

Impact of COVID 19 on General Wellbeing of Working Women in Kerala

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Abstract

Health is a state of complete physical, mental, social and spiritual well-being not merely the absence of disease or infirmity (WHO) and it is multi factorial. Women's health is at a crossroads. Methods: A descriptive study with a quantitative approach was conducted in August – September 2020. The sample consisted of 100 working women selected by snowball sampling technique. Data were collected using modified general wellbeing scale which was prepared and administered online by the investigators. Results: The mean percentage of the general wellbeing score was 73.8. The findings of the study show that only 3% of the women had very good and 79% of them had good general wellbeing. It also depicts that 17% of them had average and only 1% had poor general wellbeing. Discussion: Today, women's roles are emerging differently with new commitment and career oriented as well as commitment to families. In the present scenario, women at work can be seen everywhere whether in or outside India. Working women also play multiple roles such as child rearers, parents, teachers, caretakers of their elderly parents, and many more, which become very much strenuous for them. It is the added responsibility and burden of chores that add to daily hassles or stress for them, especially in working women with young children, which definitely affect their psychological well-being³.

Key Words: Impact ; General Wellbeing ; Working women.

Introduction

Well-being or wellness is the condition of an individual or group. A higher level of well-being means that in some sense the individual's or group's condition is more positive. "Wellness refers to diverse and interconnected dimensions of physical, mental, and social well-being."

A state of physical well-being is not just the absence of disease. It includes lifestyle behavior choices to ensure health, avoid preventable diseases and

conditions, and to live in a balanced state of body, mind, and spirit. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.¹

Emotional health is an important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They're able to cope with life's challenges. Being emotionally healthy doesn't mean you're happy all the time. It means you're aware of your emotions. You can deal with them, whether they're positive or negative. It can help you realize your full potential. It helps you work with other people and contribute to society².

Working women absorb a disproportionate amount of childcare and homeschooling responsibilities, and

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that double shift has grown to a “double double shift” now. The impact of Covid 19 on female workers must be a high priority because women dominate very high-risk jobs such as health care. Covid 19 has disrupted the formal and informal networks that are crucial to women’s professional lives.⁹

Statement of the problem

“A study to assess the impact of Covid 19 on general well-being of working women in a selected community in Kannur district”.

Objectives

- To assess the impact of Covid 19 on general wellbeing of working women
- To assess the changes in relationship among family members during Covid 19
- To find the association between impact on general wellbeing & selected demographic variables

Hypothesis

The hypothesis will be tested at 0.05 level of significance.

- There is a significant association between impact on general wellbeing and selected demographic variables.

Methods and Materials

Research approach

A quantitative study approach was used for the present study. The purpose was to assess the impact of Covid -19 on general well-being of working women.

Research Design

A descriptive survey design was opted for the study.

Variables under study

Demographic variable

In this study, it refers to the variables such as age, religion, type of family, food pattern, education, occupation and current residential status.

Extraneous Variable

In this study, it includes any long term treatment, chronic diseases and mental illness.

Population

The population in this study comprised of working women who are from Kannur District.

Sample

In this study, the sample comprised of 100 working women in the age group of 21 to 52 years living in the selected communities of Kannur district.

Sampling Technique

The researcher opted snowball sampling to elicit information regarding the impact of covid-19 on general well-being of working women. Working women who fulfilled inclusion criteria and those who were ready to participate the data collection were selected.

Inclusion Criteria

Working women:

- § who reside at Kannur district
- § who are in the age group of 21 to 52 yrs
- § who are willing to participate the study

Exclusion criteria

Working women:

- Who are tested Covid positive
- Who are not familiar with online survey

Data collection technique and instruments

Data were collected using online survey created through goggle forms.

In this study, the tool consisted of two parts. They were:

Part I: Baseline characteristics: This was prepared to obtain the background information of the participants and consisted of seven statements.

Part II: Modified general wellbeing scale: A five point scale was prepared that included 36 statements which covered various aspects of general wellbeing including physical, emotional, mental, social, activities of daily life, food habits and family relations.

Scoring:

0- 45 – very good

46 – 90 – good

91- 135 -- average

136 – 180 – poor

Results

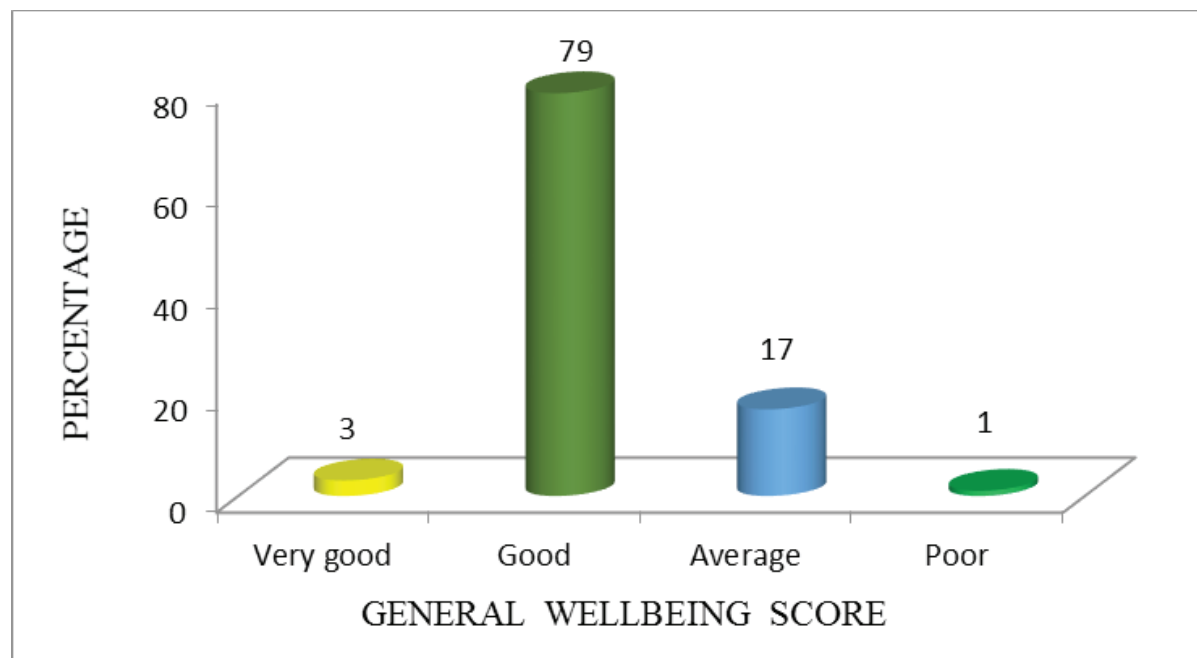
Range, Mean, Median and Standard deviation of general wellbeing scores of working women

n = 100

General wellbeing score	Range	Mean	Median	Standard deviation
	41-144	73.8	70	2.07

The data in the table show that the mean, median and standard deviation of the general wellbeing scale were 73.8, 70 and 2.07 respectively.

Bar diagram showing impact of Covid 19 on general wellbeing of working women



The data in figure in show that only 3% of the women had very good and 79% of them had good general wellbeing. It also depicts that 17% of them had average and only 1% had poor general wellbeing.

Association of mean score of general wellbeing and demographic variables

The association between mean general wellbeing score and demographic variables was done using inferential statistics.

H₀: There is no significant association between mean general wellbeing scores and selected demographic variables

To test the hypothesis at 0.05 level, alternate hypothesis was made.

H₁: There is a significant association between mean general wellbeing scores and selected demographic variables

n=100

Variables	Chi square value	P value	Significance
Age	1.152	0.561	Non-significant
Religion	1.342	0.700	
Type of family	1.186	0.155	
Education	1.012	0.560	
Occupation	1.686	0.233	
Food pattern	1.269	0.958	
Residential status	1.245	0.970	

P≤0.05 level

significant*

The data in the table show that there is no significant association between the selected demographic variables and mean general wellbeing score and hence the null hypothesis was accepted and research hypothesis was rejected.

The study shows that Covid 19 did not have any significant impact on general wellbeing of working women.

Discussion

Covid 19 has affected women much more profoundly. Lockdowns & self quarantine measures across the world have increased women's workload as more people are home-bound for a continued period of time and care giving tasks have increased. This will give a double impact on working women who need to balance both her family & job together. Data from the Organization for Economic Cooperation and Development show that Indian women do nearly six hours of unpaid care work each day. Globally, women perform 76.2% of unpaid

care work. According to UNESCO, 300 million children are missing school globally due to the current virus outbreak, increasing the responsibilities of women⁸.

According to a survey by Kaiser Family Foundation, a much larger proportion of women worry about loss of income due to disruption of work. Women in leadership positions are more likely to suffer from depression, social tension and isolation due to negative perceptions⁸.

Accordingly, this research assessed the impact of covid-19 on general well-being of working women, which needs to be considered during these times.

Conclusion

The study findings revealed that only 3% of the women had very good and 79% of them had good general wellbeing. It also depicts that 17% of them had average and only 1% had poor general wellbeing. The study shows that Covid 19 did not have any significant impact on general wellbeing of working women in Kerala.

Implications of the study:

The findings of the present study have several implications in the field of nursing education, nursing practice, nursing administration and nursing research. Nursing students must be taught regarding various stressful situations and ways to cope with those so that they can lead a successful life once they start living on their own feet. Administrators should be able to boost morale of the employees even in stressed situations so that they can be productive enough to serve the organization and nation.

Nurses are always with human beings and they really come across many situations that make them think critically and find answers to many questions. Research always offers a good platform for nurses and it's the need of the hour to conduct researches and find solutions for the many problems and needs that troubles humans in day-to-day life. The findings should be utilized to help people lead a better life and thus leading to a healthy and stable world though we are amidst a pandemic.

Ethical Clearance: The ethical clearance of this study was obtained from Institutional Ethical Committee (IEC) of Lourde College of Nursing.

Source of Funding: Self-funded project with in the Institution.

Conflict of Interest: The authors declare that there is no conflict of interest.

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