



Psychological Effect of Covid-19 Epidemic on Working Women

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Abstract

Corona Virus Disease (COVID-19) is the most dangerous epidemic which has been seen by this generation. This epidemic effects almost whole world at the same time. These pandemic not just effect the human being physically but also effect psychologically. The only remedy to this disease is physical distancing, which is promoted as social distancing. The fear of this disease and isolation from the community is increasing the stress at all ages.

From last few decades woman employment has been accepted by society due to the realities of economic strains and also because the income earned by the women becomes essential for the family's standard of living and quality of life but still family responsibilities is considered to be her primary responsibilities. So this dual responsibility and pressure of attaining the best result on both the front is somewhere affecting women mental and physical health. This pandemic plays even the worst disastrous role in her life, on one hand they are already struggling to attain the perfect work life balance and on the other hand they are lacking on their support system. There is neither a change in the work place responsibilities nor in household responsibility both need equal attention but there is a huge difference in the support systems as domestic help is unavailable, schools are not running, daycare and other institutes are not safe to take care of the babies. These all situations are adding up Indian women stress to multiple folds.

So the aim of this research was to study the Psychological effect of the COVID-19 epidemic on working women. The data for this study will be collected through Google form. Substantial sample size will be taken for the study. Statistical 'Z' test will be used for data analysis.

Keywords: COVID-19, Psychological effect, Stress, Working Women

INTRODUCTION

In COVID: Corona Virus Disease is one of the disastrous pandemic of this era, which effects the whole world simultaneously. Till now more than 5 cr people are been infected by this and more than 13 Lacks people have already died due to this infectious disease. The main reason for this infection spread is that its mutation and multiplication is extremely fast.[1] As per indiaSpend.com research in India if one person gets infected with COVID, he/she has the capability to transmit this disease to another 30 to 45 person who came in contact with him/her.[2] Due to its Rapid growth almost all the countries had to put various restrictions on social gatherings. Countries has to impose various lockdowns where people are not allowing to meet others even the workplaces have been Shut down and people are ask to work from home. So that as much as possible, people should not come in contact with each other.[3]

This whole situation has put a very adverse psychological impact on almost all the population across countries. Women in India even across the globe are most adversely effected with this pandemic. They were already striving hard to maintain the balance between the work front and home front with the help of external resources like day care center, schools, home maids etc. Now in this situation almost all the institutes have been closes to avoid any type of contact.[4] So women are in pressure to handle the jobs of these institutional even which is increasing her stress level to multiple folds. The research which we have conducted on working women shows the increase level of stress on women during this pandemic.[5]

Stress is common in people. Stress can be positive and it can be negative. Stress is our psychological, emotional and physical response to pressure. We feel there are many demand and lack of resources to cope. Stress can arise from external factors including illness, life events, work pressure,home,study,lack of basic needs and some time it can be internal our negative thoughts, emotions and behavior. Stress happens once aspects of the setting overwhelm an individual, that's when someone feel stressed when too much is expected from him or when an occasion looks scary or worrisome.[6] It is a person's body's approach of acknowledging any kind of demand or threat. When an individual sense danger – whether it's real or imagined –the body's defense kick into motion in a fast, spontaneous method referred to as the fight-or flight reaction or the 'stress response'[7]

Stress also can facilitate an individual advance to satisfy challenges. It's what keep an individual on their toes throughout a presentation at work, sharpens their concentration when they are making an attempt to win a game or pushes somebody to study for associated degree examination instead of wasting time. However, to definite extend, stress cases to be useful and starts inflicting major damage to their health. Mood productivity, relationships and quality of life.[8]

The circumstances and pressures that cause stress are referred to as stressors.it is typically thought that stressors are being negative, exhausting work or a toxic relationship, however, something that puts an individual in high risks stressful trying. This can jointly include positive situations like getting married, buying a house, going to college, receiving a promotion. Of course, not all stress is caused of external factors, stress also can be internal or instructive when an individual worry extremely about one thing that will or might not take place or have ridiculous, negative thoughts regarding life.Caplan et al (1975), studied that triggers causing pressure, otherwise called stressors are “attributes of the activity condition which represent a danger to an individual. There are many signs of stress like-increase or decrease in appetite, insomnia, headaches, racing heart, general pains or body aches etc. people are in stress because of running life, a lot of work pressures, lack of support system, lack of leisure time[9]

Objectives

The objective of the present study is to examine the stress level before & after COVID-19 on working women aged between 30 to 50 yrs.

Hypothesis

H 1: There is no significant difference on the stress level before & after COVID-19, of working women during this COVID pandemic

METHOD

Sample

The sample of the study consisted of 39 working women selected randomly from Rajasthan and Indore, Delhi, Age ranged between 30 to 50 years

Assessment measures

Perceived stress scale developed by Sheldon Cohen is the most widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are appraised as stressful. The test consisted of 10 items measuring the stress level. The scale ranging from 'never' to 'very often' PSS Scores are obtained by reversing responses (e.g. 0=4, 1=3, 2=2, 3=1 & 4=0) to the four positive stated items (item 4, 5, 7 & 8) & then summing all scale items.

Procedure: There are 10 questions has been asked through Google form from these 39 working women, which shows the stress factor on the working women during this COVID period.

Based of these questions we have derived the data on the basis of BEFORE COVID and AFTER COVID and with the help of Z Test of research method we proved our Objective.

Results

Table 1: Showing stress level before and after COVID-19 on working women

Name	Total Stress Score Before COVID	Total Stress Score After COVID
Shilpa Bhair	13	38
Jyoti	10	28
Vaishali Goyal	10	32
Chitra Shrivastava	12	31
Archana	10	28
Ruby Joy	13	27
Jaspinder Sahni	11	35
Mandeep Sahani	12	40
Suhani Vyas	9	27
Reena	15	18
Saloni	12	32
NIDHI GUPTA	10	29
Shweta Sharma	14	33
Pooja rathore	9	28
Amrita Kadam	12	30
Neetu agarwal	15	26
Anuja mathur	11	35
Anita	7	29
Sonal Sharma	13	38
Neelam	10	28
Anuradha	10	32

Shweta T	12	31
Shweta Tiwari	10	28
Mili Pandey	13	27
Priti T	11	35
Kirti	12	40
Urva	9	27
Preeti	15	18
Ashwini	12	32
Dolly	10	29
Neeru	14	33
Seema	9	28
Anju	12	30
Smriti	15	26
Aakriti	11	35
Namita	7	29
Swati	12	29
Pratibha	7	21
Swati	14	32
Total	443	1174

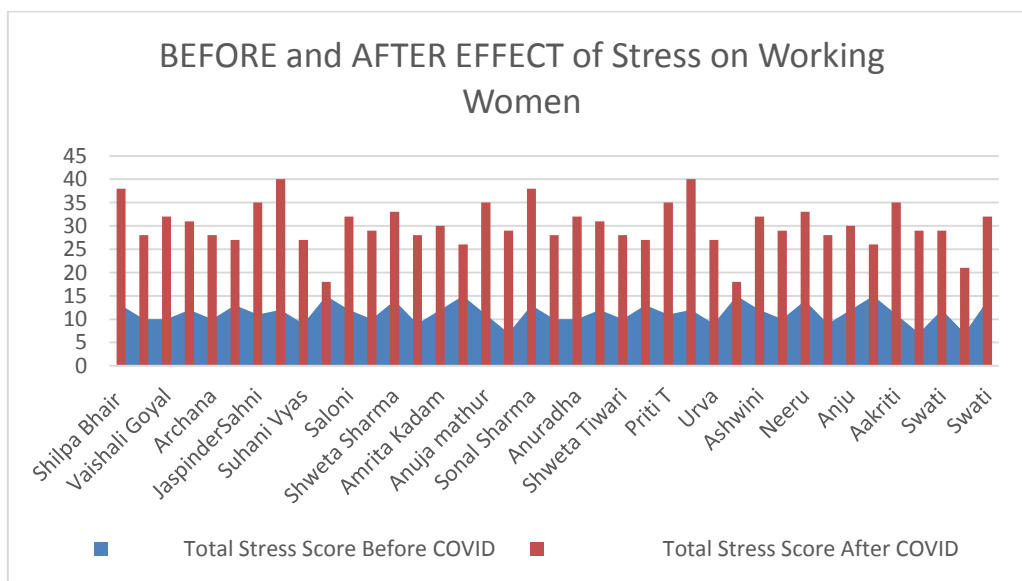


Table 2:

Name	Total Stress Score Before COVID(X1i)	Deviation from mean(x1)	Deviation Square(x1)	Total Stress Score After COVID (X2i)	Deviation from mean(x2)	Deviation square(x2)
Shilpa Bhair	13	1.65	2.72	38	7.90	62.41
Jyoti	10	-1.35	1.82	28	-2.10	4.41
Vaishali Goyal	10	-1.35	1.82	32	1.90	3.61
Chitra Shrivastava	12	0.65	0.42	31	0.90	0.81
Archana	10	-1.35	1.82	28	-2.10	4.41
Ruby Joy	13	1.65	2.72	27	-3.10	9.61
JaspinderSahni	11	-0.35	0.12	35	4.90	24.01
Mandeep Sahani	12	0.65	0.42	40	9.90	98.01
Suhani Vyas	9	-2.35	5.52	27	-3.10	9.61
Reena	15	3.65	13.32	18	-12.10	146.41
Saloni	12	0.65	0.42	32	1.90	3.61
NIDHI GUPTA	10	-1.35	1.82	29	-1.10	1.21
Shweta Sharma	14	2.65	7.02	33	2.90	8.41
Pooja rathore	9	-2.35	5.52	28	-2.10	4.41
Amrita Kadam	12	0.65	0.42	30	-0.10	0.01
Neetu agarwal	15	3.65	13.32	26	-4.10	16.81
Anuja mathur	11	-0.35	0.12	35	4.90	24.01
Anita	7	-4.35	18.92	29	-1.10	1.21
Sonal Sharma	13	1.65	2.72	38	7.90	62.41
Neelam	10	-1.35	1.82	28	-2.10	4.41
Anuradha	10	-1.35	1.82	32	1.90	3.61
Shweta T	12	0.65	0.42	31	0.90	0.81
Shweta Tiwari	10	-1.35	1.82	28	-2.10	4.41
Mili Pandey	13	1.65	2.72	27	-3.10	9.61
Priti T	11	-0.35	0.12	35	4.90	24.01
Kirti	12	0.65	0.42	40	9.90	98.01
Urva	9	-2.35	5.52	27	-3.10	9.61
Preeti	15	3.65	13.32	18	-12.10	146.41
Ashwini	12	0.65	0.42	32	1.90	3.61
Dolly	10	-1.35	1.82	29	-1.10	1.21
Neeru	14	2.65	7.02	33	2.90	8.41
Seema	9	-2.35	5.52	28	-2.10	4.41
Anju	12	0.65	0.42	30	-0.10	0.01
Smriti	15	3.65	13.32	26	-4.10	16.81

Aakriti	11	-0.35	0.12	35	4.90	24.01
Namita	7	-4.35	18.92	29	-1.10	1.21
Swati	12	0.65	0.42	29	-1.10	1.21
Pratibha	7	-4.35	18.92	21	-9.10	82.81
Swati	14	2.65	7.02	32	1.90	3.61
Total	443	0.35	182.98	1174	0.10	933.59

Mean 1	11.35
Mean 2	30.1
Total Deviation Square (x1)	182.98
Total Deviation Square (x2)	933.59
Z Test	-21.52

Interpretation & Discussion

The hypothesis of this research was taken as that there is no significant change in the stress level of working women due to COVID 19, so for proving the same we have taken the data of working women from across county. On the basis of questioner we had divided the stress in two ways that is after covid and before covid.[10]

Table: 1 This table includes the data which we collected from 39 Working Women, based on the questions which we asked from these women. We tried to differentiate their perception that how their life was before the COVID and How it differ after the COVID. Based on the questionnaire we calculated the level of stress before and after.[11]

Table : 2 In this Table we calculated the Z test Value to find out the significant level of difference before the COVID and After the COVID data. For that, we calculate the deviation from the mean first and then calculate the value of the Z test.[12]

We calculated the data for the Z-Test as the sample size was more than 30, so for that, we calculated both mean and Deviation.As per the Z-test Result, we found a significant difference between the stress level of BEFOR COVID and AFTER COVID, as the tabulated value of Z is much lesser than the calculated value of Z.[13]

This means that During this COVID period, women have gone through significant stress level due to the increased work on all fronts and having very limited resources to cope with this increased stress level.[14]

Below is the Questionnaire based on which this research was done, These are been sent to the participants on Google form.The questions in this scale asked about your feelings and thoughts After COVID-19. In each case, you will be asked to indicate by circling how often you felt or thought a certain way this is on the Likert scale 0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often[15]

1. After COVID-19, how often have you been upset because of something that happened unexpectedly?
2. After COVID-19, how often have you felt that you were unable to control the important things in your life?
3. After COVID-19, how often have you felt nervous and “stressed”?
4. After COVID-19, how often have you felt confident about your ability to handle your personal problems?

5. After COVID-19, how often have you felt that things were going your way?
6. After COVID-19, how often have you found that you could not cope with all the things that you had to do?
7. After COVID-19, how often have you been able to control irritations in your life?
8. After COVID-19, how often have you felt that you were on top of things?
9. After COVID-19, how often have you been angered because of things that were outside of your control?

After COVID-19, how often have you felt difficulties were piling up so high that you could not overcome them?

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