111/famp.12649>
- Geremew, Y. M., Huang, W.-J., & Hung, K. (2023). Fuzzy-set qualitative comparative analysis as a mixed-method and analysis technique: A comprehensive systematic review. *Journal of Travel Research*, 00472875231168619. <https://doi.org/10.1177/00472875231168619>
- Gierszewski, D., Kluzowicz, J., & Opozda-Suder, S. (2022). Engagement, Community, Activity, and Helpfulness as Predictors of Social Solidarity during the COVID-19 Pandemic in Poland. *Social Space*, 22(3), 1-29. <https://socialspacejournal.eu/menu-script/index.php/ssj/article/view/108>
- Grinin, L., Grinin, A., & Korotayev, A. (2022). COVID-19 pandemic as a trigger for the acceleration of the cybernetic revolution, transition from e-government to e-state, and change in social relations. *Technological Forecasting and Social Change*, 175, 121348. <https://doi.org/10.1016/j.techfore.2021.121348>
- Hammond, R., Cheney, P., & Pearsey, R. (2015). Sociology of the family textbook. In: Rocky Ridge Press.
- Haque, M. S. (2022). Inductive and/or Deductive Research Designs. In *Principles of Social Research Methodology* (pp. 59-71). Springer. [https://doi.org/10.1007/978-981-19-5441-2\\_5](https://doi.org/10.1007/978-981-19-5441-2_5)



- Hugelius, K., Harada, N., & Marutani, M. (2021). Consequences of visiting restrictions during the COVID-19 pandemic: An integrative review. *International journal of nursing studies*, 121, 104000. <https://doi.org/10.1016/j.ijnurstu.2021.104000>
- Imbulana Arachchi, J., & Managi, S. (2021). The role of social capital in COVID-19 deaths. *BMC Public Health*, 21, 1-9. <https://doi.org/10.1186/s12889-021-10475-8>
- Irani, E., Niyomyart, A., & Hickman Jr, R. L. (2021). Family caregivers' experiences and changes in caregiving tasks during the COVID-19 pandemic. *Clinical nursing research*, 30(7), 1088-1097. <https://doi.org/10.1177/10547738211014211>
- Jayasuriya, N. (2023). Paradigm: Positivism, Interpretivism, Pragmatists, and Critical Thought. In *Social Research Methodology and Publishing Results: A Guide to Non-Native English Speakers* (pp. 11-21). IGI Global. <https://doi.org/10.4018/978-1-6684-6859-3.ch002>
- Kerr, M., & Bowen, M. (1988). *Family Evaluation. An Approach Based on Bowen Theory*. New York (Norton) 1988. <https://opus4.kobv.de/opus4-Fromm/frontdoor/index/index/docId/28086>
- Lawler, J., & Waldner, D. (2023). Interpretivism versus Positivism in an Age of Causal Inference. *The Oxford Handbook of Philosophy of Political Science*, 221. <https://doi.org/10.1093/oxfordhb/9780197519806.013.11>
- Lee, J., Chin, M., & Sung, M. (2020). How has COVID-19 changed family life and well-being in Korea? *Journal of Comparative Family Studies*, 51(3-4), 301-313. <https://doi.org/10.3138/jcfs.51.3-4.006>
- Masterson-Algar, P., Allen, M. C., Hyde, M., Keating, N., & Windle, G. (2022). Exploring the impact of Covid-19 on the care and quality of life of people with dementia and their carers: A scoping review. *Dementia*, 21(2), 648-676. <https://doi.org/10.1177/14713012211053971>
- Mishra, P., Pandey, C. M., Singh, U., Gupta, A., Sahu, C., & Keshri, A. (2019). Descriptive statistics and normality tests for statistical data. *Annals of cardiac anaesthesia*, 22(1), 67. [https://doi.org/10.4103%2Faca.157\\_18](https://doi.org/10.4103%2Faca.157_18)
- Mondada, L., Bänninger, J., Bouaouina, S. A., Camus, L., Gauthier, G., Hänggi, P., Koda, M., Svensson, H., & Tekin, B. S. (2020). Human sociality in the times of the Covid-19 pandemic: A systematic examination of change in greetings. *Journal of Sociolinguistics*, 24(4), 441-468. <https://doi.org/10.1111/josl.12433>

- Morales-Vives, F., Dueñas, J.-M., Vigil-Colet, A., & Camarero-Figuerola, M. (2020). Psychological variables related to adaptation to the COVID-19 lockdown in Spain. *Frontiers in Psychology, 11*, 565634. <https://doi.org/10.3389/fpsyg.2020.565634>
- Omer, E., Ahmed, O. S., Sirag, A., & Alsalhi, N. R. (2023). Health and society: the impact of media on social welfare during COVID-19: a case study in UAE. *Int. J. Public Law and Policy, 9*(3), 301. <https://www.researchgate.net/profile/Najeh-alsalhi/publication/370469692>
- Prime, H., Wade, M., & Browne, D. T. (2020). Risk and resilience in family well-being during the COVID-19 pandemic. *American Psychologist, 75*(5), 631–643. <https://doi.org/10.1037/amp0000660>
- Ratten, V. (2020). Coronavirus (covid-19) and entrepreneurship: changing life and work landscape. *Journal of Small Business & Entrepreneurship, 32*(5), 503-516. <https://doi.org/10.1080/08276331.2020.1790167>
- Rudolph, C. W., & Zacher, H. (2021). Family demands and satisfaction with family life during the COVID-19 pandemic. *Couple and Family Psychology: Research and Practice, 10*(4), 249–259. <https://doi.org/10.1037/cfp0000170>
- Sari, P. S., Ismail, R., Elida, L., Munthe, H. M., Sitorus, H., & Sihotang, D. (2022). Indonesian Migrant Workers in Malaysia: Damages in Family Structure System in Their Hometown. *Social Space, 22*(3), 71-96. <https://socialspacejournal.eu/menu-script/index.php/ssj/article/view/115>
- Schmid, L., Wörn, J., Hank, K., Sawatzki, B., & Walper, S. (2021). Changes in employment and relationship satisfaction in times of the COVID-19 pandemic: Evidence from the German family Panel. *European Societies, 23*(sup1), S743-S758. <https://doi.org/10.1080/14616696.2020.1836385>
- Sharfuddin, S. (2020). The world after Covid-19. *The Round Table, 109*(3), 247-257. <https://doi.org/10.1080/00358533.2020.1760498>
- Tarkar, P. (2020). Impact of COVID-19 pandemic on education system. *International Journal of Advanced Science and Technology, 29*(9), 3812-3814. [https://www.researchgate.net/profile/Preeti-Tarkar/publication/352647439\\_Impact\\_Of\\_Covid-19](https://www.researchgate.net/profile/Preeti-Tarkar/publication/352647439_Impact_Of_Covid-19)

- Tull, M. T., Edmonds, K. A., Scamaldo, K. M., Richmond, J. R., Rose, J. P., & Gratz, K. L. (2020). Psychological outcomes associated with stay-at-home orders and the perceived impact of COVID-19 on daily life. *Psychiatry research*, 289, 113098. <https://doi.org/10.1016/j.psychres.2020.113098>
- Wedemeyer, N. V., & Grotevant, H. D. (1982). Mapping the family system: A technique for teaching family systems theory concepts. *Family Relations*, 31(2), 185-193. <https://doi.org/10.2307/584396>
- Zemp, M., Friedrich, A. S., Schirl, J., Dantchev, S., Voracek, M., & Tran, U. S. (2021). A systematic review and meta-analysis of the associations between interparental and sibling relationships: Positive or negative? *Plos one*, 16(9), e0257874. <https://doi.org/10.1371/journal.pone.0257874>
- Zhang, Y., Zhan, N., Zou, J., Xie, D., Liu, M., & Geng, F. (2022). The transmission of psychological distress and lifestyles from parents to children during COVID-19. *Journal of Affective Disorders*, 303, 74-81. <https://doi.org/10.1016/j.jad.2022.02.007>

### **Biographical notes:**

Dr. Osman Ahmed holds the position of Associate Professor within the field of sociology. In 2002, he successfully completed his doctoral studies in sociology at Ajman University, specifically within the Department of Sociology. The scope of his ongoing research encompasses the fields of social science, sociology, and social work. The individual in question has authored more than 35 scholarly articles in internationally recognised peer-reviewed journals, as well as three published books.

Dr. Mohd. Elmagzoub Eltahir holds the position of Associate Professor within the Education Department at Ajman University, where he also serves as the Associate Dean of the College of Humanities and Sciences.