

## Effect of COVID-19 Lockdown on Women Mental Health

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### ABSTRACT

**Background:** Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales and one can be infected by breathing in the virus if one is within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth. On 24 March 2020, the Government of India ordered a nationwide lockdown in phases limiting movement and staying indoors for the entire 1.3 billion population of India as a preventive measure against the COVID-19 pandemic in India to contain the spread of coronavirus outbreak in India. The lockdown has impacted on the entire population of India and women are not an exception to this. **Aim:** The main objective of this research has been to study the effect of COVID-19 nationwide lockdown on the women population. **Methodology:** The study was conducted via Google Forms using a semi-structured questionnaire. A total of 100 responses were recorded and taken for statistical analysis. Frequencies and percentages were done in terms of statistical analysis. **Results:** Majority of women participants reported of facing difficulty in managing domestic chores and office work, in case of working women. Women are also having feeling of tiredness with the burden of work and experiencing anxiety, depressive feelings, stress. However, women reported that mostly they are getting help from their spouse and other family members in managing their daily life activities. **Conclusion:** Women mental health is necessary and needs to be focused on. The COVID-19 pandemic lockdown has shed light on the importance of women's mental health which in other situations is mostly ignored.

**Keywords:** COVID-19, Lockdown, Women

In 2019, the Centers for Disease Control and Prevention (CDC) started monitoring the outbreak of a new coronavirus, SARS-CoV-2, which causes COVID-19. Authorities first identified the virus in Wuhan, China. Since then, the virus has spread to nearly every country, leading the World Health Organization (WHO) to declare a pandemic. The new coronavirus has been responsible for millions of infections globally, causing hundreds and thousands of deaths. The first people with COVID-19 had links to an animal and seafood market. This suggests that animals initially transmitted the virus to humans. Then, people

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with no connections to the market developed the disease, confirming that humans can pass the virus to each other. The disease caused by SARS-CoV-2 that can trigger what doctors call a respiratory tract infection. It affects upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs). Infections range from mild to deadly <sup>[1]</sup>.

SARS-CoV-2, the virus, mainly spreads from person to person contact. It spreads when a sick person infected with this virus coughs or sneezes. They can spray droplets as far as 6 feet away. If one breathes them in, the virus can get into body. Some people who have the virus don't have symptoms, but they can still spread the virus. One can also get the virus from touching a surface or object the virus is on, then touching the mouth, nose, or possibly eyes with the infected hands. Most viruses can live for several hours on a surface that they land on. There is community spread also where doctors and health officials use this term when they don't know the source of the infection. With COVID-19, it usually refers to someone who gets the virus even though they haven't been out of the country or haven't been exposed to someone who's traveled abroad or who has COVID-19 <sup>[2,3]</sup>.

A lockdown is an emergency protocol that prevents people from leaving a given area. A full lockdown will mean one must stay where they are and cannot 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. On March 24, 2020, Government of India announced that the entire country would be in a complete lockdown for 21 days initially which slowly extended to the month of May, 2020 to check the spread of coronavirus as physical distancing has been one of the most important preventive measures. With this, India's 1.3 billion citizens were ordered to stay at home, unless inevitable.

Lockdown, social isolation has brought a number of psychological responses and has affected mental health of each and every person regarding fears of what might be in store in the times ahead in future. In India, the first and foremost responses to the pandemic has been fear and a sense of clear and imminent danger. The list is endless and leads to a cycle of concern, worry, and distress. The social distancing and lockdown have also led to several changes in day-to-day activities, redistribution of home chores, extensive working from home and greater time spent with those living together, interpersonal strains. Reactions can range from boredom and moodiness to anger, irritation, and frustration. One population group severely affected are women. The one section of the population that is painfully, but sadly not surprisingly, absent from this discussion of negative consequences – whether unintended or foreseen but inevitable – of the anti-pandemic measures has been women. Painfully, because the negative consequences of pandemic control measures on women are wide and deep which ignores its disproportionate impact on women. Gender perspectives are in need of attention as times like this can amplify an abusive relationship and increase intimate partner violence and the impact of pandemic management measures on women <sup>[4,5]</sup>.

The gendered and intersectional impact of any natural or human-made calamity, including COVID-19 plays out even in middle-class homes because 'working from home' is not the same for men and women. With domestic workers being laid off, women are relegated to unending household chores because everyone is home all the time. In general, the lockdown has increased the burden of household chores for women. Offices and schools have closed due to which husband and kids are at home full time. Helping staff such as maids and dhobi are not coming for work. Elderly are at greater risk of infection so they need greater care and attention. For working women, the situation is worse. Work from home has doubled their workload, doing their domestic chores and also attending to their workplace requirements at

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the same time. A nurse, frontline health worker, policewoman, bank employee returning home from work is expected to cook, clean, and bathe the children, with little concern for her own rest or recreation, while simultaneously worrying for 'putting the family at risk'. India having a patriarchal society has conditioned the society into believing that household work is primarily a woman's responsibility [6].

COVID-19 pandemic and lockdown has caused schools to remain closed and classes have shifted to online mode for most of the schools. To fill the gaps, parents have stepped up with teaching, instructing and training children. An estimated 59 per cent of women reported spending more time on these tasks. In Cambodia, Maldives and Pakistan, female single parents are feeling the burden the most. For many, these responsibilities have to be juggled with household chores and office work. Along with supporting their children's schooling, women also play an important role in the promotion of hygiene routines within the household. Lockdowns are also multiplying the domestic workload, another form of essential work, particularly since cleaning can prevent infection. Survey shows that in the Asia-Pacific region, women were already spending four times more time on care work prior to the crisis [7].

Since the spread of COVID-19, residents of large cities are facing significant challenges to perform health routines, an important contributor to overall well-being, physical and emotional health. Women are particularly affected in Bangladesh, Indonesia, Maldives and Nepal. Without routines such as regular exercise and self-care, the mental health of urban dwellers is also taking a toll. Overall, women city residents are seeing their mental health disproportionately affected (70 per cent city dwellers)[8,9].

In these situations, it is important to anticipate that stress, depression, and anxiety, if not effectively recognized and handled can transform into more severe distress, even leading to negative thoughts about the future, helplessness, hopelessness, suicidal thoughts and feelings.

Hence, this survey research has been undertaken to study the level of burden and other psychological issues faced by women during this lockdown period.

### **METHODOLOGY**

This survey research was conducted through online mode using Google Forms with link sent using WhatsApp, Facebook Messenger where there is an advantage of submitting the responses maintaining anonymity. This was an observational survey research carried out on women in Kolkata, West Bengal.

#### ***Instrument***

A 40-item self-designed semi-structured questionnaire was developed, with a consent form attached to it was used for the study. The survey questionnaire would take around 10-15 minutes to complete. The questionnaire started with information about background data which included age, occupation, marital status, whom they are staying with, any previous history of physical and psychiatric illness along with the main section comprising of a set of questions regarding COVID-19 lockdown period and its effect on women. The survey invitation clearly stated that the participants will have the right not to respond to the questions and participation in the survey will imply providing informed consent.

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### *Sample*

Total 100 responses were received between 30<sup>th</sup> March, 2020 till 31<sup>st</sup> May, 2020. These 100 responses are those responses who have given their consent to participate in this survey research.

### *Inclusion criteria and Exclusion criteria*

- Women aged between 25-55 years staying in urban area.
- Both single and married women were included.
- Able to read English.
- Has WhatsApp, Facebook messenger installed on their phone.
- Unwilling and not providing informed consent for the study.

### *Procedure*

The questionnaire using Google Form link was sent to the participants through Whatsapp, Facebook Messenger and on clicking the link the participants are directed to the information about the research and informed consent page. The participants had the liberty to not fill up the survey. Once they gave consent to take the survey, next they fill up the demographic details and sequentially a set of several questions appeared for them to answer. While collecting data, confidentiality and anonymity was maintained. Only the responses could be seen but not the name who filled it as the option of name is not included in the form itself. Anyone can opt out from the study if they do not want to continue even in the midway of this survey. Incomplete data was removed and the forms with complete responses were entered in the SPSS version 24 and finally analyzed.

**Statistical analysis:** SPSS version 24 (IBM Corp., Armonk, NY, USA) was used for statistical analysis. Descriptive analysis was computed in terms of frequency and percentage for discrete variables. All analyses were done with the help of SPSS.

## **RESULTS**

On analyzing the socio-demographic data and other information (Table 1), in terms of age 78 % of women falls in the age range of 35-45 years, 12% of women falls in the age range of 25-35 years, 10% of women falls in the age range of 45-55 years. In terms of highest educational 68% of women has completed their Post-Graduation, 28% of women were Graduate and 4% were Doctorate. 92% of women were married, 7% were single and 1% were divorced. 90% of women were married, 9% were single, 1% was divorced. 76% of women (including both married and single) were living with family members comprising of maximum 6 family members, 12% of married women stayed with only spouse, 10% of married women stayed alone with family members away from their spouse, 1% of single women stayed alone, 1% divorced women stayed with the family members.

Regarding occupation (Table 1), 82% of the women were found to be working and the remaining 18% were home maker. Among this 82% of working women, only 17% were going outside for work and 3 participants have not answered this question. Among the 17% women (14) who were going outside for work, 3 participants reported of having changed work timings and 11 participants reported of no change in their work timing due to the pandemic. 65% women were working from home, where 42 women reported of flexible work timings and 23 women reported no change in work timings when working from home. Coming to the main section of the semi-structured questionnaire (Table 2a), 44% of homemaker women stated that they never perform all the household chores alone.

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**Table 1: Socio demographic data**

Socio-demographic Variables	n (f)
<b>Age (Years)</b>	
25-35	78 (78%)
36-45	12 (12%)
46-55	10 (10%)
<b>Educational Qualification</b>	
Graduate	68 (68%)
Post-Graduate	28 (28%)
Doctorate	4 (4%)
<b>Marital Status</b>	
Married	90 (90%)
Single	9 (9%)
Divorced	1 (1%)
<b>Occupation</b>	
Home maker	18 (18%)
Working	82 (82%)
<b>In terms of Working women</b>	
Going outside for work	14 (17%)
Working from home	65 (79%)
Did not respond	3 (4%)
<b>Working women going outside for work reporting of changing of work timings</b>	
Change of work timings	3 (21%)
No change of work timings	11 (79%)
<b>Women working from home reporting of changing work timings</b>	
Change of work timings	42 (65%)
No change of work timings	23 (35%)
<b>Staying with</b>	
With family members (Both married and single comprising of 6 members)	76 (76%)
Spouse	12 (12%)
Only with family members away from spouse	10 (10%)
Alone (Single women)	1 (1%)
Family members (Divorce women)	1 (1%)

In case of working women, 45.12% reported of facing difficulty often to manage household chores and office work. 44% of women reported of always getting help from their spouse or family members in doing household responsibilities when staying with family members.

64% of women agreed that the nationwide lockdown period has isolated them from everyone. 33% women agreed that they do not get time to plan anything else after finishing all the domestic chores and professional work. 44% of women agreed that during lockdown they felt there is more work to do than they practically have the ability to do so. During

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lockdown, in terms of losing temper on small issues, 42% of women agreed to this, 54% agreed of getting irritated very easily and 64% of women agreed to experiencing mood swings (Table 2b).

**Table 2a: Frequencies and percentages of the semi-structured questionnaire**

Questions	Always (f)	Frequently (f)	Often (f)	Never (f)	Did not answer (f)
If you are a homemaker, are you doing all the household chores alone?	22%	11%	22%	44%	nil
If you are working and going out for work, are you finding it difficult to manage household chores and office work, also if you are working from home?	18.29%	19.5%	45.12%	7.31%	9.75%
Are you getting help from your spouse or other family members in doing the household responsibilities, if not staying alone?	44%	23%	15%	13%	4%

Regarding biological functions during lockdown days, in terms of sleep, 50% of women agreed that they were not getting sound sleep. In terms of appetite, 50% of women reported of no change in their appetite (Table 2b).

**Table 2b**

Questions	Strongly Agree	Agree	No Change	Disagree	Strongly Disagree	Did not Respond
I believe working like this during the lockdown period has isolated me from everyone.	20%	64%	7%	9%	nil	nil
I do not get time to plan anything else after finishing all the domestic chores.	9%	33%	4%	54%	nil	nil
My mind is not relaxed as I always feel burdened by office work (in case of work from home) and domestic chores.	18%	16%	8%	52%	2%	4%
I feel that during lockdown there is more work to do than I practically have the ability to do.	31%	44%	14%	11%	nil	nil
During these days I am losing my temper quite often on small issues.	29%	42%	13%	18%	8%	nil
I get irritated very easily during these lockdown days.	26%	54%	6%	7%	7%	nil
I feel these days I do not get a sound sleep.	16%	50%	16%	12%	6%	nil
My appetite has increased during these lockdown days.	10%	19%	50%	21%	nil	nil
These days I feel more tired than other days before	26%	50%	17%	6%	1%	nil

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Questions	Strongly Agree	Agree	No Change	Disagree	Strongly Disagree	Did not Respond
lockdown.						
These lockdown days have made me very restless and fidgety.	17%	42%	16%	18%	7%	nil
I have been finding it difficult to concentrate on my works during these lockdown days.	15%	54%	6%	22%	nil	3%
During lockdown, I realized that I do not have my personal space in my home.	17%	49%	16%	10%	8%	nil
These days I am experiencing mood swings.	18%	64%	7%	7%	4%	nil
During these lockdown days I feel like I am making a lot of adjustments in life.	20%	55%	16%	5%	4%	nil
I don't feel like working in these lockdown days.	20%	53%	14%	5%	8%	nil
These days, I am finding it difficult to focus on my personal relationships.	15%	60%	6%	15%	4%	nil
I feel I do not have anyone in my family to help me with my domestic chores and problems in these lockdown days.	4%	10%	4%	64%	18%	nil
These days I do not feel the urge to work the way I used to before lockdown.	12%	52%	13%	19%	2%	2%
I miss family activities due to the amount of time I spend on work responsibilities during lockdown days.	10%	18%	16%	52%	4%	nil
During these lockdown days, I get so drained after work that it prevents me from contributing to my family.	9%	60%	17%	9%	5%	nil
I miss important work activities at times due to the amount of time I spend on domestic chores in these lockdown days.	12%	15%	7%	62%	3%	1%
During this lockdown period, I feel emotionally energized while doing my office job and household chores.	13%	19%	51%	10%	1%	6%
While working from home, I feel that coordination and communication with my team members is a challenge.	16%	19%	11%	18%	13%	5%
While working from home, I feel that my boss cannot assess how much effort I am putting in while working.	17%	15%	17%	16%	11%	6%

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Questions	Strongly Agree	Agree	No Change	Disagree	Strongly Disagree	Did not Respond
While working from home, I think my creativity has increased.	10%	26%	18%	13%	nil	15%
While working from home, these days I am finding it difficult to organize my work and personal chores.	15%	14%	14%	30%	3%	6%
While working from home, I have a hard time concentrating on my work as I get stressed often by domestic chores.	14%	19%	12%	29%	1%	7%
While working from home, I feel my home responsibilities are actually counterproductive at work.	1%	45%	4%	16%	nil	16%

During lockdown days, 50% of women agreed to feeling of more tiredness than previously. 42% of women agreed that these days have made them very restless and fidgety. 54% of women agreed that they were finding it difficult to concentrate on their works during these days. 49% of women agreed to the realization that they do not have any personal space in their home. 55% of women agreed that they are making a lot of adjustments in life these days. 53% of women agreed of not feel like to work. 60% of women agreed to that they are finding it difficult to focus on their personal relationships. 52% of women agreed that they do not feel the urge to work the way they used to before lockdown. 60% of women agreed of getting drained too much after work that it prevents them from contributing to their family (Table 2b).

52% women disagreed that their mind is not relaxed as they always feel burdened by office work and domestic chores. 64% of women disagreed that they do not have anyone in their family to help with their domestic chores and problems in the lockdown days. 52% of women disagreed that they miss family activities due to the amount of time they spend on work responsibilities during these days (Table 2b).

Regarding feeling emotionally energized while doing office job and household chores, 51% of women reported of no change in energy (Table 2b).

The current paragraph deals with responses of women who are working from home (82%). Among them, 19% feel that coordination and communication with the team members is a challenge during the lockdown days. 17% women strongly agreed that they feel their boss cannot assess how much effort they are putting in while working from home. With regards to increase of creativity, 26% women agreed to this. 30% women disagreed that they find it difficult to organize their work and personal chores. 19% women agreed of having a hard time concentrating on office work as they get stressed often by domestic chores. 45% of women agreed that their home responsibilities are actually counterproductive at work. 62% of women who are working from home disagreed that they miss important work activities occasionally due to the amount of time spent on domestic chores in these days (Table 2b).



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Overall, 62% of women experienced depressive feelings, 16% reported of anxious feelings, 11% has feelings of hopelessness, 2% experienced excessive fear and 9% of women did not reply to this statement (Table 2c).

**Table 2c**

Question	Anxiety	Depression	Feelings of Helplessness	Excessive Fear	Suicidal ideas	Did not Respond
Do I feel any of these? Anxiety/ Depression/Feelings of helplessness/Excessive Fear/Suicidal Ideas	16%	62%	11%	2%	nil	9%

### DISCUSSION

The COVID-19 pandemic has turned out to be a major stressor for most of humanity. No such previous event has affected so many individuals all across the globe. There is recognition that the significant psychological consequences emerging out of this catastrophe need to be addressed specially in terms of women mental health. This pandemic has taken a toll on both homemaker and working women and may have long-term negative consequences. Socially prescribed cultural norms, attitudes, and practices in relation to gender also play a critical role in how individual women are affected. It is difficult to imagine the catastrophic effect of this sudden and seemingly indefinite rise in work pressure on the mental and physical health of women.

An average proportion of women (44%) has reported that they are always getting help from their spouse or other family members in doing household responsibilities when staying with family members and they never perform all household chores alone. This suggests a different perspective that only the women in the family are supposed to handle all the domestic responsibilities as per the gender roles. Women might be fortunate enough to be in families that share the burden.

In case of working women who are going outside or working from home, an average proportion (45.12%) reported of facing difficulty often to manage household chores and office work. It reflects that women have to take on the burden of home, schooling children, looking after old age member, if any, at home and performing household duties while getting stressed and being endowed for nurturing and caregiving always. In urban areas, due to the greater proportion of nuclear families, women may be needed to support the family by being at home to take care of the household and working simultaneously as house helps are also not available during the lockdown<sup>[10]</sup>.

Above average proportion of women (64%) agreed that the nationwide lockdown period has isolated them from everyone which may be attributed to the social distancing, restriction of going outside from home.

The pandemic lockdown has increased the burden of household work for all families. Children are off from school. They have to be home-schooled and managed at home simultaneously. The elderly are at risk and have to be attended to with greater care than usual. Along with the household chores, the safety measures has to be maintained, causing more stress and responsibilities on the women of the families. In India, the daily lives of middle-class families run on the backs of a slew of service providers: maids, drivers,

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gardeners, dhobi, garbage collectors, small vendors who bring essential goods right to their doorsteps, and neighborhood provision stores that have an incredibly efficient home delivery service. This whole system has disrupted in the lockdown, as homes with part-time help are confronted with increased housework because the service providers are not available. Due to this, an average proportion of women (44%) agreed that during lockdown they felt there is more work to do than they practically has the ability to do so and 53% of women agreed of not feeling and getting the urge to work the way they used to before lockdown. This avalanche of domestic chores, care work, maintaining safety measures doubles the burden for a women leading them (50%) to feel more tiredness than previous times, with occasionally making them (42%) very restless and fidgety and mostly (54%) they were finding it difficult to concentrate on their works during the lockdown days. Due to this burden, a major proportion (60%) of women agreed of getting drained too much after work that it prevents them from contributing to their family and also agreed that they are finding it difficult to focus on their personal relationships due to lack of time. On the contrary, however, only a small portion of women (33%) agreed that they do not get time to plan anything else after finishing all the domestic chores and professional work.

The lockdown has prompted both husband and wife to stay at home and work from home due to which there is frequent arguments, conflicts among spouses. This led to an average proportion (49%) of women agreed to the realization that they do not have any personal space in their home and they (55%) are making a lot of adjustments in life the lockdown days.

During lockdown, in terms of losing temper on small issues, average proportion of women (42%) agreed to this, above average proportion of women (54%) agreed of getting irritated very easily and 64% of women agreed to experiencing mood swings which can be attributed to the restrictions on social interaction, not going out of home, managing household responsibilities and work, in case who are working resulting in reactions ranging from boredom, burn-out, moodiness to anger, irritation, and frustration. Average proportion of women (50%) reported of not getting proper sleep which may be due to becoming excessive stressful, fearful of the pandemic situation and managing day to day activities maintaining hygiene<sup>[11,12]</sup>.

Despite of the feeling burdened by office work and domestic chores, major proportion (52%) of women disagreed that their mind is not relaxed. This reflects the fact about the societal norms prevailing from ages that women are always bound to look after household duties as they are accustomed to handle pressure very well are able to cope with it in relaxed manner. Above average proportion (64%) of women disagreed that they do not have anyone in their family to help with their domestic chores and problems in the lockdown days which does not make them miss family activities due to the amount of time they spend on work responsibilities during these days suggesting an inclination of change towards the gender roles prevailing in our society that only women are supposed to manage household chores and both men, women are distributing domestic responsibilities equally.

Among women who are working from home, a small proportion (19%) feel that coordination and communication with the team members is a challenge and that their boss cannot assess how much effort they are putting in while working from home (17%). It can be explained that work from home uses the online mode for meetings, conferences which is very different from the physical mode of working in office spaces, due to which women think that they are not evaluated properly for their hard work and effort. Women who are

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working from home have to manage both office work and household chores, taking care of children, elders in family, they are often finding it difficult to get creative ideas for their office (26%), in concentrating on office work as they get stressed often by domestic chores (19%), difficulty in organizing their work and personal chores (30%) and believe that their home responsibilities are actually counterproductive at work (45%). On the contrary, majority of women (62%) who are working from home disagreed that they miss important work activities occasionally due to the amount of time spent on domestic chores in these days suggesting the fact that even after getting burdened by daily life activities they are able to manage time for their family indicating the “Dashabhujā” role of women and also their dedication, importance towards their family relationships. Factors such as double burden for working women, the absence of assistance of house-help, and the increased need for cooking, cleaning, caring and hygiene is further increasing and tipping the skewed balance of domestic work.

Overall, 62% of women experienced depressive feelings, 16% reported of anxious feelings, 11% has feelings of hopelessness, 2% experienced excessive fear and 9% of women did not reply to this statement. During the lockdown situation, gender perspectives can amplify abusive relationship and increase intimate partner violence. In any of these situations, it is important to understand the presence of depressive symptoms, anxiety and stress, which can transform into more severe distress, even leading to negative thoughts about the future, helplessness, hopelessness, suicidal thoughts and feelings.

### CONCLUSION

COVID-19 has affected women and their mental health is taking a bigger toll as their workload at home has multiplied along with this, the emotional impact of the pandemic is disproportionately falling on women’s shoulders in most countries. Increases in taking care and domestic work, job and income loss, and the effects of the lockdown on gender-based violence are among the factors that may be contributing to higher rates of stress and anxiety among women. The current survey research has also shown that the lockdown has effected women, who are housewives or working from home in some or other way. Women displayed a more emotional reaction to the pandemic, confessing being anxious, depressed, fearfulness, helplessness.

There are a few limitations of this study. The responses were collected through online mode, so previous psychiatric history could not be ruled out. The sample size was small and the responses included adult participants only from one urban location. The study can be conducted again with a large sample size, with participants from semi-urban and rural areas. Worries of adults can be transmitted to children, senior old persons and make them anxious, fearful; these two groups can be included in future studies. Domestic violence can also be included in future studies.

Not only has the COVID-19 pandemic affected men and women differently, it has also affected unequally placed women differently. Therefore, only an approach that recognizes the needs of women can have a meaningful and lasting impact on the wellbeing of women. Perhaps, society has started respecting the domestic workers when they return to service families after lockdown; perhaps men has started acknowledging that childrearing and sharing housework can be fulfilling activities. COVID-19 has the potential to take our society towards the brink of disaster, or it can prompt to move towards an equitable and sustainable society.

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Women are pillar of our society with their special caliber to work persistently while managing quality in different sectors, all simultaneously. However, the discrimination over them is much real, including poor attention over their health as a whole. Mental health of women is no exception either, and significantly affected by socio political and economic issues. Hence, this pandemic has shown this perspective that women mental health is a very important area where more awareness needs to be done.

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

The author(s) declared no conflict of interest.

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