



THE SOCIO-ECONOMIC IMPACT ON YOUTH DURING SPRING REVOLUTION

Survey Report

NATIONAL UNITY GOVERNMENT
MINISTRY OF WOMEN, YOUTHS AND CHILDREN AFFAIRS
AUGUST, 2022



Ministry of
Women
Youths and
Children Affairs

Thirty percent of the Myanmar population are youth, who are energetic and fresh. Youth are the country's strength, its most valuable resource, and our hope for the future.

After the February 1st, 2021, coup by a group of military dictators, young people were the first ones protesting on the streets; young people are honest, strong, and fearless and they always stand up for the truth.

Young men and women have opposed dictatorships in every era. Though more than a year has passed with the military dictatorship attempting to seize power, they have been unable to reach their goal because of the courage and resistance of the young people who have resisted the suppression of the military regime with the desire to protect citizens in non-violent ways.

This research paper highlights the social, economic, educational, mental, and physical health, conditions of our country's youth in the aftermath of the coup.

We believe that the information in this research paper can inform and help design approaches to supporting our youth, to build a federation and end the dictatorship.

Our cause shall succeed.

Naw Susanna Hla Hla Soe

Union Minister

Ministry of Women, Youths and Children Affairs

National Unity Government

Contents

Abbreviations.....	i
Executive Summary.....	iii
Acknowledgement	iii
I. Introduction.....	1
1.1 Background of the study	1
1.2 Rationale.....	2
1.3 Objectives of the study.....	4
II. Methodology.....	5
2.1 Overview	5
2.2 Inception.....	5
2.3 Data Collection.....	6
2.4 Limitation.....	6
III. Socioeconomic Situation.....	7
3.1 Overview	7
3.2 Demography.....	7
3.2.1 Gender.....	7
3.2.2 Age Group.....	8
3.2.3 Marital Status	9
3.2.4 Dependent persons	9
3.2.5 Distribution of respondents.....	10
3.2.6 People with disabilities (PWDs).....	11
3.3 Impact on Education.....	12
3.3.1 Current situation of education.....	14
3.3.2 Youth's expectation for education.....	16
3.4 Impact on Job and career situation.....	18
3.4.1 Employment.....	19
3.4.2 Income.....	20
3.4.3 Living conditions	22
3.4.4 Society.....	23
3.4.5 Security	25
3.5 Impact on Health	28
3.5.1 Physical Health	28
3.5.2 Mental Health.....	30

IV. Key Findings and Discussion.....	32
V. Recommendation.....	37
References	38
Appendices.....	41

Abbreviations

CBO	Community Based Organizations
CDM	Civil Disobedience Movement
CFR	Council on Foreign Relations
CSO	Civil Society Organizations
FGD	Focus Group Discussion
HI	Humanity and Inclusion
ICT	Information and Communications Technology
IFPRI	International Food Policy Research Institute
ILO	International Labour Organization
IT	Information Technology
LGBTQI	Lesbian, Gay, Bisexual, Transgender, Queer and Intersex
MHPSS	Mental Health and Psychosocial Support Services
MoWYCA	Ministry of Women, Youths and Children Affairs
MP	Members of Parliament
NLD	National League for Democracy
NUG	National Unity Government
OCHA	United Nations Office for the Coordination of Humanitarian Affairs
PWDs	People with Disabilities
SGBV	Sexual and Gender-Based Violence
SMEs	Small and Medium-sized Enterprises
SMTF	Shwe Min Thar Foundation
TVET	Technical and Vocational Education and Training
UNDP	United Nations Development Programme
UNESCO	United Nations Educational Scientific and Cultural Organization
UNICEF	United Nations International Children's Emergency Fund
UNHRC	United Nations Human Rights Council
UNSCR	United Nations Security Council Resolution
UTC	University Training Corps

VT Vocational Training
WFP World Food Programme

Executive Summary

Myanmar military coup, on 1 February 2021, devastated in every sector of the country. The youth have played an important leading role not only in protesting and resisting but also in fighting to against the military dictatorship. Young anti-coup activists are mostly students or people striking with Civil Disobedient Movement (CDM) civilians. The military coup directly hit to all anti-coup protesters particularly young generation, their close friends and family members including their children and parents by killing, tortures, brutally crime against humanitarians and lawless numerous abuses each and every day. It has been threatening to youth's lives, future dreams and their rights.

This paper explored current difficulties and hardships of young generations, their social and political expectations of future light of goals through education and opportunities in order to protect women, young people and children from human rights in line with missions of the Ministry of Women, Youths and Children Affairs (MoWYCA) in future. It can contribute as part of effective and efficient policies for women, young people and children to the development of the nation, including in the education, health, social and economic sectors.

In this regard, a post-coup scenario would be that the military rule, as imagined, come to an end and build a federal state with the strength of youths and a society that guarantees fundamental rights, justice and equality for all. On the other hand, rebuilding the basic education infrastructures, system and policies, physical and mental trauma healing will be a crucial need to scale up and enhance their capacity in order to meet the future goals of the country. Establishing capacity building for the youths is a necessity to keep abreast of the times and also for the betterment of their lives and the nation of Myanmar.

Acknowledgement

This work could not have been completed without the support of focal group of the young men and women who participated in data collection under great difficulties and many challenges.

I. Introduction

1.1 Background of the study

The Ministry of Women, Youths and Children Affairs (MoWYCA) was formed in April 2021 under the National Unity Government (NUG) which stands as the legitimate government of Myanmar, earning the support of the Committee Representing Pyidaungsu Hluttaw, a group of elected Members of Parliament (MP) and Lawmakers in the 2020 general election. According to the mission of the Ministry, it aims to protect and fulfill the rights of women, youths and children and to develop the specific policies to address their needs and issues. In a long-term vision, the Ministry targets all women, youths and children to enjoy equality of opportunity and a prosperous and secure life in a people-led, holistically developed Federal Union of Myanmar.

On February 1, 2021, the Military carried out a coup against the duly elected government—detaining civilian leaders, instituting a curfew, and declaring a one year state of emergency. Military leaders defended their actions, citing accusations of voting irregularities during the election that observers have largely rejected. It is also worsening displacement trends in a country that was already the source of one of the most serious refugee crises in the world. Since the coup, thousands have fled their homes as the military clashes with armed ethnic groups and other resistance organizations (USCRI, 2021). Many politicians have been detained, horrible abused and punished for a long time, particularly from 1962 to today in Myanmar. In the early days of the revolution, in February and March, 2021, massive numbers of students, teachers, doctors, engineers and thousands of civilians have, of peoples have marched and protested peacefully all over Myanmar. The coup has had an undeniable impact on every part of society in Myanmar. One of the most prominent and important driving forces has been the Civil Disobedience Movement ¹(CDM). The CDM is an apolitical and broad-based democracy movement based on fundamental freedoms. It includes civil society actors, government civil servants, universities' teachers and students, and even private firms such as factories and mines.

Two publications, “Myanmar Economic Monitor: Contending with Constraints” World Bank (January 2022)- and “Coup d’Etat and Poverty: Compounding Negative Shocks and their Impact on Human Development in Myanmar” UNDP (2021)- detail how the

¹ a group that uses work stoppages as a tool for protest, emerged within days of the coup

mixture of political crisis and COVID-19 pandemic contributed major difficulties in delivering services in which health and social protection, financial services and electricity provision are mainly included. The security and humanitarian conditions have worsened and have deteriorated in many parts of Myanmar.

They note that Myanmar faces an uncertain future as an international pariah whose societal and economic stability is undermined by mass displacement and a dangerous new turn in the coronavirus pandemic. The consequences of lost income and rising poverty, political turmoil and violence, displacement, and widespread illness are also taking a significant psychological toll on Myanmar society as a whole and placing enormous strain on individuals, families, and communities.

Conflict, insecurity and displacement continue to have an impact on the lives of civilians on a much wider scale. These stresses are complex: gender-based violence, substance abuse, human trafficking, and other criminal activities. As a result, the need for systematic and comprehensive social protection mechanisms, including mental health and psychosocial support services (MHPSS) in Myanmar is seriously needed.

1.2 Rationale

OCHA, 2022 stated that *“Inflation in commodity prices, including food, fuel, shelter materials and Non-Food Items (NFIs), remains a major concern in addressing the needs of the most vulnerable people”*. The number of displaced men, women and children in Myanmar remains above one million. This includes nearly 760,000 people displaced by the conflict and insecurity since the military takeover in February last year. Humanitarians continue providing critical life-saving assistance to the most vulnerable people despite access challenges and limited funding. More than four million children—half of the school-aged children in Myanmar—have not accessed education for two full academic years. The limited availability of staff, health facilities and supplies are contributing to the worsening of maternal and child health outcomes and poor emergency health care. Political instability, economic hardships, declines in education and health in all fronts are in seriously needs for Burmese citizen including young peoples. Accordingly, increase in poverty, food and nutrition insecurity and livelihood instability was resulted.

In order to mitigate these adverse negative impacts above mentioned, the role of youth should be enhanced. Youth of today are leaders of tomorrow. They will lead and

implement the nation building tasks of Myanmar. In this scenario, youth play an important role for future nation's development hence there is a crucial need to scale up and enhance their capacity in order to meet the future aspirations of the country. Establishing an education system will support an important sector and enable young generation to take the lead in the long-term interests of the country.

The military junta has targeted areas where civil servants are on strike in support of the CDM, threatening them with forced eviction at gunpoint (Soe San, UNHRC 18/03/2021). According to the independent research group data for Myanmar, by the end of April Myanmar Junta forces had burned down at least 11,417 civilian houses at 296 locations with Sagaing. In addition, there were 10 States and regions especially Magway, Chin and Kayah suffering in heaviest damage of houses have been burned down by the military regime (The Irrawaddy on 2 May, 2022). Moreover, according to figures released on July 31 by the UN Office for the Coordination of Humanitarian Affairs (OCHA), *“the military takeover and its aftermath have resulted in over 866,000 internally displaced persons (IDPs) across the country. OCHA estimates when combined with the number of people displaced by pre-coup conflicts, the current number of IDPs in the country exceeds 1.2 million”* (OCHA, August 2022).

These people need food, shelter, access to healthcare, and general support (The Irrawaddy 20/09/2016). Food shortages have been reported, particularly in areas under martial law, as a result of limited services provision, disruptions in supply chains, market closures, and loss of livelihood opportunities (WFP, reliefweb, 21/04/2021). These shortages will likely impact the rates of food security and acute malnutrition among vulnerable groups (Lift 19/04/2021 and 26/03/2021). 20% of the country's population – migrated internally. High migration rates were reported between states, particularly to Yangon, where migrants account for 53% of all formal sector labour in the region (UNESCO accessed 2021; ILO 21/12/2015; LIFT 2014). Those who have been able to return to their place of origin likely face insecurity and a lack of livelihood opportunities (The Washington Post 15/04/2021). Of the internal migrants in Yangon, 78.8% remitted, and the loss of remittances because of loss of work will likely affect households' overall purchasing power (DMG 20/03/2021; Frontier Myanmar 08/04/2021; LIFT 2014).

1.3 Objectives of the study

In line with the objectives of the ministry, (1) to protect women, young people, and children from human rights violations, and to ensure their full enjoyment of human rights throughout this period of transition (2) to provide the safety, basic needs and survival of women, youth, and children, and (3) to promote women, young people, and children's meaningful participation in building of federal democracy nation, the ministry commissioned an online survey on "**Socio-economic Impact of the Coup and Conflict on Youth in Myanmar**".to assess the experience of young people who are daily affected by atrocities committed by the Myanmar Military. It is intended that the findings of this survey will equip the Ministry to provide effective and efficient policies for the young people of Myanmar during the democracy resistance. Primarily, the study had two main objectives:

1. To assess and study the current situation of young people regarding to education, psycho-social, professional/jobs and safety
2. To examine the economic, social and political expectations of targeted youths

II. Methodology

2.1 Overview

The study aims to guide and develop policy recommendations based on data gathered through individual young people who can access internet. Google Form, mixed with closed and open questionnaire (quantitative and qualitative) was created and distributed through enumerators. The questionnaires were engaged with laptop or smartphone users to the wider network of youth and enable cross platform engagement among young people.

To examine positive and negative outcomes the on-line survey it was supported using a mix of quantitative and qualitative methods. Quantitative questionnaires (closed type questions and qualitative questionnaire which are asking questions and generating discussion with some youths on their opinions, expectations and their interest and experiences on the coup and their future. Some questions were developed in the Google form.

This paper adopts an age range with youth referring simply to those aged between 15 and 35 years. Based on the United Nations Security Council Resolution (UNSCR), youth are defined as young people between 15 and 29 years old, but Myanmar youth are defined as those aged between 16 and 35. Generally, in Myanmar almost all high school students are between 15-17 years old. Adolescent stage is a unique and transitional period of human development. Therefore, this study covers men and women across Myanmar from high school students to those aged 35. It is an important to note that, male and female respondent were balanced for the sake of gender accuracy. A draft questionnaire was developed and then pre-tested and based on this result, further review, modifications and corrections were done.

2.2 Inception

By the end of May 2022, initial decisions were reached on draft questionnaires with the responsible persons from the Ministry and donor, with a tentative sample size of 300-400 respondents. This, included persons with disabilities (PWD), facilitated through focal persons who are volunteers of the Ministry and their networks around Myanmar. In line with Child rights and regulations, adolescents under 18, who were away from home, with an agreement of their parents, immediate supervisors or elder family members were permitted to participate in the study.

Presentations and training for about a dozen young focal volunteer enumerators on data collection, guidelines (Appendix-A), and Child rights (PowerPoints in Appendix-B)) were conducted through Zoom in the second week of June 2022. Questionnaires were finalized (Appendix-C). based on these discussions with enumerators,

2.3 Data Collection

Data were collected from adolescents and youths between 15-35, including PWDs from different parts of Myanmar from the second week of June to early July 2022. Male and female respondents were balanced for gender accuracy. Consistent with prior discussions, respondents under 18 received the approval of responsible adults so their views could be included.

On 5 August 2022, a review of was made with focal volunteer enumerator teams via zoom meeting in order to confirm, experiences and information of networking during data collection period.

2.4 Limitation

This study the phone-based nature of the survey limited to effectively ask some types of questions. Although there was an explanation of the questions before answering and filling in the Google form and it was difficult to provide clarification of some questions particularly in short explanation while filling up the Google form by respondents. In addition, all questions should be able to be finished within 40 minutes using by phones. After finishing the form, sent it back to focal persons. While fill up the form, it was difficult to ask the sender. Because it was not face to face interview.

Electricity blackouts and unstable of internet connection were also a barrier during data collection. The most important factor was the security of the respondents.

Due to very limited internet access and power shortage all over Myanmar, there were challenges during data collection. Furthermore, some peoples have limited knowledge of technology including Email and Google Forms. Several youths are displaced and dispersed around Myanmar.

Generally, Focus Group Discussion (FGD) is one of the effective ways of data collection and to get confirmation through a group discussion. Although it could not made because of many barriers in respondents' availability, location and security to organize under difficult circumstances, informal interviews were conducted with some

youths with discussions on their current situation, problem solving approaches, their interest and expectations not only for their individual future endeavors but also for the nation.

III. Socioeconomic Situation

3.1 Overview

Myanmar remains in a place of violence and conflict a year after the military staged a coup against the legitimately elected government led by the National League for Democracy (NLD). It is generally expected the junta will continue its brutal crackdown to retain power amid a growing resistance since mid-2021.

It is also expected the continuation to impose huge costs to the national economy and polity, pushing the economy into a further contraction with risk of systematic banking crisis this year. In addition, a complete economic collapse remains beyond the forecast of economic experts due to the expected uncertainty of country's oil and gas production from sanctions and exodus of Western energy firms. As a consequence, public services particularly in health, education, transportation and financial systems are almost nonexistent or are barely just functioning. A prolonged financial and socio-economic crisis may result in poverty for most of the population that have already suffered economically from the impact of COVID-19. The economic downturn is expected to get worse. Hence, suffering and violence throughout the country are devastating prospects for sustainable development including education, economics and health etc.

3.2 Demography

The survey was conducted with 301 respondents between 15-35 years of age in the 14 States and Regions in Myanmar.

3.2.1 Gender

Gender distribution of in this study was 144 male (48%), 150 female (50%) and 7 (2%) others, in total 301 respondents were participated in the survey as seen in Figure 3.1.

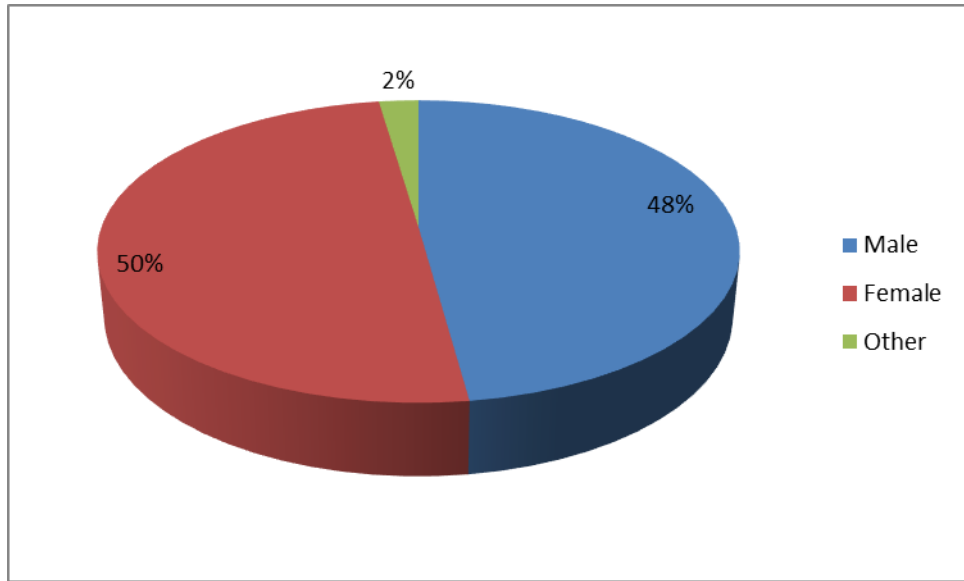


Fig. 3.1 Gender distribution of the study (Source: Survey team)

3.2.2 Age Group

The respondents were divided into four age groups, as shown above: 15-20 years, mostly comprised adolescents, students, including university and other higher education: 21-25 years, was a mix of students and working people; 26 to 30 years and 31 to 35 years would be considered of working age. Among all these groups, 21-25 years olds was in the largest group at 113 (38%), followed by 26-30 year old at 78 (26%) respondents, 15-20 year old at 64 (21%) and 31-35 year old was 46 (15%) respondents respectively.

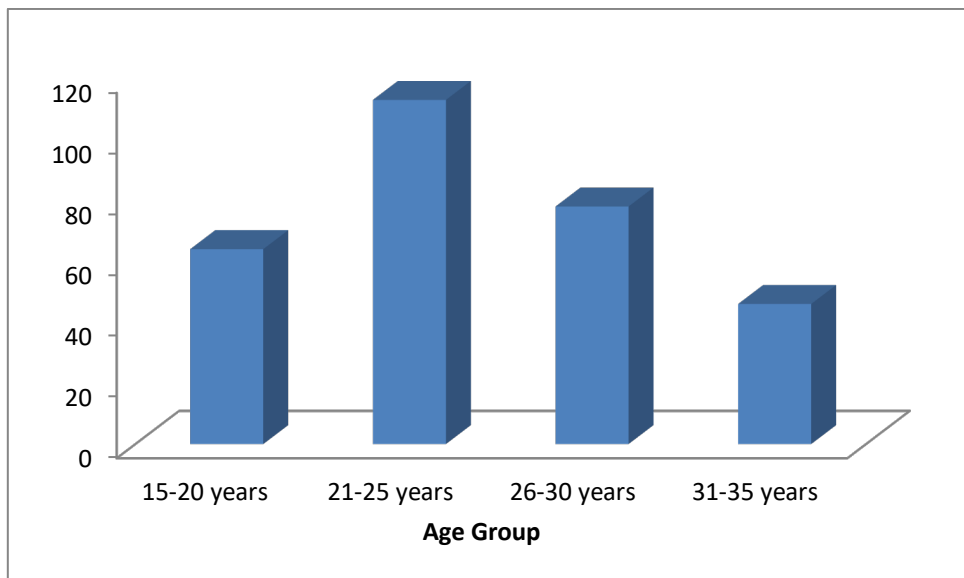


Fig. 3.2 Age distribution of respondents (Source: survey team)

3.2.3 Marital Status

Marital status of respondents is described in Figure 3.3. It can be seen almost all of them, 250 (83%) were single, married were 44 (14%), divorced 5 (2%) and other was only 2 (1%) respectively.

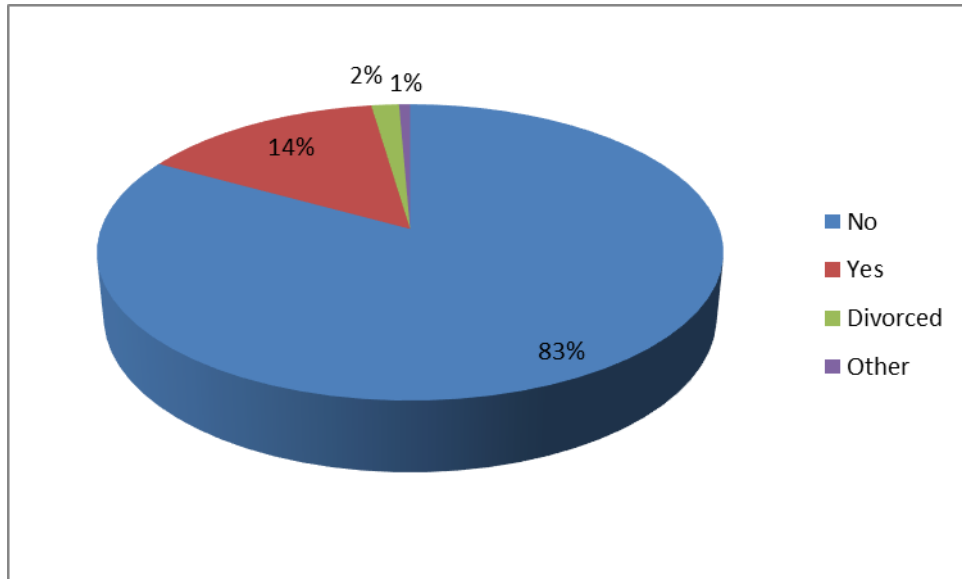


Fig. 3.3 Marital status of the study (Source: Survey Team)

3.2.4 Dependent persons

Although almost all of the respondents were single, about half (47%) of respondents have dependent persons who are family members such as parents, siblings, aunty, uncle and other relatives. Few have wives, children or other persons who rely on the respondents (Figure 3.4). Most of Myanmar society, older persons, children and some other family members depend on sons or daughters' income and live together in the same roof the house and eat together in Myanmar. In doing so family members' relationship is close like a tie. It reflects strong family ties in Myanmar society, and it is not surprising we see families taking responsibility for older family members, People with Disability (PWD) and female family members. Most of the respondents (79%) have 1-3 dependent persons, a few (19%) have 4-6 members and very few (2%) have more than 10 dependent persons in this study.

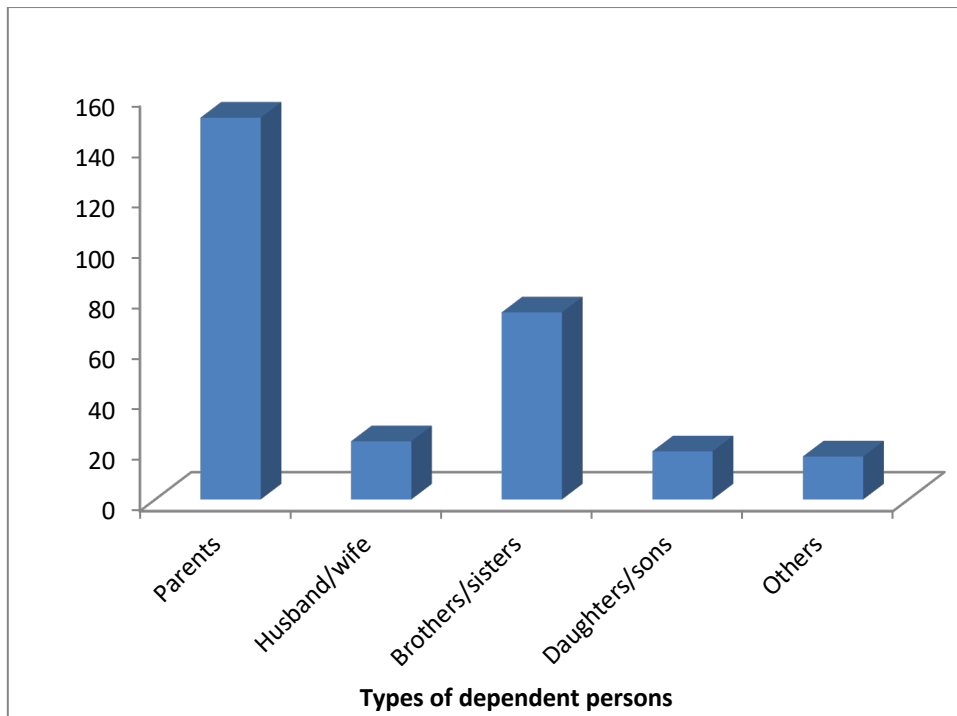


Fig. 3.4 Types of dependent persons who rely on the respondents
(Source: Survey Team)

3.2.5 Distribution of respondents

Union of Myanmar has composed of seven states and seven regions. Respondents from all states and Region involved in this study including Nay Pyi Taw, capital of Myanmar. On the other hand, some respondents were reluctant to answer their current location because of their security, as seen in figure below, 3.2.5 distributions of the respondents. In this regard, almost half of the respondents (40%) were from Yangon region, followed by Mandalay region (13%) and Shan state (10%). Some areas have less than 10% of respondents, there are very few in Nay Pyi Taw and Rakhine state. but there were respondents from all states and divisions. involved. During coup, most of youths including celebrities, university students and doctors who participated in protest around Yangon ran away and dispersed to different places not only in Myanmar but also in abroad. Some of them have still communication and close relationship each other. They have a confidence and networking to distribute these questions to answer confidentially. For the time being, they won't answer their current location and they have close connection with their friends from Yangon.

It showed many youths moved from Yangon have more networking each other and some of them have close connection and confidence their friends from Yangon area.

Most young people have maintained contact with each other despite leaving Yangon and dispersing across Myanmar and neighbouring countries. This allows them to build networks with friends and family in Yangon and other places. Another reason was better internet connection area of Yangon, Mandalay and Shan state.

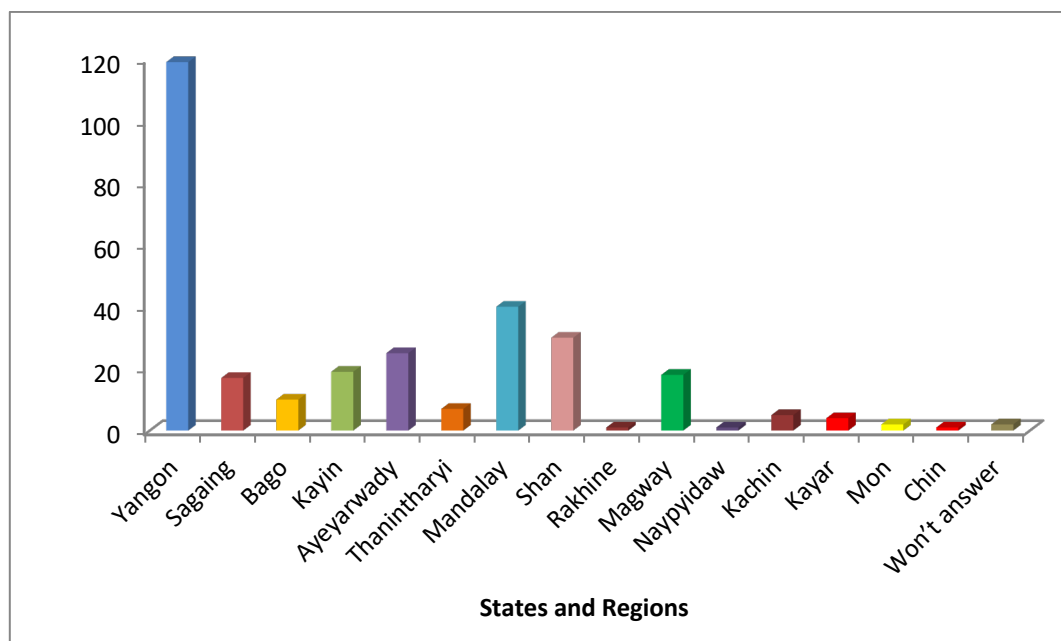


Fig. 3.5 Respondents distribution in the study (Source: Survey Team)

3.2.6 People with disabilities (PWDs)

According to the 2014 Census report, there are 2.3 million people with disabilities in Myanmar, and as a result poverty alleviation through creating job opportunities for persons with disabilities is urgently needed. Myanmar education cluster ²stated that children and youth with disabilities were already much less likely to access education: a UNICEF study in 2018 reported that 47% of children with disabilities were out-of-school. Barriers include negative attitudes towards disabilities, inaccessible environment and lack of support services, inadequate teaching/learning materials, lack of training and low capacity among teachers to support children with disabilities (Education Cluster, 2022). Surprisingly, this study found that about one-fourth (23%) of respondents are persons with disabilities (PWDs) but most of them are disability and scarified parts of their body in the battles with military while only 3% are visual

² The Education Cluster was active collaboration group in Myanmar Education sector. It will be part of the overall Education Sector Group and the Education Sector Representative Group. While the Education Cluster had previously held co-chaired meetings with the Ministry of Education, these are no longer taking place after 1 February 2021.

impairment (Figure 3.6). According to the survey team members, many of these PWDs respondents particularly from Chin and Kayin states were sacrificed some of their parts of body during crisis and battles between military troops. It was likely that some other PWDs data were hidden because of security concerns.

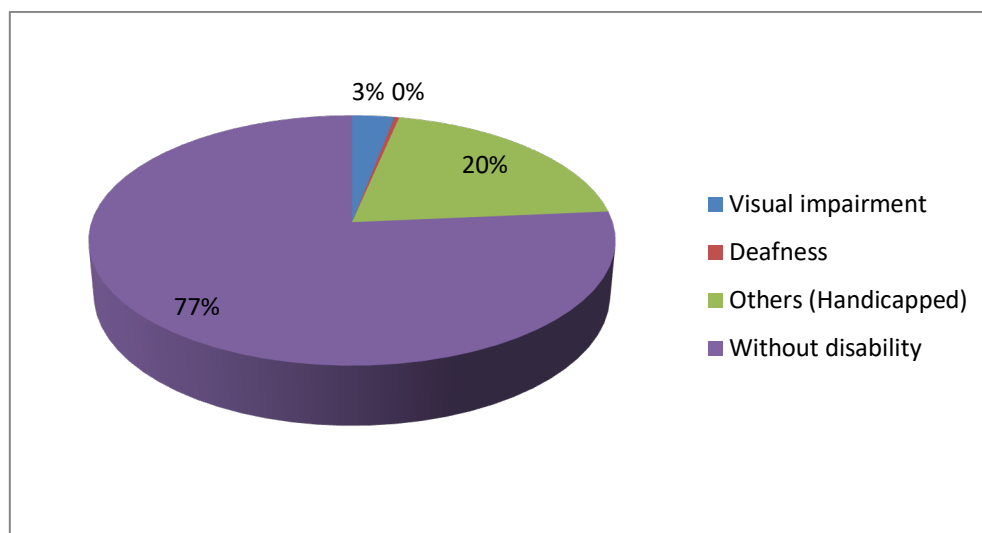


Fig. 3.6 Inclusion of PWD respondents (Source: Survey Team)

3.3 Impact on Education

Education is the ultimate pathway of success. It gives a great deal of support and encourages each and every individual (<https://examplanning.com/role-education-life/>). The stunning fact is that education is given the highest place in today's world. Sustainable Development Goal (SDG) number 4 is "*Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all*". In 2016, promoting the goal of greater equity and inclusion in education means that ethnically based education providers will remain important stakeholders in the sector. They have unique access to the territories they control, they have built up experience providing mother-tongue-based and multilingual education, and they are trusted and valued by their communities (Jolliffe, K., and Speers, E. 2016). This explains the commitment to democracy, peace, and prosperity. Hence, United States has promoted U.S and Myanmar higher education and private sector partnerships to address Myanmar's critical short- and long-term development needs. USAID/Myanmar has supported small-scale, targeted education programs for marginalized communities. In addition, according to International human rights' article in 2021 reported more than 300,000 teachers and other staff from the Department of Education participated in the CDM

therefore some teachers and students have been in constant danger as the military junta has raided their houses and detained.

Myanmar education Cluster strategy stated that “*Undoubtedly, many children, adolescents and youth have no access to education for safety and protection reasons: due to the COVID-19 pandemic, attacks on schools or need for buildings rehabilitation, their education spaces, as well as the way to and from those spaces, are not safe*”. It was supported by Karen Human Rights Group’s situation update in April 2022, said regarding the situation of education, students could no longer study because schools were government-run schools were closed after the military coup. However, some of the schools in the local area have already reopened, but not all students returned to school. In early June 2022, OCHA mentioned that nearly all of the 11.6 million school-aged children in Myanmar were without education for almost two years and this is having a long-term impact on their learning. Some primary school-aged children might never go back to school, adolescents and youth have also lost opportunities to further their education, including with technical and vocational education.

The statements above have been supported in this study, before coup, during COVID 19, some respondents were University and high school students but after the coup most of them stop their schooling because some of them run away and hidden places, some were difficult to study at home by online. Figure 3.7 showed that respondents’ education status before coup. Almost half of the respondents were University students (43%), followed by graduates (20%), some were high school students (15%), a few had diplomas and career degrees, (6%) each and less were vocational trainees (VT).

It was reported during these days of transitional period, girls and boys face different risks when education spaces are not safe: girls are at greater risk of sexual and gender-based violence (SGBV), while boys are more likely to face forced recruitment into armed groups.

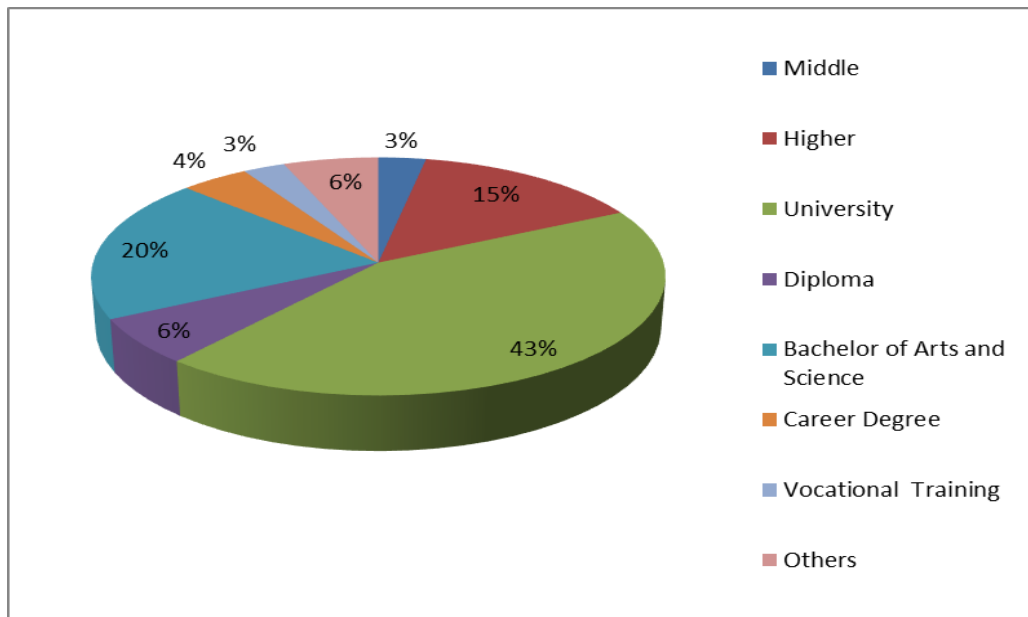


Fig. 3.7 Respondents' education status before coup

3.3.1 Current situation of education

After more than a year after the coup in Myanmar, most students and teachers have become involved in Civil Disobedient Movement (CDM) the education system under military junta. On 21 January 2022, Thai PBS WORLD reported that more than 50% of university and high school teachers and students participate in CDM. Although the military regime is trying to persuade people to return to work for higher salary or promotion, most of CDMers from the education sector are still strongly committed the Revolution in Myanmar. Figure 3.8 in this study shows that 0% of CDM students and 21% respondents stopped to working or their schooling while only 4% still continue studying. It means that about 60% of students have not been engaging in schooling under military junta yet most continue studying in NUG education programmes

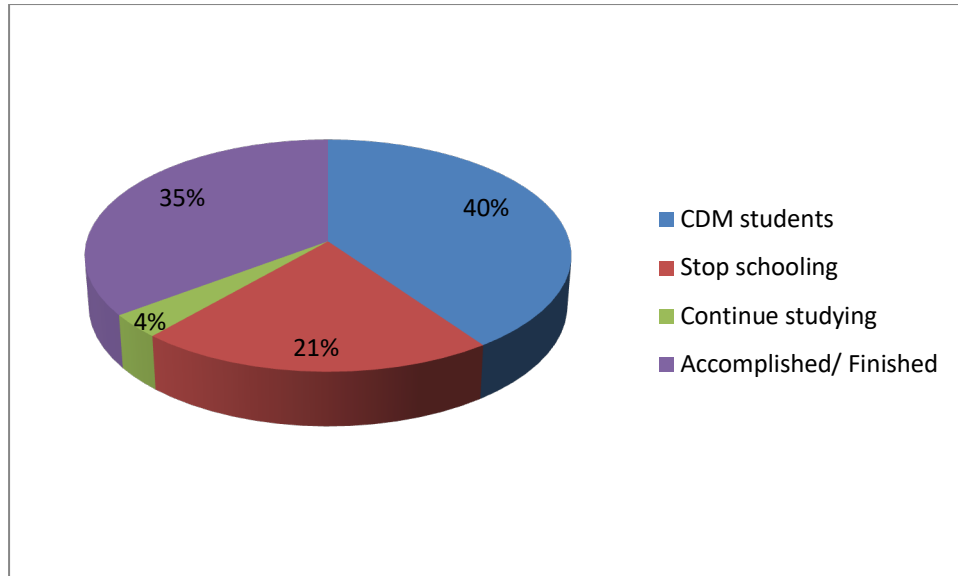


Fig 3.8 Current situation of respondents' education status (Source: Survey Team)

About three quarter of respondents (73%) learn in some other fields such as computer, languages, vocational trainings and so on. About one quarter (23%) of the respondents can access NUG education programmes but only 2%, respectively can access private schools and free education. It was found that most of youth respondents are interested to study languages particularly in English, Japanese and Korean, in order to seek job opportunities abroad to support themselves and their family members. Computer and Information Technology (IT) is another preference to study for their future (Figure 3.9).

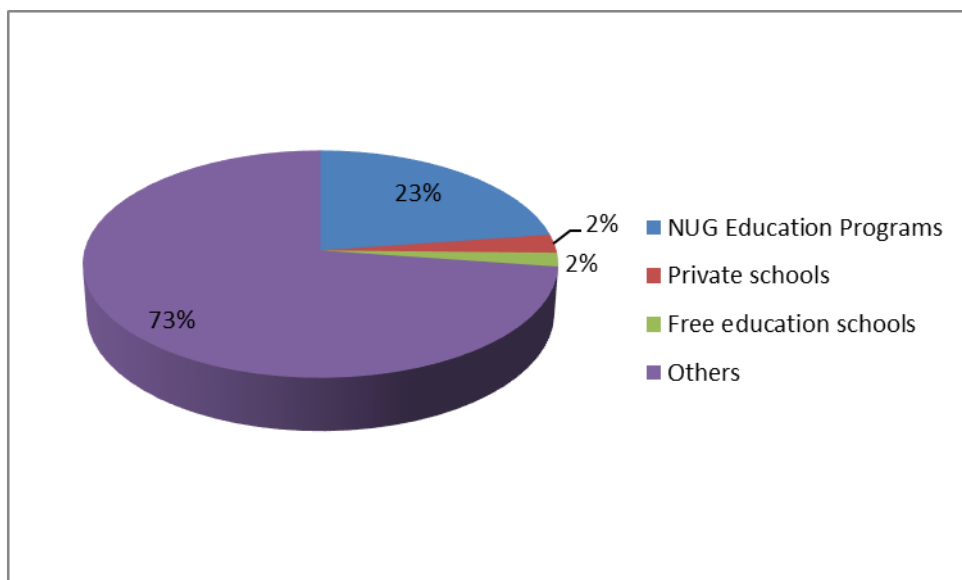


Fig. 3.9 Students' current learning area (Source: Survey Team)

3.3.2. Youth's expectation on education

Respondents' expectation of education leading to a better future was diverse and based on individual preferences.

More than half of respondents (59%) have a desire to improve not only the substance of education but the infrastructure as well. About two-thirds focused on curriculum, teaching methodology and materials improvement in line with international standards, the need to recruit quality teachers and experts including CDMers with high salary or incentive. Some want to initiate a creative and interdisciplinary analysis in order to establish an inclusive education environment through international collaboration. Based on current basic education schools run by local groups particularly in ethnic minority areas, they would like to establish school curriculum with ethnic languages. Few of them (10%) hope to receive scholarships in kind or in cash for the sake of higher education programmes abroad while very few respondents who have been involved in NUG education programme want to participate in the federal education system. Not surprisingly, some respondents (21%) who have poor connection with current education system, have limited expectation in education because of big challenges and barriers from the military regime. Displacements exacerbate children and families' vulnerabilities and keep them away from all modes of education. Some of them (about 4%) engage in vocational trainings such as technology, mechanic, agriculture and livestock etc. (Figure 3.10).

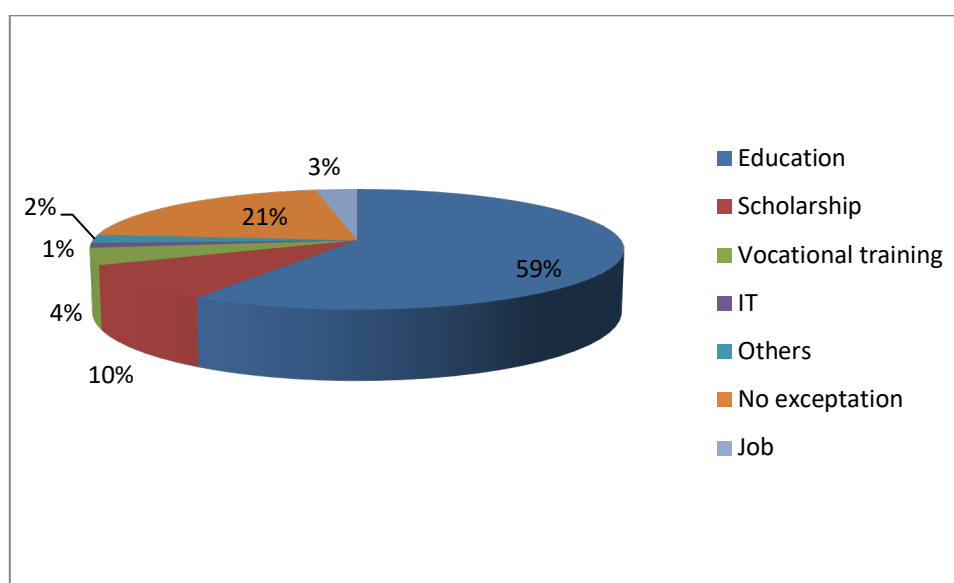


Fig. 3.10 Respondents' expectation in education (Source: Survey Team)

When they can access their goals with help from NUG’s education system, most respondents display greater desire to learn in their interest area also shown in (Figure 3.11). About half of them (49%) are keen to study Political Science which has not been in the school curriculum more than thirty years in Myanmar. Following areas of Vocational training (18%) which inclusion PWD respondents’ light of hope in order to access income through VT and administration subjects (14%) were rather interested by youths. Then, industrial sector and hotel and tourism (about 13%) were pretty attentive areas to study in this study. In line with the age of technology, some young people want to study in Information and Communication Technology (ICT). Myanmar, as an agricultural country, rural youths have interest to study in agricultural extension but very few people of youths have to learn in art, health care and civil military courses. Some youths applied the online education platform in various ways such as art classes through YouTube and Facebook video.

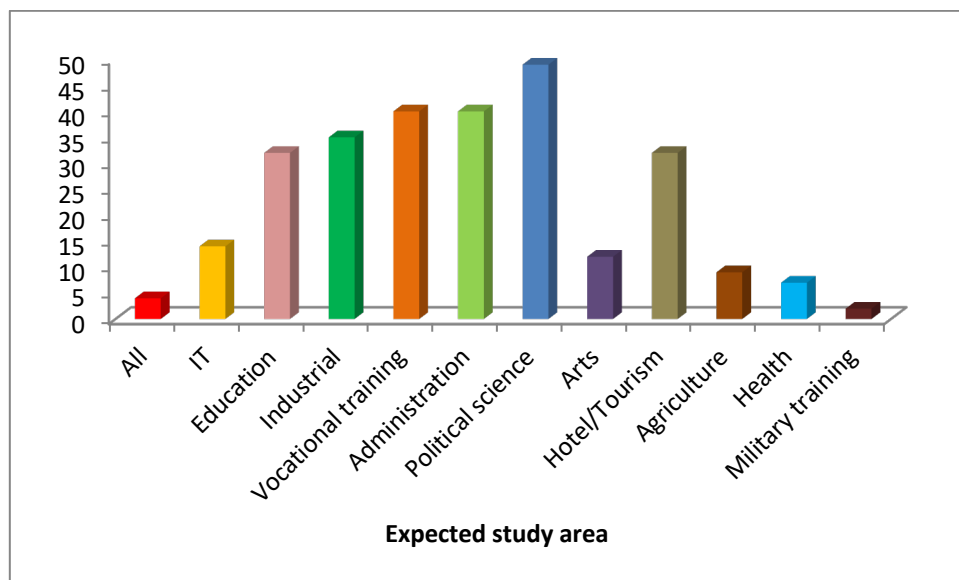


Fig. 3.11 Youth’s expected to study areas for future education (Source: Survey Team)

On the other hand, during transitional period many respondents cannot access in some courses including on-line and home-based education programmes while few respondents (about 13%) can access NUG education programme in many areas such as spring university trainings, nursing, international business diploma course, human rights etc. Although NUG courses and programme are very interesting and good quality, poor internet connection and flew to safe area from respondents’ site so that some courses could not accomplish to study. Most of them were satisfied in these courses but most courses are running via on-line. Electricity black out, security concern,

and limited resources were challenges during study period so some courses were not efficiently completed. Moreover, completion certificates have been weak of validity and assurance obtained hinders to use.

Although on-line education programmes have many challenges and barriers in both sides of teachers and students, about half of respondents hope to learn through on-line, while 21% of respondents have hard to learn in education programme. Few of them have different opinions in peer group learning and community-based learning but very few prefer in home-based learning in education during transitional period (Figure 3.12) for the sake of security concerns.

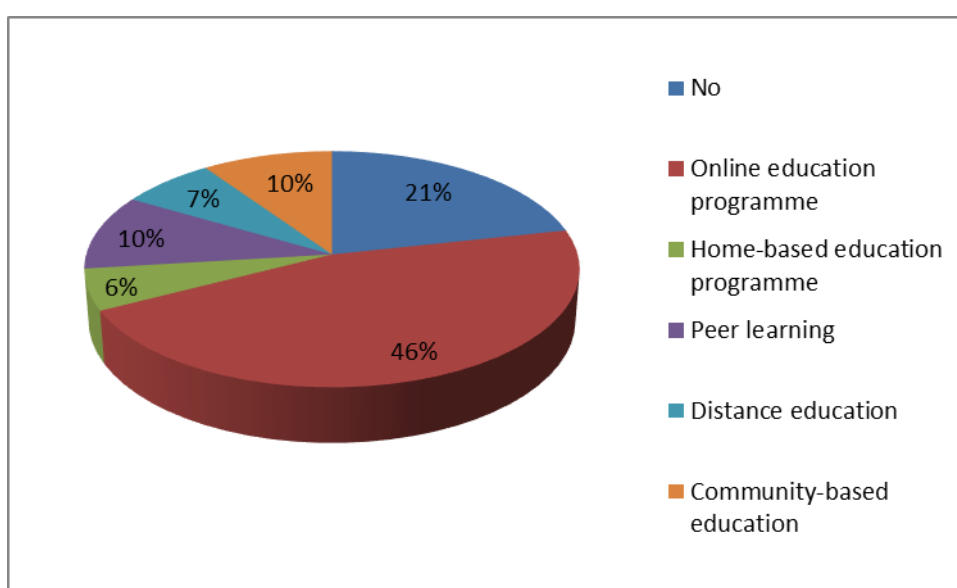


Fig. 3.12 Expectation of learning system during transitional period
(Source: Survey Team)

3.4 Impact on job and career situation

Being as one of the developing countries with additional COVID-19 pandemic, the fragile and violence situation due to current political conflicts have worsened economic crisis and jeopardized the performance of many micro, many sectors in nationwide. Besides, as an agricultural country of Myanmar, high prices of agricultural inputs particularly fertilizers and oil and disorder of trading systems cause the farmers and SMEs and industries harvesting lower benefit/ no benefit. Moreover, peoples are suffering from economic isolation, inflation, unstable of banking system and ban on foreign exchange. It has been reflected all over Myanmar including youths' income, their jobs and career since COVID-19 together with the coup.

3.4.1 Employment

Employment in Myanmar is heavily relied on agricultural works, approximately 50 percent of labor force are working in this sector (ILO, 2019). The current crisis has disrupted agricultural labor markets, industries and private sectors, some INGOs and NGO also draw back or closed gradually since 2021 till now. Council on Foreign Relations CFR’s Joshua Kurlantzick said that “*The coup has also brought economic turmoil, wiping our modest gains in poverty reduction made over the past decade. The economy shrank by nearly 20 percent in 2021*”. Millions of people are facing hunger, and tens of thousands have fled to other parts of Myanmar or across the borders. Several peoples from different sectors have big challenges of jobless not only in participate in CDM but also reduced manpower/wages in private sectors, closed factories and drew back foreign agencies. A major consequence of unemployment, jobless and displacement is the lack of income which will be discussed in next section. Before coup, most respondents involved in different sectors such as Government employees (9%), private (25%) and some were working in self-employed (14%) INGO/NGO/CSO (9%) and few were in volunteering tasks (7%) and very perform in daily wages respectively (Figure 3.13).

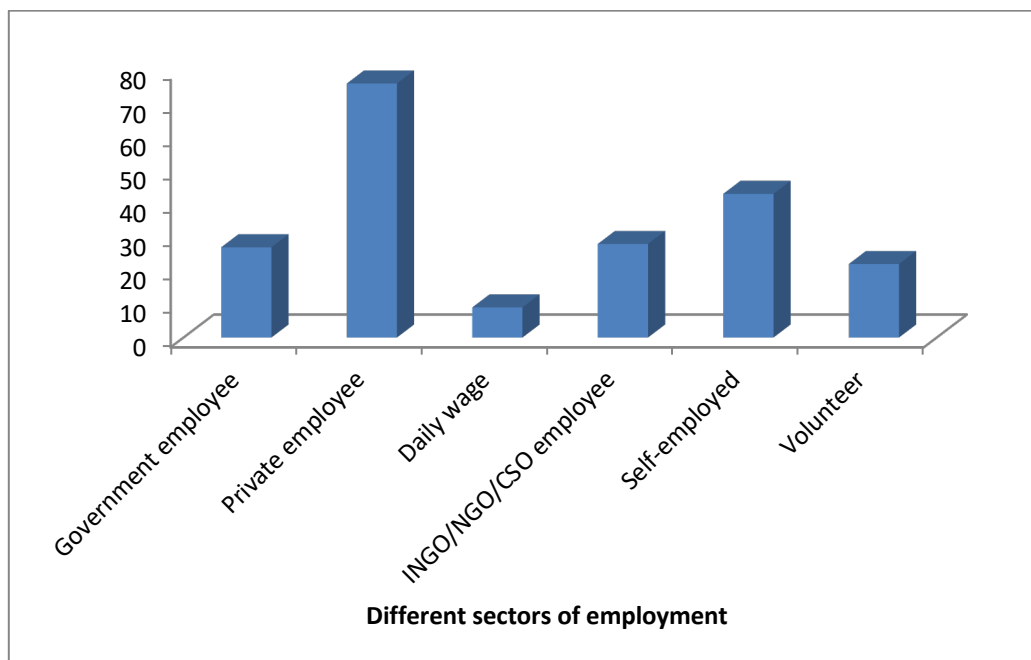


Fig. 3.13 Respondents’ employment distribution before coup (Source: Survey Team)

3.4.2 Income

Many people have been forced to leave their jobs as a result of the coup and participated in CDM, forcing them to live without a regular income, while fears rise about the increase in violence. According to the World Bank, Myanmar's economy shrunk by 18 percent in 2021 and threatens millions with poverty, joblessness, and hunger. It was reflected in this study. Before the coup, even during COVID-19, more than half of respondents (64%) had income but going down to (31%) of respondents have income after coup, 55% have no income and 14% are participated in CDM so they have without income or salary after coup in this study (Figure 3.14).

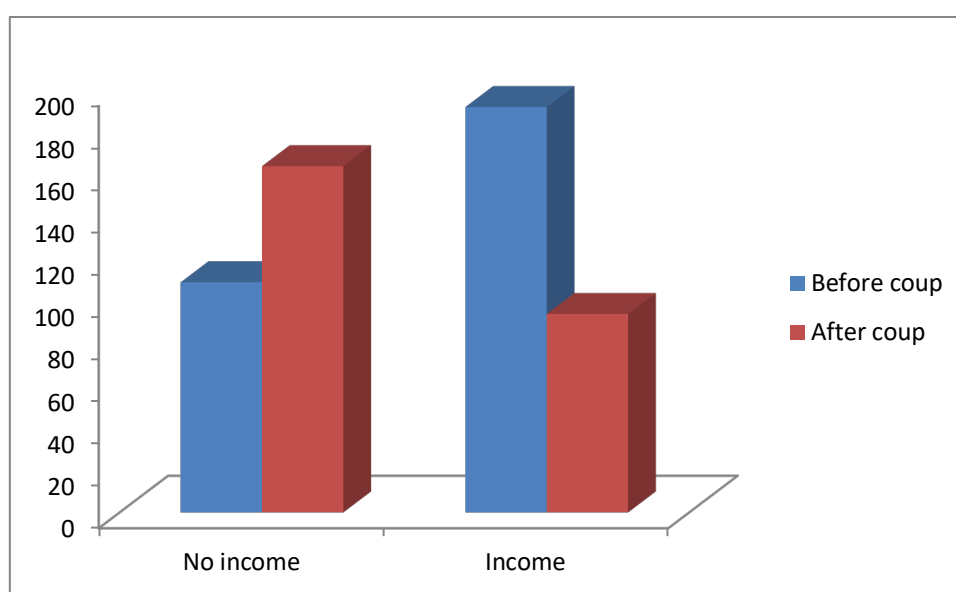


Fig. 3.14 Comparison of Income situation before and after coup of respondents
(Source: Survey Team)

In April 2021, the UNDP stated that “*at the same time, the country’s banking system remains paralyzed, resulting in shortages of cash and limited access to social welfare payments. It also prevents much-needed remittances from reaching hard-pressed families*”. As Figure 3.15 (a) shows, when one compares their income before and after the coup there are big differences of income including pocket money, salary etc. Amongst people without income was clear that the three times higher during after coup than before coup. It meant that many respondents received some amount of money including pocket money, petty cash during before coup. Alternative way seems that many respondents involved in CDM or fled to secure places have not received their income or pocket money from others.

On the other hand, respondents who receive money before and after coup (Figure 3.15 (b) can be seen during after coup, almost all respondents' salary or income were lower than before coup situation except in very low amount of less than 50,000 MMK/month which equivalent in 25-30 US Dollar.

As a result of coup, it was found that about half of respondents (48%) are jobless and without income since the initial period of the movement while (11%) were jobless about a year later and a few (3%), were faced with unemployment more than two years since COVID-19 pandemic period.

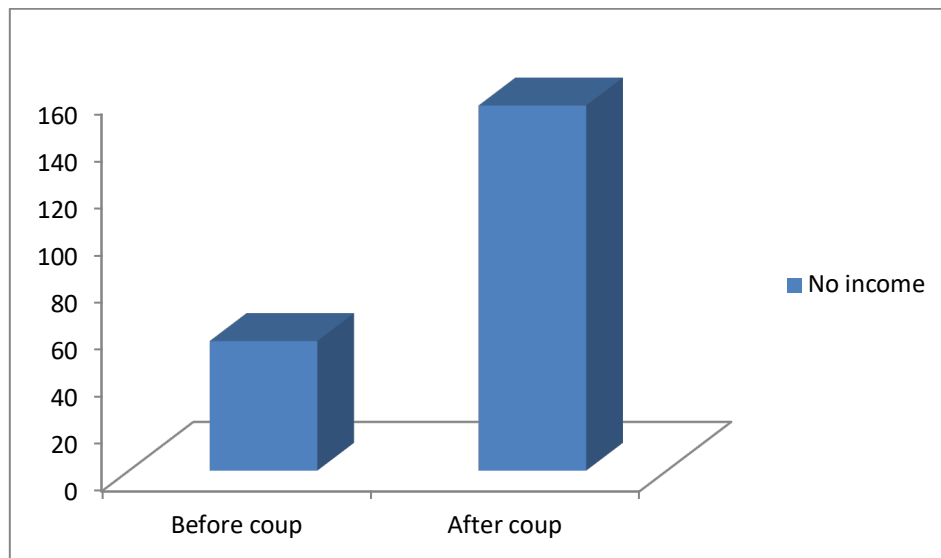
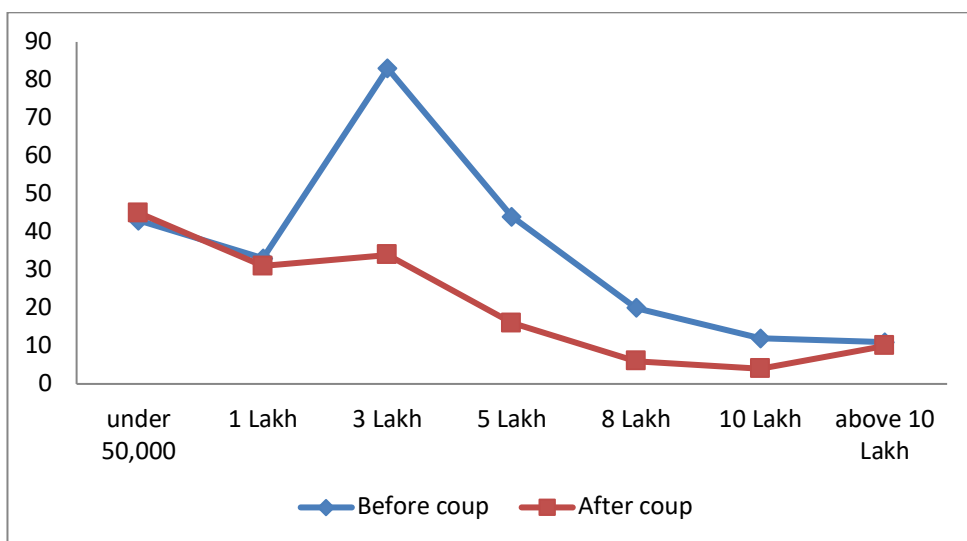


Fig. 3.15 (a) Comparison of without Income condition before and after coup of respondents



(Source: Survey Team)

Fig. 3.15 (b) Comparison of Income situation before and after coup of respondents

3.4.3 Living conditions

According to UNDP, in April 2021, the combined effect of these two crises could push up to 12 million people into poverty. That could result in as many as 25 million people - nearly half of Myanmar's population - living below the national poverty line by early 2022 (UNDP, 2021). In addition, the World Bank, in January 2022 stated that since early 2020, there have been significant decline in economic activity and deterioration of the financial sector. The number of previously employed, about 1 million people, have lost their jobs since February 2021. It can be expected that many people have been moved to lower quality and less remunerative work (WB, 2022). However, those workers who retain their jobs, see their incomes declining due to reduced hours or wages. This results in a substantial impact on poverty, vulnerability, and food security. In connection with their employment, income and security, the living conditions for many have changed. Based on survey results, more than half (54%) of respondents are experiencing decreased living standards, 20%, badly decreased and 15%, severely decreased while 9% are the same and 2% as good or better. (Figure 3. 16).

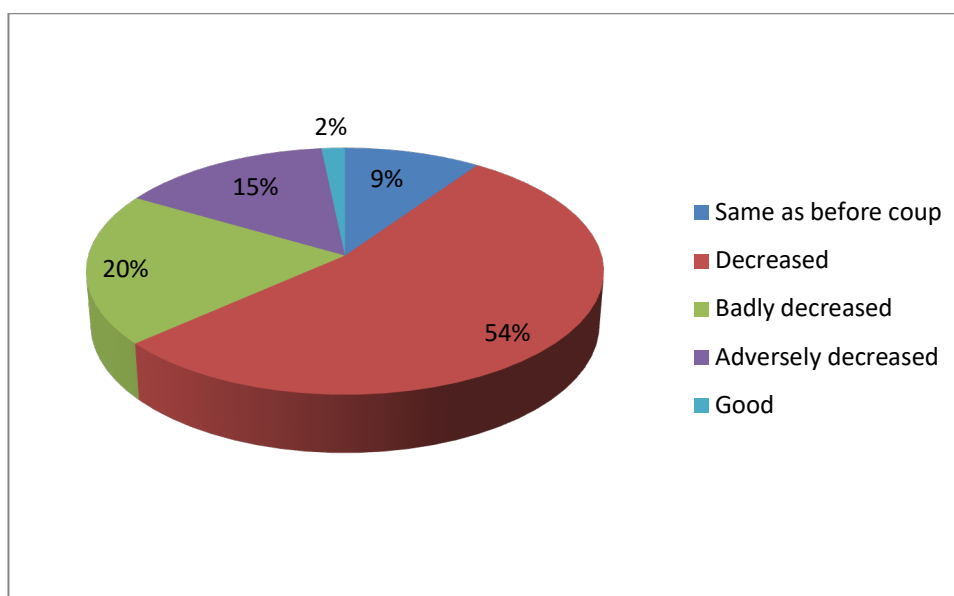


Fig. 3.16 Current living standard situation of respondents (Source: Survey Team)

The UNDP said the number of poor people in Myanmar could double as a result of the combined impacts of the COVID-19 pandemic and the ongoing political crisis (UNDP, 2021). AS was reported in this study, almost all of the respondents (about 80%) have to solve their livelihood problem on their own in order to overcome their situation: 31% use their professional skills), 12% through social networking or online business ,

13% doing some casual works like food delivery or, making products to sell from home About (25%) cannot find the jobs while another 29% participate in in some form in wage or gig economy or about 10% overcome by selling or loan from their own property such as gold, motorbike, car, house etc. (Figure 3.17).

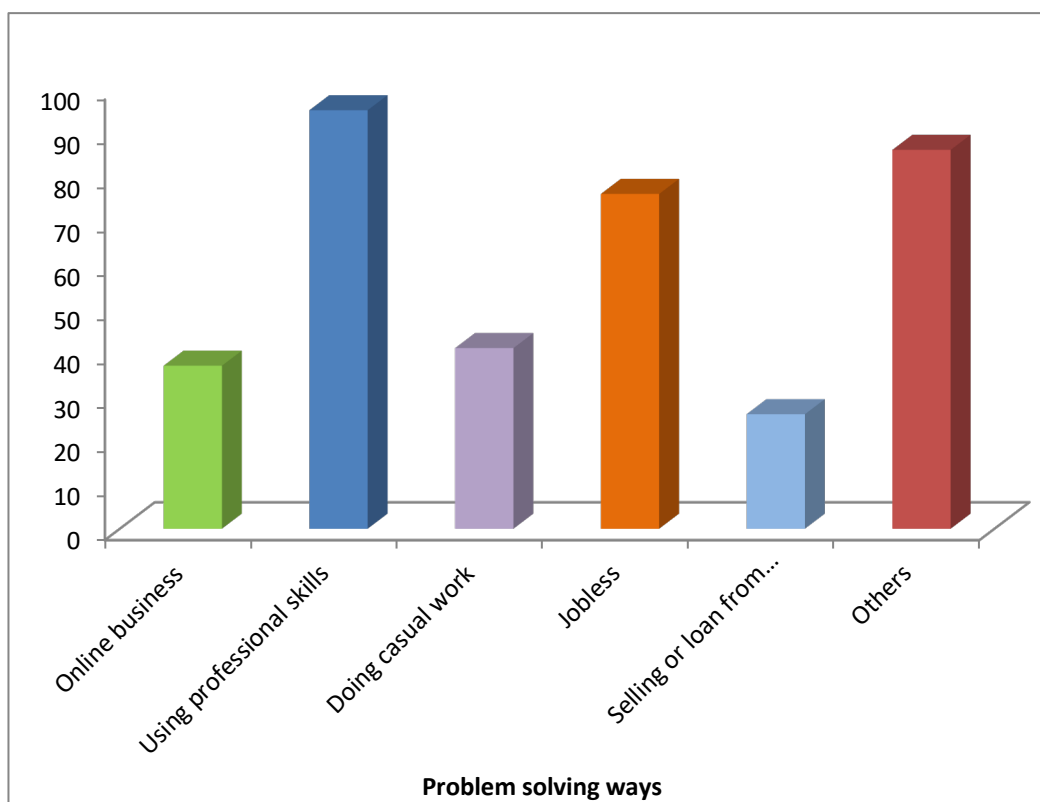


Fig. 3.17 Solving ways of livelihood problems (Source: Survey Team)

Respondent understand they have to use many different methods to overcome the their like of a livelihood quickly, in the face of rising prices and loss of income to avoid the forced liquidation of assets, reduced food consumption, changed diets and to ensure access to food and basic needs. (IFPRI, 2022). About 17% of respondents have to return to their old jobs after the Revolution while few of them (12%) have no interest in returning to their old jobs and those in the private sector and the self-employed also seek change.

3.4.4 Society

This section presents the situation in the society, highlighting the social relationships because of livelihood challenges and insecurity faced by youths, whether experiencing displacement or not. Based on KHRD report, youth and their family members are

struggling to meet their livelihood needs, the number of displaced persons has been increasing dramatically, the vast majority has little to no access to humanitarian support. The results of the study indicates that almost all of the respondents (93%) have lost or reduced communication with not only parents, family members, and relatives but also friends and colleagues and others important to them. This has happened to front-line protesters and their family members, particularly amongst the younger generation of urban families. Figure 3. 18 describes respondents who have had failed relationships and diminished communications in their lives. 27% of their friends and 24% of acquaintances have also experienced disconnection or lost communication. Concurrently, 10% have weak communication with their relatives, siblings including parents and as many as 4% have lost contact with fiancées.

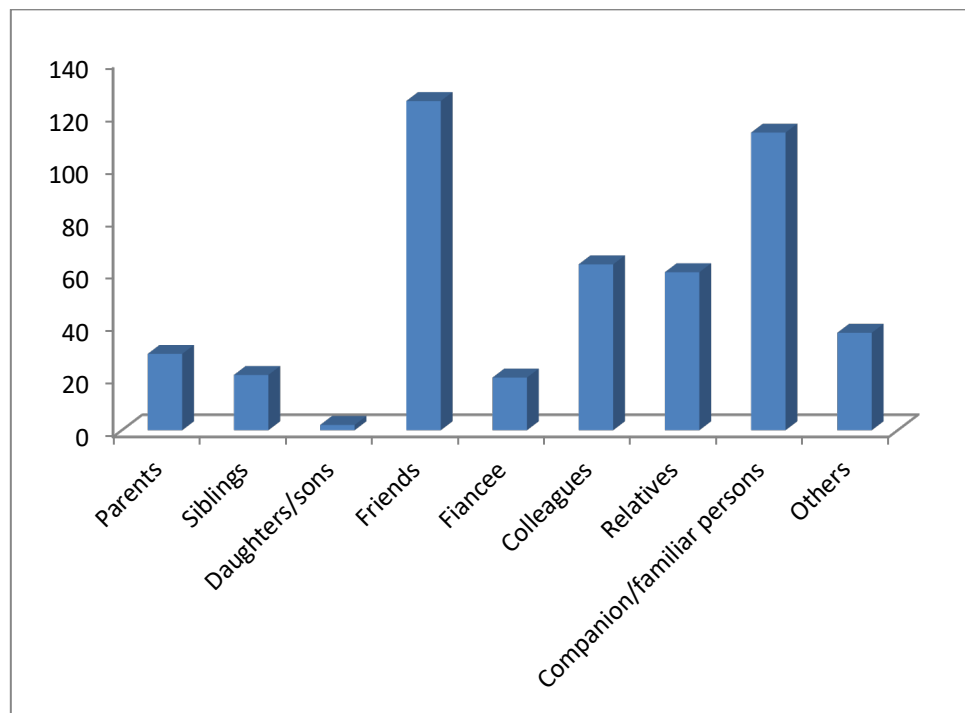


Fig. 3.18 Failed relationships among respondents (Source: Survey Team)

On the other hand, despite dwindling funds and constant fear of arrest, most members of the CDM remain adamant that they will not return to work until democracy is restored. CDM people find it increasingly difficult to cope, as they live in constant fear of arrest of family members and themselves, and need to wait for money for a very long time. *“Almost 20,000 striking university and college teachers (out of a total of 35,000) have been suspended from their jobs. In basic education, over one-quarter of teachers and education staff joined the CDM”* (The diplomat, 2021).

According to the Irrawaddy news, Myanmar's military regime has stopped issuing passports to striking civil servants to prevent them leaving the country. Some CDMers are trying to work abroad to ease their financial hardship after being jobless for more than a year. The military junta is intimidating protesters to deter their involvement in the CDM, including arrest, detention and job dismissal. However, few peoples changed in decision to return to work because of the constant pressure by military or their accommodation, or security concerns etc.

People who have participated in CDM encounter two reactions in their social environment. It was reflected in this research, about one-fourth of respondents have been treated as the same relationship like before coup, while the rest one-fourth have been made just only greeting without conversation while very less of respondents support and help to CDMers. During these times it is difficult and they want to share, these feelings with those close to them including their parents and other family members in order to release tension for a while. In doing so, most of them can share with friends and family members but in some of exceptional cases they can't share with fiancées, familiar persons and colleagues for the sake of their security. For complicated reasons and different points of view because of the coup, almost all family members have been seen negative impacts, solutions, opinions and experiences are various in many ways on coup. According to some respondents, these issues were difficult to explain because of their security. Few boyfriends and girlfriends can't trust to discuss and share their location, feelings and their plans. Nonetheless, more than 80% of respondents reported that coup's negative impacts in their family members extend to their community and society as a whole. In connection with adverse impacts reflect mostly on their peer groups of friends and colleagues while little on their siblings, family members and relatives were reported.

3.4.5 Security

The nightmare memory of brutal experiences of the military junta and police in their lives, is the most important security concern all the time for the younger generation, particularly Generation 'Z³,' not only in urban but also in rural Myanmar today. Most Many front-line protesters or prominent persons are arrested by the junta each and every

³ (Born between the mid to-late 1990s and early 2010s), who grew up on digital devices and the internet, attracting attention since the coup

night all over Myanmar. Some people have fled to safety, some of them cannot escape or avoid the authorities because of informers so they have been subjected to torture and brutal abuse in prison. Several thousand people have been arbitrarily arrested and detained. In addition, some of their family members who are older persons have been left behind in emergency situation at home. Human Right Watch, Bangkok said on 31 July 2021, that the military junta had committed numerous abuses against the population that amount to crimes against humanity in the six months after the February 1, 2021 coup. Since that time, apparent crimes against humanity committed include murder, enforced disappearance, torture, rape and other sexual violence, severe deprivation of liberty, and other inhumane acts causing great suffering (Human Right Watch, 2021). The relief web stated that “as of 2 May 2022, there were an estimated 936,700 internally displaced persons (IDPs) across Myanmar including 590,100 newly displaced since 1 February 2021”. This study reported that one-third (35%) of respondents feel insecure even at home for themselves, beloved family members including parents and siblings while another one-third (34%) have worries and anxiety for themselves and close friend, some of them experience insomnia or depression while 11% are often very sensitive with sad feeling while only 2% said things are normal. (Figure 3.19).

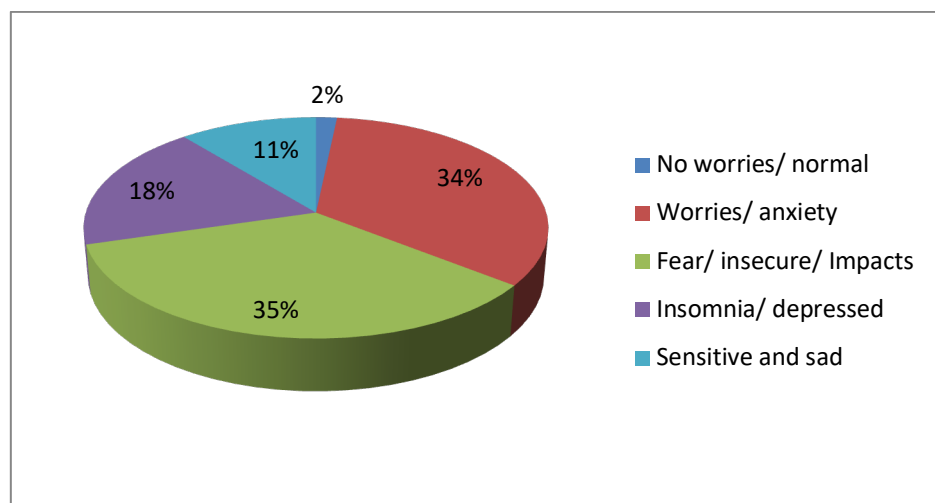


Fig. 3.19. Safety concern of respondents (Source: Survey Team)

This study confirmed the security concern of respondents indicated in Figure 3. 20. 22% of respondents and their friends have been displaced, 17% imprisoned and 15% arrested while 12% died during crisis and fighting with the military regime’s troops and 9% were terrorized, 6% were mental tortured and 4% became mentally ill, 2%

disabilities because of the coup and crisis but 5% could not express their hardship of pain in this study.

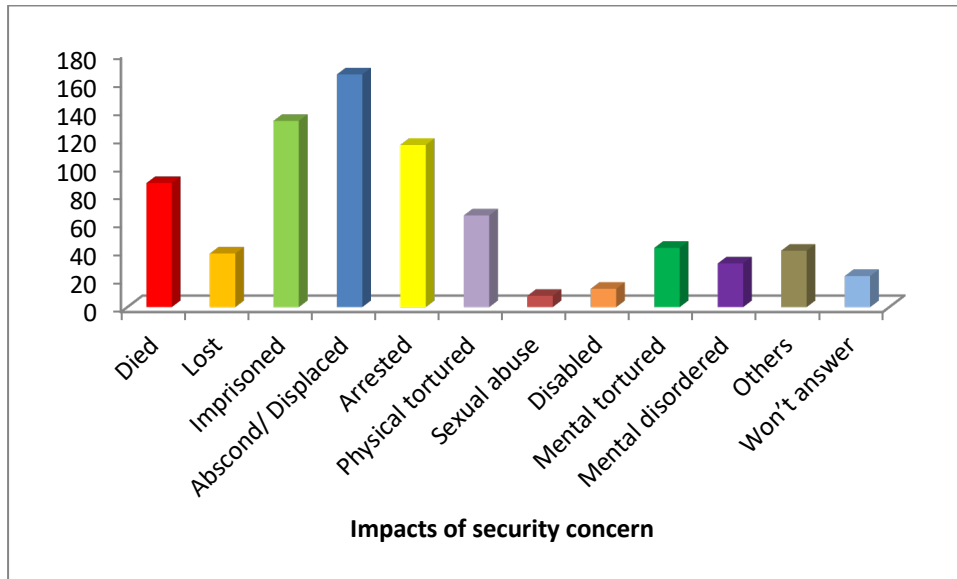


Fig. 3.20 Various impacts of security concern by coup in the study
(Source: Survey Team)

Not surprisingly, security concerns are seriously important for all respondents and those close to them including their family members including parents and siblings, friends, colleagues, teachers, students. Many of those detained for taking part in pro-democracy demonstrations and their families experience threats and security concerns after their release. It was found that about one-third of respondents (32%) feared for the safety of friends and companions during the active participation in the movement and about half worried about their parents and themselves. When the military come to arrest young activists, and they are not present, their parents, spouse and children are arrested instead. The rest of respondents, less than 20%, also worried about the safety of their friends and others. Figure 3.21

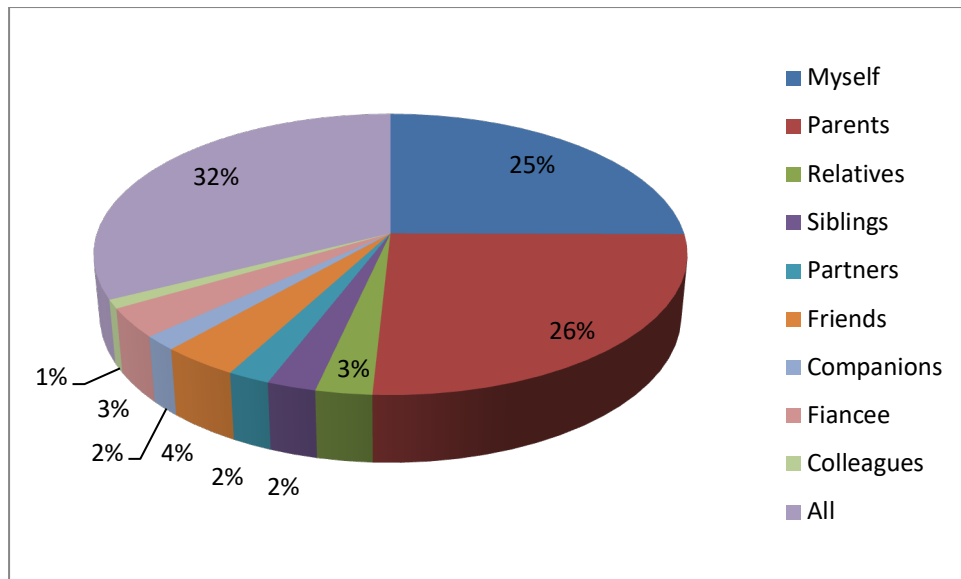


Figure 3.21 Security concern of respondents (Source: Survey Team)

3.5 Impact on Health

The Karen Human Rights Group have described the many weaknesses in the healthcare sector since the military took over power through a coup. The healthcare situation for villagers in rural ethnic areas is even more critical since support services have greatly curtailed across districts. Access to healthcare varies depending on the conditions of displacement. IDPs cannot travel out of the places they are displaced due to ongoing insecurity and because they cannot access medical facilities, some villagers have died as a result (KHRD, 2022). Moreover, in 2021 UNDP reported Myanmar's medical system was always fragile, but despite limited resources it managed to weather the virus last year. The coup changed that.

3.5.1 Physical Health

On 30 July of 2021 BBC News reported that medical workers were among the first group to go on strike against the coup. About 100 officials including the former head of the vaccination programme, are currently detained, and nearly 600 have warrants out for their arrest, according to the Assistance Association for Political Prisoners, free medical services provided by doctors and nurses participating in the civil disobedience, CDMers are under threat too. The impact of the situation is clearly visible outside Yangon's cemeteries, where long lines of hearses, ambulances, and private cars carry the dead every day (BBC News, 2021). In addition, Health officials at all levels have reportedly been arrested, intimidated, threatened with arrest, forced to resign or forced

to return to work, others have resigned of their own accord, or gone into hiding. At the same time, public information is available with regards to healthcare provision from the military health service. As at 12 May 2021, 197,169 outpatients and 60,955 inpatients were reported to have been assisted (GNLM⁴) which represents approximately a tenth of the expected volume of services being provided normally by the public network in a month. According to WHO Myanmar Public Health Situation Analysis in May 2021 mentioned increasing personnel safety concerns forced humanitarian health partners to temporarily suspend some mobile clinic outreach services in fragile, conflict, vulnerable areas. This affects availability of essential services and communicable disease surveillance capacity among displaced, vulnerable populations with pre-existing humanitarian health needs (WHO, 2021). The monsoon season will increase the spread of communicable diseases, which requires urgent action and expansion of basic primary health care and preventive measures. In addition, many areas of health risk such as COVID-19, Vector borne diseases, Epidemic and pandemic prone infectious diseases, Reproductive, maternal, newborn, child and adolescent health and viral hepatitis were risk in high levels of excess mortality/morbidity in mid of 2021. Due to the current situation, normal functions of healthcare have almost completely broken down especially in public sector, leading to disruption (WHO, Public Health Situation Analysis, 2021). In this regard, comparison of general health situation before and after coup of respondents are shown in Figure 3. 22. Before the crisis most of respondents' health was good and about one-third is moderate but after crisis, the situation is up-side down with only 15% reporting good health conditions and 30% moderate. Although before the crisis there were very few cases of regular check-ups and only 2% had checks ups often those numbers have increased to 4% and 11% respectively Moreover, some of these respondents especially CDMers have no access to healthcare for reasons of safety, lack of transportation and financial resources.

⁴ Global New Light of Myanmar

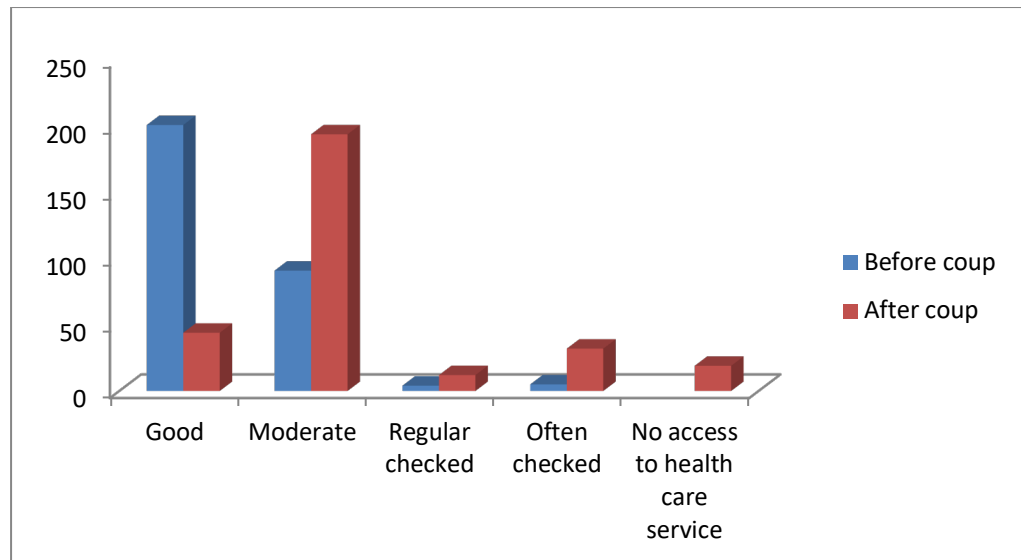


Fig. 3.22 Comparison of physical health situation before and after coup
(Source: Survey Team)

3.5.2 Mental Health

WHO describes that mental health is an indivisible part of public health and significantly affects countries and their human, social and economic capital. Mental health is not merely the absence of mental disorders or symptoms but also a resource supporting overall well-being and productivity. As with individuals, societies can be more or less resistant to such stressors as economic crises. Economic shocks can destabilize public service budgets and affect education and health care systems (WHO, 2021).

Psychosocial impacts on pregnant mothers, young children, and young people could contribute to significant morbidities including increased postpartum depression, developmental delays in children and suicidal rates in youths (Vin, S. X. et al., 2014). Furthermore, the year-long school closures, insecurity, financial difficulties, displacements, uncertainty about the future, mental health issues and trauma have also eroded the interest of many children and youth in education (Myanmar Education Cluster, 2022).

In Myanmar, internal civil and ethnic conflicts have resulted in long-term displacement of children with documented impacts on their mental health and wellbeing. Mental health is vitally important for the healthy functioning of families, communities and society. Conversely, while economic crises may have mental health effects, mental health problems have increasingly significant economic effects (WHO, 2021).

Moreover, across Myanmar, young people are reporting feelings of anger, sadness and helplessness following the military’s power grab on February 1 and its brutal suppression of anti-coup protests. Hardship and painful feelings increased since July when COVID-19 cases exploded in the country. Deaths from violence and disease trigger depression and anxiety among young survivors in Myanmar. For young women, the fear of being stopped by a soldier and taken to a detention centre triggers particular waves of anxiety due to extensive reports of sexual violence, particularly against women from ethnic and religious minority groups (Mendelson, A., 2021). Living in an uncertain environment, under constant fear of violence, has left older people with mental health issues - without any support. In this study it is indicated that when we compare respondents’ mental health and their feelings before and after the coup there is a huge gap as seen in Figure 3.23. It clearly shows that before the coup there were only 3% with feelings of anger and brooding and to 4% with sadness or unhappiness: these cases jump into 36% and 48% respectively, while those feeling upset or sensitive went from 4% to 15%. But, before coup, more than half of respondents reported being in a normal situation but after that number went to zero. These statistics tell us that no one is feeling “normal” therefore the need to take action on mental health rehabilitation particularly in young generation is serious

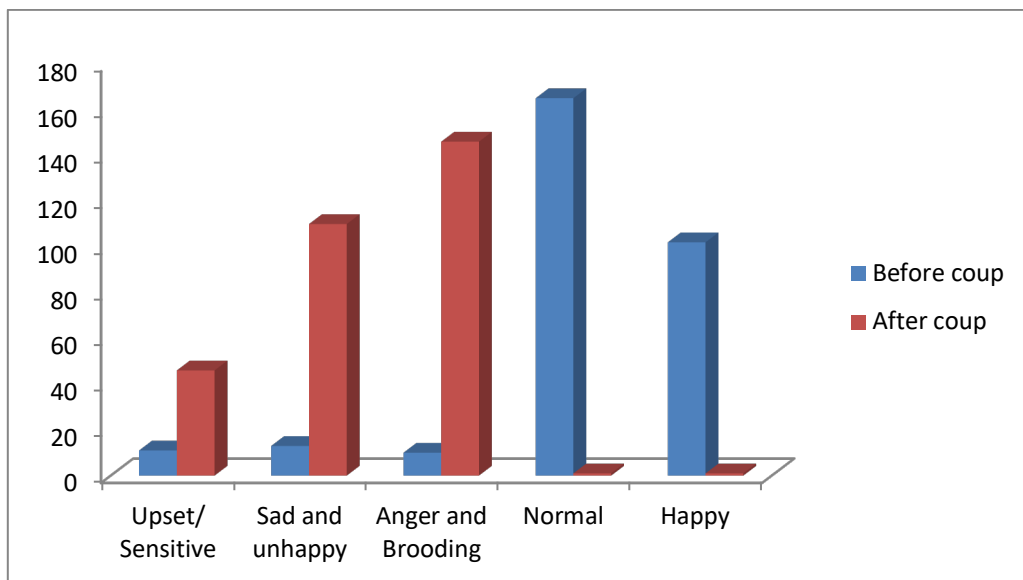


Fig. 3.23 Comparison of mental situation before and after coup of respondents
(Source: Survey Team)

IV. Key Findings and Discussion

Youth (aged 15–35) constitute 33% of Myanmar’s population, although youth in Myanmar have historically, and since the military coup on 1 February 2021, been at the forefront of the fight against repression and dictatorship, they have remained significantly underrepresented in political processes and institutions. E-paper Published by Heinrich-Böll-Stiftung described Generation Z youth were first-time voters in 2020 and expressed sincere attachment to their political choices. They believed that their votes would be respected. All youth considered the military coup as a direct threat to their sovereignty and their future dreams (Su Mon Thant, 2021). They did everything that the law and the people of Myanmar expected of them: they registered to vote and voted and the result was a landslide for democracy. They believed their votes would be respected, especially for those voting for the first time, for their dreams and the future of a democratic country. Therefore, the coup was illogical and unacceptable They could not accept bullying and cheating by the military regime so they decided that to fight back until their cause succeeded and they had won the Revolution in Myanmar.

The Myanmar military coup, on 1 February 2021, devastated the country and the youth have played a leading role in protesting and resisting the military dictatorship. Youth activists are facing many challenges and severely repression in post-coup Myanmar. Anti-coup youth activists face challenges in reaching their goals, including lack of security measures, lack of resources and support, and lack of platforms to influence policies, in addition to the general challenges of surviving. The Military junta has committed all descriptions of crimes against humanity including killing, torture, rape and other sexual violence, severe deprivation of liberty, and other inhumane acts particularly focused on young women and men. Of these detainees, young women and children are particularly vulnerable persons. It is sad that the terrorist military junta continues to blatantly violate their humanitarian and human rights, including child rights.

There is an urgent need to study and further research through in-depth interviews with persons with disabilities (PWD) especially those who have been affected during crisis because of mines, weapons and torture by military junta. In this study, some PWDs have expressed a keen interest to continue to be studied. On the other hand, they want to work in some suitable areas as part time job in order to receive income. Nonetheless, ILO reported people living with disabilities may face discrimination both in access to

education and in their job opportunities. Therefore, young people living with a disability are even less likely to possess the qualifications required for a job. Hence, employers must be determined to provide not only reasonable accommodation in the working environment, but also in initial training – and perhaps also extended initial training, leading to young people with disabilities facing extra high barriers to labour market entrance (ILO, 2019).

In order to minimize the gap for PWDs, awareness raising activities and training, specific capacity building is also needed to be provided to Civil Society Organizations (CSO) or Community Based Organizations (CBO) and private employers and businesses through Non-Government Organizations (NGO) working on behalf of PWD. These organizations are actively working in health, education, employment, social inclusion and participation, capacity building and empowerment, peace and justice, and some emergency response sectors for persons with disabilities. In 2018, Humanity and Inclusion stated that *“in many cases, PWD are not accessing services because of a lack of information about existing services. Most government departmental staff in areas such as Education, Social, Welfare, Health, Labor and Immigration, are still not aware of the rights of persons with disabilities”* (HI, 2018).

Institute for Democracy and Electoral Assistance (IDEA) stated that *“in the longer term, the Ministry of Education should consider reviewing the national education curriculum, incorporating civic literacy and introducing new teaching methodologies through which children and youth can be trained on critical thinking in their early years of education. In addition, the choice of languages used in all education programmes should be carefully assessed to guarantee access to information for all, including minority ethnic communities”* (IDEA, 2022). This study found that this younger generation have realized that a firm and bright future can only be established through higher education which is an only window into the world and best way to connect with country around the world. It was prominent in this study, most of them have great hope on education system not only after evolution but also during a transitional period. Some of them are interested in a strong federal state and a just society that guarantees fundamental rights, justice and equality for all. Their common goal, after ending military rule, is to change the education system in not only basic curriculum and teaching methodologies but also new infrastructure and quality of manpower including CDM teachers and professors. Education Cluster strategy indicated that *“Most children*

and youth in Myanmar have thus not been engaged in organized learning since March 2020. This learning crisis affects the 11.6 million learners who were enrolled in the education system during the 2019/20 academic year, as well as adolescents and youth attending non-formal and TVET courses” (Myanmar Education Cluster, 2021).

The coup has left Myanmar’s higher education system, already among the world’s weakest, in shambles. As domestic opportunities to study dwindle, the economy collapses, and killings, torture and arrests multiplies, studying abroad has offered a ray of hope for many young people. But numerous obstacles lie in their way (Mendelson, A., 2021). Youth’s light of hope comes with education, these lessons of unity and independent thinking must be brought along to create a more united, resilient, and inclusive Myanmar. This study strongly suggested in order to the develop creativity and interdisciplinary analysis of inclusive education environment through systematic and strong education policies through international collaboration.

Undoubtedly, many children, adolescents and youth have had no access to education including TVET courses in Myanmar since COVID-19, and the continuing military coup that threatens their safety until today. Moreover, the current education system is not conducive to protecting young workers and to promoting TVET as an attractive education option. According to the respondents, TVET educational opportunities such as Technology, Agriculture & Livestock, Hotel and Tourism for example, should be considered as a bridging-course to fulfil the youth demands and increase in-come during transitional period. Languages for minorities is also important to link education so these peoples often live in remote rural areas where services are not as easily available as in urban areas through important actor such as ethnic education providers, donors, and others. On the other hand, children and youths who have been displaced after the military takeover are often located in areas which are difficult to access, and may have reduced access to internet or phone due to either coverage or increased cost of data. In this context, much of the education system nationwide has far to go to meet the goals such as curriculum, quality, infrastructure, manpower, safety or environment etc. This presents a significant challenge to supporting these populations to continue learning. There are few physical materials which can be carried in the case of multiple displacements, and online education is rarely a possibility. Furthermore, lack of home-based learning and self-study/open learning materials, dropouts due to year-long school closures and limited access to electricity and internet affect most children and youth in

Myanmar, which contributes to the general decline of opportunities to engage in learning. Few respondents can access online education run by NUG and some other education channels which are inclusive and user friendly. They face many barriers: instability of electricity, poor internet connection and the need to hide in safely where there is no internet access of online and home-based education system during these days. Despite this it is the desire of this generation to study information and communication technology (ICT) infrastructure, media and environmental studies for the benefit of the country.

In connection with education, ILO described the children and young people with limited education recognized that their limited education is a constraint to getting a good job in and of itself. This may be the result of mis-matches between the education curricula and current labour market requirements. This study highlighted that the responsible Ministry needs to improve not only the accessibility, but also the quality and relevance of education in Myanmar. Furthermore, Kanni Wignaraja, UN Assistant Secretary-General and UNDP Regional Director for Asia and the Pacific said that “*the combined effects of COVID-19 and the political crisis have caused a systemic shock which could lead to a long-lasting disruption in Myanmar’s development trajectory, unless addressed and resolved soon*” (UNDP, 2021). This research strongly supported this and reports that about two-thirds of respondents have lost their jobs and income. As a result, almost all of respondents face hardships and decreased living standards in different patterns. Due to the livelihood challenges faced during displacement, some displaced villagers choose to return to their village despite the security risks. Hence, it is urgently recommended to implement budgeting for measures that keep people employed, helping those who lose their jobs and their families to overcome the negative effects of unemployment supported by sound financial incentives for good quality community care. Economic empowerment of youth is a key strategy towards elimination of child labour in Myanmar. In 2022, Myanmar Education cluster proved that adolescents are also more likely to work than younger children. Migration is thus a significant income strategy among rural populations in Myanmar and migrant workers tend to be relatively young. The prolonged school closures are expected to have a different impact on girls and boys. Girls, including adolescent girls, are at risk of dropping out due to sociocultural norms resulting in more girls engaging in domestic chores, and at risk of early marriage. Boys, especially in poorer households, are at risk of being drawn into

child labour, in order to support the financial needs of their families. Hence, safe migration can be an important dimension of economic empowerment of young people, but as other research show, migration – and especially abroad – can be very high risk with unregulated migration and human trafficking closely linked.

Consequences of COVID-19 along with military coup and economic hardships, means triple burden of peoples felt angry, fearful, confused, hopeless, ashamed, irritable, or anxious. In the WHO European Region study mentioned job security, sense of control of work, accommodations and shelter and social support at work are factors promoting the mental health of employees. In addition, unemployment, poverty, housing problem, insecurity environment and impaired access to public services are mental health risk factors (WHO, 2011). These research findings related to mental health are echoed by WHO linking dimming of youths' future goals and dreams, joblessness, lost income leading to gradually increased worries, anxiety, fear, insecurity, insomnia together with sadness in almost all respondents. Some respondents strongly suggested to promote mental rehabilitation counselling programs programmes or session either online or offline should be developed. Simultaneously, helping people retain jobs and quickly regain employment, along with family or society and peer group support such as loan programmes which support to establish their livelihood and income generation and access to mental health-related services can be effective in preventing or mitigating adverse impacts of recession on mental health.

During discussions with focal volunteer survey team members, many options were discussed including “Taingpinphaw” Children and Adolescence Counselling, Gender Based Violence (GVB), resilience training, basic counselling training and psycho-social first aid programmes are supported as mental healing programme for youths. As an online counselling programme, it has been depending on internet connection so it has limited access.

Mental health is promoted by holistic preparation for life in preschools and schools by providing social and emotional learning opportunities. More people offering and help lift depression. But people are still not aware of it, not used to it. The UNDP study in April 2021, urban poverty is expected to triple, and the worsening security conditions have continued to fracture supply chains and hinder the movement of people, services, and commodities. Small businesses, which provide the majority of jobs and incomes for the poorer segments of the urban population, have been hit hard.

V. Recommendation

- Research for advocacy training/sessions through Myanmar Federation of Persons with disabilities (MFPD)/ Shwe Min Thar Foundation (SMTF)/Humanity and Inclusion (HI) to CBOs for supporting PWDs
- Specific vocational trainings to PWDs to access jobs and income, equal rights regardless of race or religion through CBOs/ CSOs with technical assistance of Organizations which are working for PWDs such as HI and SMTF
- Informal education programmes like vocational trainings in line with youths' needs for students who decline to attend school under the junta should be established for their continued learning
- Forthcoming education policy should be directed at supporting low income students, creating scholarship opportunities for students from all income levels to attend school and study abroad
- Create loan programmes or on-job trainings which support to establish their livelihood and in-come with equal rights regardless of race or religion
- Women, youths, ethnic minority even PWDs should be participated in democratic reform, drafting the new constitution, reviewing laws and formulating policies
- Mental Health rehabilitation programmes should be supported urgently to promote with positive relationship and resilience in all level of youth groups including PWDs
- Provide mental stigmatization healing session either online or offline counselling programs/ online video or telegram group with counseling/ join to clinic or doctor/ in motivation programmes
- Create job opportunities which are attractive for youths to learn and happy working environment in order to prevent brain drain, labour force and trafficking especially for young girls and women
- If possible, to organize and practice University students both male and female who are healthy students under training of University Training Corps (UTC) which is Army Reserved Unit to train or join for future generation

References

- CFR (2022). *Myanmar's Troubled History: Coups, Military Rule, and Ethnic Conflict*.
- Education Cluster Strategy (2022-2025). *Myanmar Education Cluster*, April 2022.
- Jolliffe, K., and Speers, E. (2016). *Strength in Diversity: Towards Universal Education in Myanmar's Ethnic Areas*. Published: The Asia Foundation.
- Human Right Watch (2021). *Myanmar: Coup Leads to Crimes Against Humanity*.
- Humanity and Inclusion (2018). *Include Us! Good practices in the inclusion of persons with disabilities in Myanmar*.
- IDEA (2022). *International IDEA Constitution Brief, Institute for Democracy and Electoral Assistance*. May 2022.
- IFPRI (2022). *Livelihoods, poverty and food insecurity in Myanmar: Survey evidence from June 2020 to December 2021*.
- ILO (2019). *Assessment of Vulnerable Youth Economic Integration Opportunities in Myanmar*. International Labour Office, Fundamental Principles and Rights at Work Branch (FUNDAMENTALS) – Yangon.
- Karen Human Rights Group (2021). *An Ongoing Danger: Death and injury due to landmine and UXO explosions in Southeast Myanmar form January 2020 through January 2021*.
- LIFT (2022). LIFT Annual Report.
- Mendelson, A. (2021). *Coup, COVID take toll on young people's mental health in Myanmar*. Mental Health News. August 25, 2021.
- OCHA (2022). *MYANMAR, Humanitarian Update No.19*. 28 June 2022.
- OCHA (2022). *Number of people displaced in Myanmar exceeds 1.2 million*: OCHA. 18th August 2022.
- Retrieved February 1, 2021, from <https://www.hrw.org/news/2021/02/01/myanmar-military-coup-kills-fragile-democracy>
- Retrieved from <https://examplanning.com/role-education-life/>
- Retrieved from <https://reliefweb.int/report/myanmar/myanmar-number-children-out-school-more-doubles-two-years>

Retrieved from <https://www.cfr.org/backgrounder/myanmar-history-coup-military-rule-ethnic-conflict-rohingya#>

Retrieved from <https://www.undp.org/press-releases/pandemic-and-political-crisis-could-result-half-myanmars-population-living-poverty>

Retrieved January 21, 2022, from <https://www.thaipbsworld.com/myanmars-longest-lasting-civil-disobedience-movement/January21,2022>

Retrieved May 2, 2022, from <https://www.irrawaddy.com/news/burma/over-11000-houses-burned-down-in-myanmar-junta-attacks-since-coup.html>

Retrieved May 4, 2022, from <https://reliefweb.int/report/myanmar/myanmar-emergency-update-4-may-2022>

Retrieved from <https://www.irrawaddy.com>

Retrieved from <https://www.washingtonpost.com>

Retrieved from <https://www.gnlm.com.mm>

Retrieved from <https://thediplomat.com/2021/06/life-in-hiding-myanmars-civil-disobedience-movement/>

Soe San (2021). *Beyond the Coup in Myanmar: Don't Let the Light of Education Be Extinguished*.

Su Mon Thant (2021). *In the wake of the coup: how Myanmar youth arose to fight for the nation*. Heinrich-Böll-Stiftung, Brussels, European Union, December 2021. Pp 18.

Tin Cho Mar (2020). *Myanmar Youth and Impact of English Language Proficiency Towards Job Grabbing*. Advances in Social Science, Education and Humanities Research, volume 477, Proceedings of the International Conference on Community Development (ICCD 2020).

Tsoi, G., & Moe Myint (2021). *Covid and a coup: The double crisis pushing Myanmar to the brink*. BBC News, 30 July 2021.

UNDP (2021). *Pandemic and political crisis could result in half of Myanmar's population living in poverty by 2022*.

UNESCO (2021). *Overview of Internal Migration in Myanmar*.

- USCRI (2021). *The U.S. Committee for Refugees and Immigrants: The crisis in Myanmar (Burma)*, July 30, 2021.
- Vin, S.X. et al. (2014). Physical and Psychosocial Impacts Pregnancy on Adolescents and Their Coping Strategies: A descriptive study in Kiala Lumpur, Malaysia. *Malaysia Journal of Public Health Medicine*, Vol. 14 (3): 71-80.
- WHO (2011). *Impact of economic crises on mental health*. World Health Organization, Regional Office for Europe.
- World Bank (2022). *Myanmar Economic Monitor*, January 2022: Contending with Constraints. World Bank, Washington, WC.
<https://openknowledge.worldbank.org/handle/10986/36889>

Appendix A

Guidelines for focal youth enumerators

1. To distribute within your network who can be trusted
2. Notice “ages limitation” as between 15-35 years old respondents
3. Request to answer all questions in the G form
4. If there are no answers in some questions, please type “No answer” Otherwise, it can't be continued to answer
5. Some questions are important in future rehabilitation of the youths, so please carefully consider and to write them down
6. To distribute the form in gender equality male and female respondents (to avoid distribution by only men and women)
7. Firstly, ask the people whether they agree or not to answer the question and then give the question form only if they agree
8. Especially, if the respondent who is under 18 years old, ask the agreement of the respondent but also the guardian. If there is no guardian, own agreement is essentially needed
9. After distribution of the Google form, kindly follow up whether finished and sent it back already or not. If it has not been sent back, please remind them to send it back within a week
10. Printing and taking photo/screen shot of the G form is strictly prohibited
11. Be careful to avoid sending directly forward to links of G form and questionnaires
12. For everyone's safety, please only copy and send the link with the questionnaires
13. Please keep confidentially the information of the respondents, do not reaching outside of their environment
14. Please do not answer the questions in public area such as tea shops, in front of other family members

Special thanks for kind cooperation

Appendix B

Awareness session on “Rights of the Child” for Enumerators during Data Collection

10.6.2022

A Right

- A right may be defined as *‘that which a person is entitled to have, to do, or to receive from others, and which is enforceable by law’*

Main Types of Rights

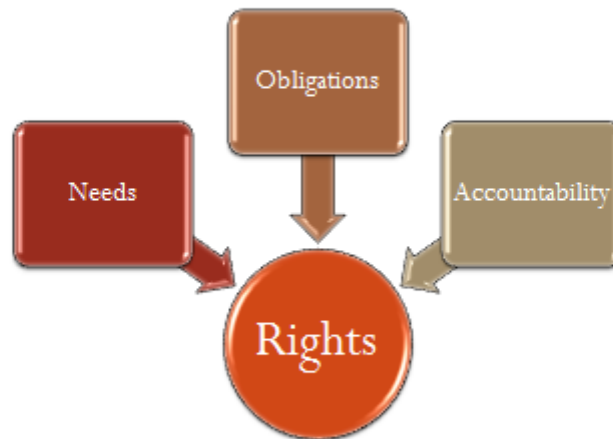
- Right to Survival
- Right to Development
- Right to Protection
- Right to Participation

- Children in Myanmar have been killed, seriously injured, arbitrarily detained without access to legal counsel and forced to flee their homes and communities during the current crisis, which followed the military takeover on 1 February 2021.
- The right of children to protection from serious harm is enshrined in the Convention on the Rights of the Child (CRC), to which Myanmar is a signatory, and the Myanmar Child Rights Law enacted in 2019.

Main Principles of CRC

- Non-Discrimination
- Best Interests of the Child
- Survival and Development
- Participation

Rights = Needs+ Obligations+ Accountability



Protection from sexual harassment and sexual exploitation, abuse and neglect

- Safety Environment
- Non-discrimination
- No Disrespect
- No Inappropriate Behavior

- All children should have the opportunity to reach their full potential.
- Every child deserves a childhood free from violence.
- To grow and live life in all its fullness, surrounded by protective, caring families and communities.
- Protect children from human trafficking, slavery and child labour.
- Bring back into the community, support them and, ultimately, give them back their childhood.
- Bringing lasting change to children living in poverty.

- To help children escape abuse and face life without fear, discovering their true potential and ability to become agents of change for their communities.
- Vulnerable children have fallen through the cracks and require urgent support to protect them from dangerous situations.
- To avoid using inappropriate or violent languages, including humiliating to advice or encourage reference to children or beneficiaries of the project
- Not to spend excessive or unnecessary time with children respondents or beneficiaries of the project in separate or out of sight of others immediate mentors.

Appendix C

Socio-economic survey Questionnaires Form

To assess the situation of youth who are currently struggling and difficulty in relation to education, employment, livelihood, psychosocial and career safety; youth's economy, social and political expectations; to assist in develop specific capacity building for youth. Data collection for the purpose of obtaining information to assist in the formulating policies to address their needs and concerns. Men and women between the ages of 15 and 35 years old, rural, urban, state residents, students and working people can answer. The information of respondents will be only used for research purposes and will not be shared with any other.

Agree or disagree to participate in the survey (only for respondents over 18 years). If you choose not to agree, you do not need to continue answering the questions.

- Agree to answer
- Do not agree to answer

If the respondent is under 18 years for the survey, answer together with a guardian's consent status. If you choose not to agree, you do not need to continue answering the questions.

- Agree to answer/ Allowed
- Do not agree to answer/ Not allowed

The information of respondents will be only used for research purposes and will not be shared with any other.

1. Gender
 - Male
 - Female
 - Other
2. Age group
 - 15 – 20 years
 - 21 – 25 years
 - 26 – 30 years
 - 31 – 35 years
3. Marital status
 - No
 - Yes
 - Divorced

- Died
 - Other
4. Do you have any dependent persons?
- No
 - Yes
- (a) If yes,
- Parents
 - Husband/wife
 - Brothers/sisters
 - Daughters/sons
 - Others
- (b) Number of dependent persons on you?
- 1 – 3
 - 4 – 6
 - 7 – 10
 - More than 10
5. Respondent's distribution (Township/ Region/ State)
-
6. Education status before the military coup
- No formal education (have never studied in the class room)
 - Monastic education
 - Primary education
 - Secondary education
 - Higher education
 - University
 - Diploma
 - Bachelor of Arts and Science (including Master and PhD Degree)
 - Career Degree (including Master and PhD Degree)
 - Vocational training
 - Others
- (a) If you still studying,
- Continue studying
 - Not studied
 - Stop
 - Accomplished/Finished
7. Education status after the military coup
- CDM student
 - Stop
 - Continue studying
 - Accomplished/Finished
- (a) If you still studying,
- NUG Education Programs
 - Private schools

- Free education schools
 - Government schools, universities and training centers running by the military
 - Others
8. What subjects do you continue to study?
- Computer
 - Languages
 - Management
 - Accounting
 - Vocational trainings
 - Trainings from NUG
 - Not studied
 - Others
9. Please indicate if you are attending any training course by NUG. If not, please write “No”.

(a) Are you satisfied with the training course by NUG?

- No
- Yes

(b) Give the reasons whether you satisfied or not.

10. Do you have an expectation in what education program supported by NUG during these days?

- No
- Online education programme
- Home – based education programme
- Peer learning
- Distance education
- Community-based education

11. Do you expect to improve education related system after the revolution is successfully done?

- No
- Yes

(a) If yes, what kind of supports would you like to receive from the Ministry of Education, NUG?

(b) What kind of subject do you want to study in which type of training school?

Vocational Trainings (e.g. Technology, Agriculture & Livestock, Hotel and Tourism etc.) Education (e.g. Political Science, Management, Environmental Conservation etc.)

12. After the uprising of the coup, do you think to have chance from NUG supporting programs for education?

- No
- Yes

13. Did you have income from the job before the military coup?

- No
- Yes

(a) If yes,

- Government employee
- Private employee (including Company, Bank, Hospital, Industry, Restaurant, Grocery store, Transportation and so on)
- Daily wage
- INGO/NGO/CSO employee
- Self-employed
- Volunteer

14. What is the monthly income (in Kyat) before the military coup? (including Pocket money, Salary, Supporting from others)

- No
- Less than 50,000
- 50,000 – 100,000
- 100,001 – 300,000
- 300,001 – 500,000
- 500,001 – 800,000
- 800,001 – 1,000,000
- More than 1,000,000

(a) What is the monthly income (in Kyat) after the military coup? (including Pocket money, Salary, Supporting and so on)

- No
- Less than 50,000
- 50,000 – 100,000
- 100,001 – 300,000
- 300,001 – 500,000
- 500,001 – 800,000
- 800,001 – 1,000,000
- More than 1,000,000

15. Do you have income from the job after the military coup?

- No
- Yes

- CDM
- (a) If you do not have a job, how long it without income?

16. Living conditions after the military coup

- Same as previous time
- Decreased
- Badly decreased
- Adversely decreased
- Good
- Very good

17. How do you solve these livelihood problems after the military coup?

- Using by online
- Using professional skills
- Doing casual work
- Can't find the job
- Selling or Loan from properties
- Others

18. If you are employee, would you like to work back to your original job after revolution?

- No
- Yes
- Not employee

19. Please describe your expectation on vocational trainings, job opportunity/life carrier after revolution?

20. Do you have any “failed communication” in your society after the military coup.

- No
- Yes

(a) If yes,

- Parents
- Siblings
- Daughters and sons
- Partners (Husband/Wife)
- Friends
- Fiancee (engaged to be married to)
- Colleagues
- Relatives
- Companion/familiar persons
- Others

21. If you CDM, how do you treat your social environment?

- No greetings

- Just greetings without conversation
 - Same relationship as before
 - Helping and supporting
 - Non-CDM/Never CDM
 - Others
22. Do you have anyone else who can share or discuss your feelings after the military coup?
- No
 - Yes
- (a) If yes,
- Parents
 - Siblings
 - Daughters and sons
 - Partners (Husband and wife)
 - Friends
 - Fiancee (engaged to be married to)
 - Colleagues
 - Relatives
 - Companion/familiar persons
 - Others
23. Do you know whether is there any harm/negative impacts in your community/society after the military coup?
- No
 - Yes
 - Not sure
- (a) If yes,
- Parents and relatives
 - Siblings
 - Daughters and sons
 - Partners (Husband and wife)
 - Friends
 - Fiancee (engaged to be married to)
 - Colleagues
 - Others
- (b) How is it affected?
- Died
 - Lost
 - Imprisoned
 - Abscond/Displaced
 - Arrested
 - Terrorism
 - Sexual abuse
 - Handicapped/Disabled
 - Mental tortured

- Mental disordered
 - Others
 - Won't answer
24. Mental situation before the military coup
- Upset/Sensitive
 - Sad and unhappy
 - Anger and Brooding
 - Normal
 - Happy
25. Health conditions before the military coup
- Moderate
 - Good
 - Regular checked
 - Often checked
26. If you are person with disability (PWD),
- Visual impairment
 - Can't speak (Dumb)
 - Using walking stick
 - Deafness
 - Others (Handicapped)
27. Mental situation after the military coup
- Upset/Sensitive
 - Sad and unhappy
 - Angry and Brooding
 - Normal
 - Happy
28. Health conditions after the military coup
- Moderate
 - Good
 - Regular checked
 - Often checked
 - No access to health care service
29. The level of your security concerns after the military coup
- No worries/ normal
 - Worries/ anxiety
 - Fear/ insecure/Impacts
 - Insomnia/ depressed
 - Sensitive and sad
30. What security is the most worrying?
- Myself
 - Parents
 - Relatives
 - Siblings
 - Daughters and sons

- Partners (Husband and wife)
- Friends
- Companion
- Fiancee (engaged to be married to)
- Colleagues
- Teachers
- Students
- All

31. Does the military coup impacts/affected on your life or the lives of your family members?

- No
- Yes

(a) If yes, choose the three most impacted areas?

- Job opportunities
- Education
- Business
- Future goals
- Personal freedom
- Happiness
- Family

32. Do you expect what kind of programme from NUG in connection with Social and mental support?

33. What programme from NUG to prioritize for young people in the future? You can answer more than one.

- Education
- Vocational training
- Job opportunities
- Psychological rehabilitation
- Health

34. How do you create your future and what is your purpose?

35. What kind of support would you like to get in order to achieve your goals to implement of youths? Please suggest.

