

Mental health of the women's during lockdown

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ABSTRACT

The present study aimed to know the mental health among the married and unmarried women's during the lockdown period of covid-19. The sample constituted total 100 women's out of which 50 married women's (25 joint family and 25 nuclear family) and 50 unmarried women's (25 joint family and 25 nuclear family). The "Mental Health Check List (MHCL)" prepared by Dr. Pramodkumar (1992) was used. The data was collected, scored and calculated. 'F' test was being calculated. The result showed that (1) The married women's group is having good mental health than unmarried women's group during lockdown, (2) The women's of nuclear family group is having good mental health than women's of joint family group during lockdown and (3) The married women's of nuclear family group is having good mental health than married women's of joint family group during lockdown.

Keywords: Covid-19, Mental Health, Married And Unmarried Women's, Joint And Nuclear Family

Mental health includes our emotions, psychological, and social well-being. It affects on our thinking, feelings, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking pattern, mood, and behavior could be affected. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

Many factor are contribute to mental health problems, including:

- Life experiences, such as trauma or abuse
- Biological factors, such as genes or brain chemistry
- Family history of mental health problems

In some crisis may your mental health would affect like in earth quack, war, chronic illness etc. here we discuss about current situation of Corona virus. In this world wild covid epidemic people lives under lots of stress, fear of going to infected, fear to loos friends or family members, economical crises and fear of death so it may disturb mental health.

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Examples of signs and symptoms of poor mental health :

- Lack of mood or mood swing
- Lack of interest
- Numbness
- Confused thinking or poor concentrate
- Excessive fears or worries,
- Excessive feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking

Now we talk about lockdown which step taken by government to prevent Corona virus. In lockdown how people suffer though mental health.

A lockdown is an emergency protocol that prevents people from leaving a given area. A full lockdown will mean you must stay where you are and not exit or enter a building or the given area. This scenario usually allows for essential supplies. All non-essential activities remain shut for the entire period.

Mental health during Lockdown of Covid-19:

During long lockdown may increase mental health related complaints because in today's fast life people are not use to, to stay in house all the time. In lockdown people have to stay at home willingly or by forcefully, and it may generate negative feelings, sadness, frustration, and has some behavioural problems.

In most of free time people watch news channels to see the condition of current situation and discuss news with family, in social sites are also full with right and wrong information about the situation, this continuous gaining information and talk about the current event and it turns in to the mental illness like Anxiety, Depression, Panic attack, OCD, and phobia, Post traumatic stress disorder (PTSD).

Women's mental health during Lockdown:

In this Corona virus epidemic may affects women a lot because all family members are at home so she have to take care of them, have to make food for them and have to fulfill families wish and desire so during lockdown she have lots of load on her head. She is doing all these work for family but because of the entire house hold chores she not gets time for herself. In today's life house wife are also not stay in house only, she has lots of outdoor works like to drop and pickup her children from school and tuition classis, has to go outside for grocery or other household things and she go and visit their friends and relatives but in lockdown almost all this activities are decreased or may stop in that case she have to stay at home all the time so may it affects her mental health. working women's and male are also feel choke up in lockdown periods because working women's and man most of the time they

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stay outside of house and meet different people, have their fixed routine and not use to for doing household chores and taking care of others and not get extra outside help because of lockdown because of working outside they required and habituated with same so it also increased poor mental health.

Kotar Alpesh B. (2014) found that there was significant mean difference between the mental health of the married and unmarried women. Juhi Vajpayee and Kritika Makkar (2014) found that the mental health in India is attached with strong social stigma against it. Most people are still unaware or ignorant about the importance of mental wellbeing. Terms such as 'pagal', 'mental' and 'crazy' should not be thrown around casually. Awareness of mental health in general and that women in particular, should be spread even in the remote areas of India where there are people who still hold the notions of spirits and demons when the explanation lies in understanding of a mental illness. Mona Tabassum (2019) found that the determinants of poor mental health of women, the focus needs to be shifted from individual and 'lifestyle' risk to the recognition of the broader social, economic and psychological factors that affect women's lives. It was essential to recognize the socio-cultural, economic, legal infrastructure and environmental factors that affect women's mental health. However, the present study has depicted that the more fundamental need is women's education.

Objectives

The objectives are

- (i) To know the mental health among the married and unmarried women's during lockdown.
- (ii) To know the mental health among the women's of joint family and nuclear family during lockdown.
- (iii) To Study of the interactive effect of mental health with regards to type of women's and type of family.

METHODOLOGY

Hypothesis

1. There will be no significant difference between the mean score of the mental health among married and unmarried women's during lockdown.
2. There will be no significant difference between the mean score of the mental health among the women's of joint family and nuclear family during lockdown.
3. There will be no significant difference between interactive effect of the mean score of the mental health of type of women's and type of family.

Sample

The sample of the present study constituted total 100 women's out of which 50 married women's (25 joint family and 25 nuclear family) and 50 unmarried women's (25 joint family and 25 nuclear family).

Research Design

A total sample of 100 women's equally distributed between married and unmarried women's and type of family from Ahmedabad District selected for the research study.

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Showing the table of Sample Distribution

Type of Family (B)	Type of women's (A)		Total
	Married women's (A ₁)	Unmarried women's (A ₂)	
Joint Family (B ₁)	25	25	50
Nuclear Family (B ₂)	25	25	50
Total	50	50	100

Variable

Independent Variable

1. **Type of women's** : Married and Unmarried women's.
2. **Type of Family** : Joint Family and Nuclear Family.

Dependent Variable : Mental Health Score.

Tools

The Mental Health Check List (MHCL) by Dr. Pramodkumar (1992). The tool consists of 11 items, in a 4-point rating and the scale has two domains I. physical II. Somatic domains have items. The mental health scale 4-response categories i.e. for 'rarely', 'at times', 'often', and 'always' respectively. The total score varies from 11 to 44 showing the highest (good) to the lowest (poorest) mental health status of the person. The test-retest reliability of 0.70 and the split-half reliability of 0.65.

Procedure

The data was collected by making use of social media. The test was posted and only fully completed test responses was considered. The responses were scored as per the manual and analyzed. The statistical method 'F' test was calculated and results were interpreted.

RESULT AND DISCUSSION

Table : 1 The Table showing sum of variance mean 'F' value and level of significance of level of type of women's and type of family.

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	547.56	6.86	0.05*
SS _B	1	338.56	4.24	0.05*
SS _{A*B}	1	1310.44	16.41	0.01**
SS _{Error}	96	79.85	—	—
SS _{Total}	99	9861.84	—	—

*0.05=3.94, **0.01=6.90, N.S.= Not Significant

A =Type of women's, B = Type of family
A₁ = Married, B₁ = Joint family
A₂ = Unmarried, B₂ = Nuclear family

Table : 2 The Table showing the Mean Score of mental health of married and unmarried women's.

	A (Type of women's)		'F' value	Sign.
	A ₁ (Married)	A ₂ (Unmarried)		
M	24.62	29.30	6.86	0.05
N	50	50		

The above table no.2 shows the mean score of mental health among married and unmarried women's. The mean score of married women's group is 24.62 and unmarried women's group

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is 29.30. The 'F' value is 6.86 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to mental health and type of women's. It should be remembered here that, according to scoring pattern, lower score indicate highest mental health. Thus from the result it could be said that, the married women's group is having good mental health than unmarried women's group. Therefore the hypothesis no.1 that, "There is no significant difference between the mean score of the mental health among married and unmarried women's during lockdown" is rejected.

It means married women is having healthy mental health because in routine life she expect many things like time, attention and help in work from husband, kids and other family members but she don't get because of family's busy lifestyle were as in lockdown she gets full time of her family, get attention, and many family members try to help in house hold chores so she feel free and relax. Even in lockdown she feel relax because she have no need to woke-up early to prepare food for lunchbox of kids and husband, no need to maintain school and tuitions time so may because of all this few reasons she feel more happy and having good mental health.

Table : 3 The Table showing the Mean Score of mental health of the women's of joint family and nuclear family.

	B (Type of Family)		'F' value	Sign.
	B ₁ (Joint Family)	B ₂ (Nuclear Family)		
M	28.80	25.12	4.24	0.05
N	50	50		

The above table no.3 shows the mean score of mental health among women's of joint family and nuclear family. The mean score of women's of joint family group is 28.80 and women's of nuclear family group is 25.12. The 'F' value is 4.24 is significant at 0.05 level. This means that the two-group interaction effect under study differ significantly in relation to mental health and type of family. It should be remembered here that, according to scoring pattern, lower score indicates highest mental health. Thus, from the result it could be said that, the women's of nuclear family group is having good mental health than women's of joint family group. Therefore, the hypothesis no.2 that, "There is no significant difference between the mean score of the mental health among the women's of joint family and nuclear family during lockdown" is rejected.

It means to nuclear family having healthy mental health is because there are fewer people has in the family so the workload of those women's is reduced and she can spend maximum time with her family, can talk with them and can play with them without any restrictions and disturbance. Nuclear family's women's don't feel lonely in this lockdown periods like in routine days. May because of all this reasons nuclear family's women's has higher level of healthy mental health.

Table : 4 The Table showing the interactive effect of the Mean Score of mental health of type of women's and type of family.

			A		'F' value	Sign.
			A ₁	A ₂		
M	B	B ₁	31.08	27.52	16.41	0.01
		B ₂	19.16	30.08		
N			50	50		

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The above table no.4 shows the interactive effect of mental health among the type of women's and type of family. The mean score of married women's of joint family group is 31.08 and married women's of nuclear family group is 19.16, and the mean score of unmarried women's of joint family group is 27.52 and unmarried women's of nuclear family group is 30.08. The 'F' value is 16.41 is significant at 0.01 level. This means that the two group interaction effect under study differ significantly in relation to mental health, type of women's and type of family. It should be remembered here that, according to scoring pattern, lower score indicate highest mental health. Thus from the result it could be said that, the married women's of nuclear family group is having good mental health than married women's of joint family group. Therefore the hypothesis no.3 that, "There is no significant difference between interactive effect of the mean score of the mental health of type of women's and type of family" is rejected.

It means married women's of nuclear family having healthy mental health may because nuclear family has husband, wife and kids so she can spend quality time in this lockdown because husband all the time stay in house they no need to go outside for work or for study so women gets their time and can do many things together what they had planned but because of busy lifestyle she can't reach there but in this lockdown she can do many things with her family. So may be lockdown is blessing for married women's of nuclear family.

CONCLUSION

1. The married women's group is having good mental health than unmarried women's group during lockdown.
2. The women's of nuclear family group is having good mental health than women's of joint family group during lockdown.
3. The married women's of nuclear family group is having good mental health than married women's of joint family group during lockdown.

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Conflict of Interest

The author declared no conflict of interest.

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