

## Compelling Roles of Home Environment in Homemakers' Lives

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### ABSTRACT

The initial life-giver is earth and second, there is the part of the woman. The one who gives her time and energy from birth till her death by becoming a sister, wife, mother & homemaker. A Homemaker is the one who takes care of the house, takes care of family members, and puts up with care of their needs & does not run on any salary. A homemaker generally works many unpaid hours per week and frequently depends on her husband's wages for financial assistance. Every person's home environment has a profound impact on their daily lives. The home environment is fundamental for outgrowth as well as psychological well-being. Family is an influential part of an individual, here one learns to respect, and honor, the real meaning of humanity, and with the same values they socialize. Womens savvy their home and equate every member's feelings. Meanwhile, homemakers also want to unfold their sentiments but in this renewal world, everyone is absorbed in their vividness. The home environment imparts a secure life, homemakers are the ones bestowing that to everyone. They set out their day preparing meals for breakfast, and giving goods and chattels to members. This review elucidates homemakers' toil every single day, it's foremost to understand whether their responsibility is making them weak. Does she get time for them or not? Every person needs self-care. To ameliorate their overall well being it's seminal to focus on coping strategies to minimize stress levels, depressive thoughts increase belongingness. Circumspect behavior is a need for homemakers.

**Keywords:** *Women, Homemaker, Home environment, Family*

*The homemaker has the ultimate career. All other careers exist for one purpose only - and that is to support the ultimate career - C.S. Lewis*

### HOMEMAKERS- FAMILY- HOME ENVIRONMENT

Never disregard the positive impact of a clean, comfy home. "Home" can have different meanings to individual people. For some, it simply refers to the area they name "home," while for others, it might be a "feeling" of love and caring. We should feel most at ease in our homes and with our family, and to create a home, there must be a sentimental bond. In older life, a home can have a profound impact on who we are and how we live. To live meaningful lives, we need a healthy home.

The home environment is a significant factor in determining a person's general well-being. We spend the majority of our time there, and it can have a significant effect on our physical,

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emotional, and mental health. In contrast to a negative home environment, which can lead to stress, anxiety, and even depression, a pleasant home environment can promote a sense of safety, security, and comfort.

The inhabitants of a home are one of the most important elements in establishing a positive home environment. A sense of belonging and improved mental health can be achieved by families who are supportive, caring, and respectful of one another. On the other hand, family disputes, a lack of communication, and disrespectful conduct can foster a toxic environment that is bad for one's mental health.

Having a physical space is a crucial component of a healthy home environment. While a clean, well-organized environment can encourage tranquility and relaxation, a cluttered, dirty, or disorganized house can cause stress and anxiety. To create a comfortable and relaxing space, it is imperative to maintain a clean, organized, and clutter-free home environment. Incorporating factors that encourage rest and well-being into the home environment might also improve it. This may consist of elements like plants, daylight, calming hues, and comforting aromas. Reduce stress, improve emotional balance, and enhance overall quality of life by establishing a relaxing and healthy home environment. The home environment is crucial in determining a person's general well-being. Focusing on the people who reside there, the actual space, and including items that encourage relaxation and well-being are all part of creating a healthy home environment. By doing this, we may design an environment that fosters emotional, physical, and mental wellness in addition to being cozy and friendly. (Banerjee, 2016) "A woman who works primarily at home, taking care of her family, cooking, storing food, purchasing necessities for the family, cleaning and maintaining the home, sewing clothes for the family, and typically not working outside the home is known as a housewife." Studies on Indian women's subjective well-being and adjustment to marriage have also been carried out in Rajasthan. In India, educated housewives and working women reported that the subjective well-being and marital adjustment of employed women were superior to that of housewives.

## DISCUSSION & CONCLUSION

Housewife's life (no Social Security, no salary, etc.); changing theories about the values of housekeeping (Andre, 1881). The female excess in MSDs may be mostly the result of various ergonomic exposures, such as repeated work, inappropriate postures, and less job variety in duties often given to women (Dahlberg et al., 2004). Goal-directed behavior is heavily influenced by self-efficacy, which is future-focused.

Self-efficacy is the belief that one can carry out particular actions required to attain a desired result (Bandura, 1982). It seems that full-time homemakers gain from having less responsibility for circumstances outside their control in comparison to spouses with jobs. Compared to homemakers, working women seem to gain by having less repetitive tasks (LENNON, 1994)

Employed wives and homemakers experience on average similar levels of depressive symptoms (LENNON, 1994). Relaxation techniques are a crucial part of therapy for managing stress, it might be contending. Housewives can learn how to control their stress by implementing these strategies in their daily lives. Reducing stress with the help of the relaxation technique works well. Housewives themselves are against many forms of stress that can lead to psychological and physical problems. By using these approaches daily, their

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capacity to withstand stress will increase (Banerjee, 2016). (Sharma, 2023) There was no discernible difference in the home dynamics between mothers who work and those who do not. The study concludes that, in comparison to women who do not work, working mothers endure noticeably more parental stress. (Pearlin and Lieberman,1997) found that when stressful life events were relatively infrequent or minor, married and unmarried women had similar levels of depression.

Women have traditionally been seen as the primary homemaker in the family, responsible for managing the household, caring for children, and providing emotional support. This role can be challenging and can have an impact on a woman's lifestyle and psychological well-being. On the one hand, the sense of purpose and fulfillment that comes from caring for others can boost self-esteem and create a sense of meaning in life. On the other hand, the lack of recognition and appreciation for the work that homemakers do can lead to feelings of undervaluation and low self-worth. To maintain psychological well-being, homemakers need to prioritize self-care and make time for activities that bring them joy and fulfillment. Seeking social support and connecting with other homemakers can also help combat feelings of loneliness and isolation.

The role of a homemaker can have both positive and negative impacts on a woman's well-being. On the one hand, the sense of purpose and fulfillment that comes from caring for others can boost self-esteem and create a sense of meaning in life. On the other hand, the lack of recognition and appreciation for the work that homemakers do can lead to feelings of undervaluation and low self-worth. To maintain psychological well-being, homemakers need to prioritize self-care and make time for activities that bring them joy and fulfillment. Seeking social support and connecting with other homemakers can also help combat feelings of loneliness and isolation.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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