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# THE IMPACT OF COVID-19 ON WOMEN'S MENTAL WELL-BEING

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## **ABSTRACT:**

The word mental and wellbeing. Mental means mind and wellbeing means a state of being comfortable, healthy, and happy. Mental health is a state of well-being in which an individual realizes his or her abilities, can cope with the normal stresses of life, can work productively, and can make a contribution to his or her community. WHO constitution stated that complete mental health is a state of physical, mental, and social wellbeing and not merely the absence of disease. Mental wellbeing is related to self-happiness. and physical and emotional health is like atwo-way street; mental well-being contributes to our health and health contributes to our happiness (Diner and Seligman,2004) the global pandemic declared in March of 2020, the number of demographic variables that impact women's mental wellbeing is innumerable. What we are discussing in this article is how covid 19 affect women's mental well-being.

**Keywords:**The impact of covid 19, women's, mental wellbeing.

## **INTRODUCTION**

30<sup>th</sup> January 2020 the day on which WHO declared a public health emergency of international concern later was recognized as a pandemic on 11<sup>th</sup> March 2020. It was Coronavirus 2019 which took birth in the year 2019 in China.(Dryhurst et al., 2020). It has an impact on everyone's life's overall wellbeing especially women. This article will focus on the toll Covid 19 pandemic has taken on women, mothers, and caregivers, 80% of mothers that have been managing not only their work but also their children's schooling within the homeso their work andtheir teaching and 55% household work women are twice as likely to be the primary sole person responsible for childcare, cleaning, cooking, and education as stated. So, we know the women are stretched thin and it is having a major impact on their total mental health and wellbeing. Women are the chief health officers of their homes. They take care of themselves they are the dominant person in the home that





makes all the appointments for their children and elders at home. So, the whole health ecosystem of the people around us is run by women; sisters, daughters, mothers. What they don't have is time and which makes it extremely stressful. Covid has impacted every aspect of our life. Our eating and sleep pattern changed, our worrying changed. Even the way we celebrate has changed or how we see our grandparents has changed or how we celebrate birthdays or death has changed, Internet addictions increased, restricted to go out; outing, walking. This negatively impacts our well-being and that's hard to tell these days. Some of the symptoms of emotional distress start with changes for the individual. We all have our normal patterns.

So, pay attention to changes and patterns and that's important because we often think of mental health and mental illness this thing that only happens to very few instead of a continuation of mental wellbeing.

So much stress and anxiety worry about the future. Uncertainty of cancellations, exhausting, mothers afraid hope for the future dealing with online school, parents working from home facing economic stressors, some of them have cut back on working hours...

Many researchers found that the consequences of covid19 have been multidimensional and complex over 4.5 million people losing their lives. A huge amount of the population suffering from post-infection medications, also identified low income, social isolation, loss of compartments, the thinness of premises, loss of loved ones, fear of dying, difficulties in accessing medical and social services closure, and the short preventive measures to check the spread of the disease have impacted the emotional and psychological wellbeing of people, especially women.

### **Impact of covid psychologically on women**

**Burnout:** Burnout means feeling mentally exhausted or emotionally drained. In covid-19 women started to become helpless, despairing, doing something without any goal.

**Perceived Helplessness:** A mental state in which the organism is forced to bear aversive stimuli, or stimuli that are painful or otherwise unpleasant, becomes unable or unwilling to avoid subsequent encounters with those stimuli, even if they are 'escapable' presumably because it has learned that it cannot control the situation.

Guo et al. (2020) reported that COVID-19 positive patients had higher levels. Women reported significantly more "Perceived Helplessness" as compared to men and controls.

**Depression:** Human beings are social creatures. Being cut off from love, support, and close contact with family friends can trigger depression. Months of social distancing and shelter at home can leave you feeling isolated and lonely, you have to face your problems lonely. The rates of depression have significantly increased during the pandemic because people are more socially isolated; have less structure and routine, and have more uncertainty about the future. Which lead to doubt and negative predictions (Dr. Brittany Lemonda)





**PTSD:** Exposure to large-scale traumatic events is associated with an increased burden of mental illness in the population affected.

Liu et al. (2020) found a prevalence of post-traumatic stress symptoms of 7% in Wuhan (China) 1 month after the COVID-19 outbreak (in 285 residents). In a sub-symptom analysis of PCL-5 (PTSD Checklist for DSM-5), women suffer more re-experiencing, negative alterations in cognition or mood, and hyper-arousal as compared to men.

Liu et al. have also reported high levels of depression (43.3%, PHQ-8 scores  $\geq 10$ ), anxiety scores (45.4%, GAD-7 scores  $\geq 10$ ), and PTSD symptoms (31.8%, PCL-C scores  $\geq 45$ ) in 898 Americans (18–30 years) during the pandemic.

**Anxiety:** All the fear and uncertainty surrounding covid 19 means it's natural to worry. When your worries twist out of control, though, they can cause panic and anxiety.

**Coronasomnia or covidomnia** is the term that describes sleep problems related to stress caused by the COVID-19 pandemic (Dr.Drerup2020) social distancing and quarantining can lead to more isolation which can cause significant sleep issues.

The WHO postulated that many health care providers could develop PTSD, depression, anxiety, and burnout during and after the pandemic.

Lai et al. conducted a cross-sectional study in 1257 Chinese InCOVID-19 (76.7% of all participants were women, and 60.8% were nurses). They found a high prevalence of mental health symptoms. In total, 50.4, 44.6, 34.0, and 71.5% of participants reported symptoms of depression, anxiety, insomnia, and more than 70% reported psychological distress, respectively.

Chew et al.(2020)reported that in 906 healthcare workers (64.3% were female) from Singapore and India, only 5.3% had moderate to severe depression, 8.7% had moderate to severe anxiety, 2.2% moderate to severe stress, and 3.8% moderate to severe levels of psychological distress.

**Psychological distress:** Psychological distress is an unpleasant emotional experience caused by a variety of factors, which can be manifested as tension, fear, anxiety, and psychological instability. Certain distress leads to serious psychological problems. Infectious diseases can be an important cause of psychological distress.(Brody et al.,2016;)

Psychological distress has often been identified as one of the major consequences of environmental and natural disasters (Stain et al. 2011, Ho et al. 2014, Chua et al. 2004, Cowling et al. 2010, James et al. 2019). Since the onset of the Covid-19 pandemic, mental health experts have been expressing caution about the high incidence of stress among people, due to the heavy socio-economic burden of the pandemic and isolation.

**Domestic Violence:** Many researchers have reported that in covid 19 pandemic increasing rate of domestic violence has been observed. Women spent more time in the home, asking for more support, so the domestic burden can trigger domestic violence against women.





January and July 2020 as well as data analyzed the situation of pregnancy during the pandemic; the specific psychological and psychiatric risks faced by women at home and the workplace

Ravindran and Shah (2020) and Rahman et al. (2021) Bangladesh, women are disproportionately affected by mental health problems because of their disadvantageous socio-economic position compared to men in the household, the greater burden of daily chores, critical role in managing household food shortages, care responsibilities for children, elderly, and sick family members, and the risk of being victims of intimate partner violence. Consequently, the mental well-being of women living in rural Bangladesh could deteriorate due to the lack of resources, and poor mental health support mechanisms.

Zika epidemics have already shown that these crises have increased existing Ebola inequalities including those based on gender and economic status (UN issue-brief-covid-19-and-ending-violence-against-women-and-girls.) A lack of adequate domestic and emotional support can have consequences on women's mental health. The risk of anxiety, depression, and post-traumatic stress disorder (PTSD) is also much higher.

Intimate partner violence (IPV) 2020 includes physical or sexual violence, emotional abuse, and stalking. It is the major cause of homicide death for women. Victims of IPV are at increased risk of multiple mental disorders as well as somatic diseases (cardiovascular disease, chronic pain, sleep disturbances, gastrointestinal problems, sexually transmitted infections, traumatic brain injury).

Hurricane Katrina 2009, which occurred in the United States, the prevalence of domestic violence had quadrupled; the physical violence suffered by women had almost doubled (4.2 to 8.3%) New Zealand earthquake (2010), police-reported a 50 percent increase in calls for family violence.

### **Conclusion**

The research paper focused on the subject of the impact of covid-19 on women's mental wellbeing. The covid-19 pandemic has affected women more than men, both as working women and homemakers at home. Regardless, we should consider this pandemic as an opportunity to build better, tougher, more pliable societies that could bring relief as well as hope to all women on earth. We hope that this pandemic will also help to recognize the major role of women at home and in the workplace.

### **Suggestions**

1. We need to take care of women's physical needs and mental needs and also spiritual needs and we need to bring our best self into our life or our world because so many other people depend on us, so when you stand back and say .How do we do this? how do we help women on this path to their optimal self so they can be all of these things in life we have to be realistic and focus on real lived lives of women





2. This issue is about time and space and access services when we need them not when they are necessarily open because we may not be available when they are open so we have thought you know thoughtfully about how we use all the assets that we have to make care personalized, accessible, as you know as affordable as possible, really getting deep into communities. What that means for physical health.

3. Women need to have time ,they need to have care accessible to them. One of the things that hope we keep as we come out of this pandemic is so much more willingness and openness to talk about mental health.

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