

## Coronavirus or conflict virus between spouse: a review

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### ABSTRACT

World is going through the pandemic coronavirus. In India, PM Modi announced the complete lockdown all over the country, only essential services can be fulfilled. People are facing heavy workloads than regular days as the maids cannot come and people have to manage their work by themselves only, they have to do their household works, cook for them and their respective family, manage their kids, to entertain the older ones of the homes, and work from home are also there. It brings stress to them, which shows conflict of the relationship between couple. China, US, and even India reported high number of domestic violence as well as divorce cases are also reported highly during lockdown. The paper aims to assess the signs of stress between couple during lockdown in India and to help the couple cope-up with their stress for the sake of their strong bonding in their relationships.

**Keywords:** *Stress, Love, Spouse, Lockdown, Covid-19*

Coronavirus (COVID-19) is an irresistible disease caused by a newly found coronavirus. Many people contaminated with the COVID-19 infection will experience mild to moderate respiratory disease and recoup without requiring any special treatment. Older ones and those underlying with medical history like cardiovascular disease, diabetes, respiratory disease, and malignant growth are more likely to create serious issues.

In India, PM Modi announced lockdown all over the country saying that this is the only way to break the chain of the corona virus. During the lockdown all the citizens of India are at their homes, they can only go out for the essential things or the emergency services. COVID-19 is not like the summer vacations for all the people. It is hard for many people to cook, do house-hold work, manage their child's studying through e-learning, entertain their spouse all the time, make themselves available for their parents or in-laws. For some people work from home is like a dream comes true while some is treating it as a nightmare. As per the situation is getting worst, the lockdown is continuously expanding. Couples with both partners working and also having same working hours, unable to spend time with their kids or those families where elders need to be entertained all the time, this situation can be testing. For many people, the age of the coronavirus is the most out of control thing that has ever occurred in their lives. This overall pandemic is influencing each road of life, from toilet-tissues to bed-rooms! Loving in the hours of COVID-19 is a representing or breaking

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the moment for couples. There is stress to battle with, self-isolation, travel bans, and in some spots, due to lockdown they got stuck in some other places without their partner and at their homes due to heavy workloads they even cannot be intimate with each other. This situation brings stress among couples, which leads to divorce or domestic violence.

### REVIEW OF LITERATURE

Divorce rates have expanded sharply in China as obligatory lockdowns have been set up planned for curbing the spread of the coronavirus. There has likewise been an expansion in domestic violence reports. Chinese urban communities, for example, Xi'an and Dazhou recorded record-high quantities of divorce filings toward the start of March, making overabundances in government offices, as indicated by a report from Bloomberg.

Agents at marriage registration offices said they handled a record number of divorces in a day and didn't have the opportunity to drink water. Since February 10, 2020 a sum of 311 marriages have been enlisted in the city of Miluo. In any case, the quantity of divorce registration has additionally arrived at 206, with a number of 18 divorces for every day, as per a report out of Miluo.

In spite of the fact that China distributes across the country insights on divorce from just every year, media reports from different urban communities show uncouplings flooded in March as married couples started rising up out of long stretches of government-ordered lockdowns proposed to stop the spread of the novel coronavirus. Occurrences of domestic violence at home additionally increased. The pattern might be an ominous warning for couples in the U.S. furthermore, somewhere else who are in the beginning times of isolating at home: If nonappearance causes the heart to become fonder, the inverse may be valid for an excess of time spent together around other people.

Shanghai divorce legal counselor Steve Li at Gentle and Trust Law Firm says his caseload has expanded 25% since the city's lockdown facilitated in mid-March. Infidelity used to be the No. 1 explanation customers appeared at his office entryway, he says, including that "individuals have the opportunity to have relationships when they're not at home." Like Christmas in the West, China's multiday Lunar New Year occasion can strain familial bonds. At the point when the infection hit in late January, just before the celebrations, couples in numerous urban communities needed to persevere through an extra two months caught under a similar rooftop, now and again with more distant family. For some, it was excessively. "The additional time they spent together, the more they abhor one another," Li says of his new cases. "Individuals need space. Not only for couples, this applies to everyone."

India's National Commission for Women (NCW) said it enrolled 587 domestic violence at home objections between March 23, 2020 and April 16, 2020 - a significant flood from 396 complaints got in the past 25 days between February 27, 2020 and March 22, 2020. One of every six new objections of domestic violence at home was made over a relaunched WhatsApp number. That WhatsApp number had been out of use for quite a while, a NCW official told Al Jazeera on state of obscurity, proposing there could have been more complaints that never traversed.

#### *Aims*

- The study aims to assess the signs of stress between couple during lockdown in India.

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- To help the couple cope-up with their stress for the sake of their strong bonding in their relationships.

### ***Recognize the signs of stress***

During the time of lockdown, due to the heavy workloads at homes couples may fail to recognize the symptoms of their stress, which can bring depression and results into failure relationships with their spouse.

*Physical symptom include-*

1. They are having lack of appetite.
2. They undergoes with insomnia.
3. They feel different type of body-aches.
4. They face nightmares.
5. They fall with many other physical signs with no bodily disease.

*Psychological symptoms include-*

1. Their libido has failed. They're depleted, worn out, and not resting soundly.
2. They're taking their stress on one another. Awful days occur.
3. They've gotten relationally repressed.
4. They overlook how to be in line with one another.
5. Their relationship is breaking under the strain.
6. Stress.
7. Nothing is fulfilling any longer.

### ***Some strategies to smoothen the relationship***

If couples are feeling stress during lockdown and not able to intimate with their partner, here are some strategies which they can follow to cope-up with their stress as well as to smoothen their relationship.

1. *Respect their Privacy-* Just because he is your partner, doesn't mean you have all the rights to check their phones, e-mails, or social media. Sometimes it feels good to let your partner enjoy their privacy.
2. *Plan some little Surprises-* Yes! We all know that we can do things with the very limited availability but one can do some kitchen experiment for the breakfast or lunch, another can plan a candle light dinner with soft music, show each-other old pictures, or surprise each other with old skills. Always remember little things can speak loudly.
3. *Old is Gold-* Express your heart out talking about old days, which has been left behind. Talking your partner about old days always alive the love for each-other.
4. *Say less to Social Media-* It is good to be active on social media. But it affects bad on your partner to see you online all the time. Try to spend less of your time on social-media if sitting together with each-other.
5. *Not necessary to sit all the time in the same room-* Because you're in lockdown, it is not necessary to sit and spend all the time together, sometimes it feels suffocated for both of the partners. Try to spend time in some another room, and explore the skills as writing or reading, playing with some musical instruments, drawing or you can do what you love.
6. *Exercise together-* Physical health is more important these days. Start the day with the healthy lifestyle, schedule a routine to exercise, yoga or meditate with some devotional music with your partner.
7. *Let Oxytocin do its work-* Sex is the greatest way to reduce the stress and anxiety. Cuddle with your partner and keep emotional intimacy during lockdown.

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8. *Lowers the Workload*- Help your partner in house-hold work, managing children and entertaining elders. It helps to lower the stress of your partner.

### ***Psychologist can also help***

You may contact the psychologist if needed as they have an expertise in managing people and coping with stress.

## **CONCLUSION**

In the pandemic situation like corona virus, lockdown is very important. But in some family's people are facing conflicts for each other specially in spouse relationships as they are spending much time like never before. They are working from home, doing household works, being available for their partners 24\*7, managing kids and entertaining elders at the same time. Our outcomes says that stress and wedded couples are very closed to each other as many couples decided for being separated from each-other or domestic-violence are also taking place, but with some strategies stress can be cope-up and relationships can be smoothen by spending some quality time with each other, helping in one's household work, respects each-other privacy, and to express emotional intimacy with each-other.

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### ***Conflict of Interest***

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