



A STUDY ON IMPACT OF LOCKDOWN ON WOMAN'S MENTAL HEALTH – AN INDIAN PERSPECTIVE

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Abstract

The coronavirus disease 2019 (COVID-19) pandemic created a situation of general distress. This global health crisis, has postured an unparalleled challenge to macro and micro environment where we exist . It affected our Physical and mental health system. . Mental health can affect daily living, relationships, and physical health. Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, Although the focus has been initially more on the physical health during the pandemic, mental health concerns linked to the lockdown have quickly risen. this paper attempts a study on impact of lockdown on woman's mental health

Key words: Mental Health , Lock down , Covid -19

I INTRODUCTION -

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. Mental health can affect daily living, relationships, and physical health. Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, an Sustained anxiety causes physical symptoms. Many people may consider physical health to be the foundation of a productive life. Studies show that Women are two times more likely to be diagnosed with Panic Disorder (PD) than men. Women are also twice as likely to be affected by specific phobias.

II OBJECTIVE OF STUDY

- To understand the importance of having positive mental health
- To analysis impact of pandemic and lock down on mental health of women
- To suggest possible remedies to gain positive mental health

III RESEARCH METHODOLOGY

The study was conducted with secondary data .Sources of information are from articles and journals published from electronic media

IV MENTAL HEALTH

4.1 LOCK DOWN AND ITS IMPACT ON PEOPLE

The World Health Organization (WHO) declared COVID-19 a pandemic since March. Due to the importance of human-to-human transmission, social distancing and lockdown have been the control strategies adopted by most countries in the world. Though it was need of hour to control the pandemic . It badly affected the economic and social conditions of various strata's of class of population .For people in upper strata it was time where they could spend some quality time with family , peruse some hobbies or do some experiments in kitchen . But situation was just opposite for a people in lower strata of economy. Lower income, socially poor and the migrant workers where badly affected during lock down. Another unnoticed group where Teachers in unaided private schools, office assistants, data entry operators, salespersons, receptionists, beauticians, those who run small mobile phone service and repair shops and other service providers who fall in ₹5,000 to ₹15,000 monthly income group. When it comes to middle class income group it was financial and Psychological factors which affected their life's .

4.2 WOMEN LIFE DURING LOCK DOWN

The pandemic and the lockdown has affected the life of men and women equally . for men it was more of ambiguity job security , financial stability and future of dependents . For women its was in Psychological aspects .Be it working women or house maker the harsh realities what they have faced is the .For instance considering situation of a working women initially lockdown was welcomed as an opportunity that allowed woman to spend time with family . She believed working from home would be a pleasant experience. Unfortunately, she had no idea what was in store for her. In the absence of the support staff consisting of a cook and two maids, the major share of household chores rested on her shoulder. Fufilling tangible and emotional requirements of family members made the life of during lock down even more miserable. The day starts at 6 oclock with cooking , claning , office work , engaging children and goes on till night with feeble support from other family members

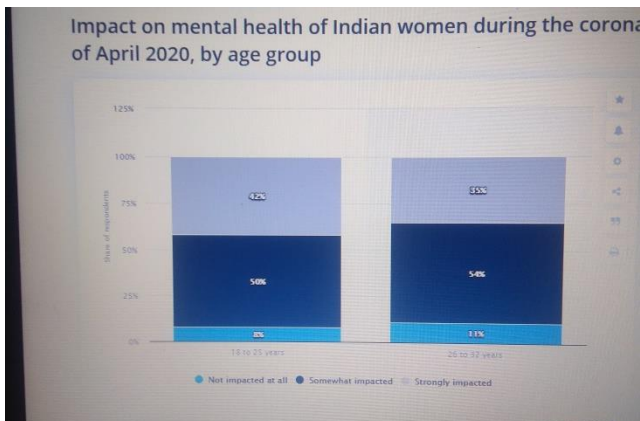
“There is a very clear gender dimension to it (the lockdown) because most Indian households don't have equal sharing of housework,” says Ashwini Deshpande, professor at Ashoka University who specialises in the economics of affirmative action. “Even though the husband and wife may be both working from home, the load will be disproportionately borne by the women.”

Infact An Indian woman does far more “unpaid work”—nearly six hours each day on average—than her peers in most other countries, according to a 2015 survey by the Organisation of Economic Cooperation and Development.

4.3 IMPACT OF LOCK DOWN TO MENTAL HEALTH OF WOMAN

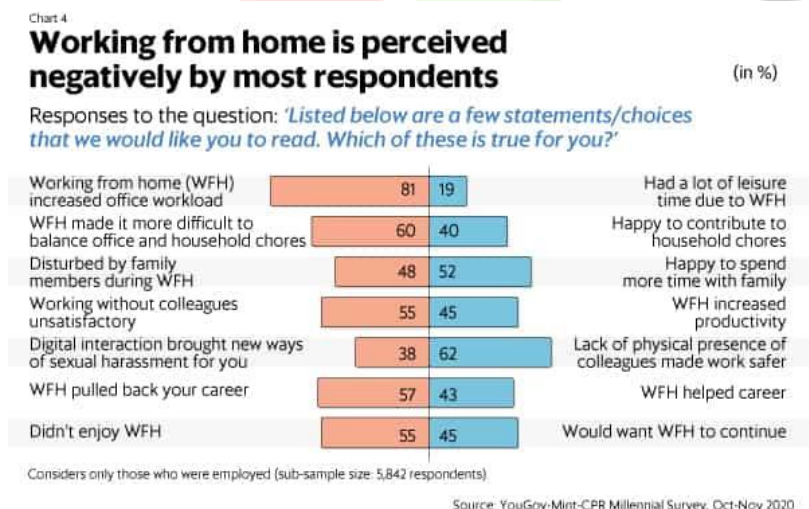
It is observed that gender equality remains a concern in many families even today in urban India due to lack of self-corrective measures. "There is a need to introspect the rigidity around gender responsibilities in the traditional meaning of the term. Women belonging to families, where these responsibilities are not as rigid as it used to be, are not as stressed during this period of lockdown."

Impact on mental health of Indian women during COVID-19 lockdown 2020 by age group



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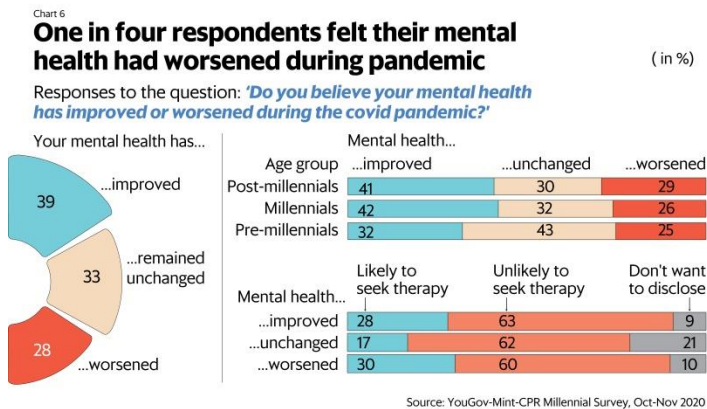
According to a survey among Indian urban youth about life in lockdown, a majority of respondents across all age groups felt that their mental health was somewhat impacted during the coronavirus (COVID-19) lockdown in April 2020. About 42 percent of female respondents between the ages of 18 and 25 years of age stated that their well-being was strongly affected at that time. Experience of work from home was a change from their tiring routine office work, commutation and taking care of the kids



However the experience of working from home was not particularly positive for everyone.

Fewer than half (45%) want the practice to continue. The household environment indeed made work safer for most people, but also led to greater office workload (81%), with 60% reporting difficulty in striking a balance with household chores.

No sector-wise trends were evident to suggest that dissatisfaction was exclusive to any specific kinds of jobs. There were no income-related patterns either. Nearly all classes felt similarly burden



From above chart its evident that only 30% of the respondents who found themselves in poorer mental health sought some form of trained professional help such as counselling. This figure was remarkably stable across regions, genders, and age groups. Socio-cultural changes of the covid-era can have far-reaching consequences. Architectural designs of office and home spaces, and technological shifts in how we communicate, are already underway to ensure efficiency and health safety.

4.6 MANAGEMENT OF MENTAL WELL BEING

Positive mental health is something which need to recognized by every individual in the society . Creating awareness among people will help to build a support system for people who are facing these issues . Following are tips which will help women to tactical the situation

Always reserve ‘me time ‘ in a day . let other family members also be aware of that

- Planning the daily routines helps in adapting quickly and managing anxiety.
- Identify an activity/hobby that brings you joy and perform it.
- Several community teams have developed interactive platforms. Be active in groups you like.
- Spend time with loved ones.Be in touch with friends, family, and colleagues over social media or the phone.
- Pick a new hobby. Learn something new every day. Keep your mind engaged.
- Pen down your thoughts and emotions regularly.
- Pick a physical activity of your choice like Yoga or even simple stretches. Spend atleast one hour per day on your physical health.
- It is important to be rational regarding the expectations we set for ourselves as well as for those in care of us. Do not have high expectations of others because they are sailing in the same boat.

5 CONCLUSION

The long-term effects for these issues to women require attention. Studies and research should continue to track the impacts of this extended period of lockdown on mental health of women . It's important to create awareness amount other gender on issues faced by women. Many a times it's not even been addressed as an issue .Mental illness, depression , mood swings are projected as escapism from household work. In that matter woman are equally responsible for the issue where she waits to reach its threshold and outburst one day which will be echoed as her arrogance and outspoken by society

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