

## Walking Beyond Crisis: Kerala Women's Psychological Health During the Pandemic Era

Roslin P.<sup>1</sup>, Rakesh K. R.<sup>2\*</sup>

### ABSTRACT

The covid 19 pandemic has created a significant impact on the lives of people's psychological health, and women have experienced particular difficulty because of the many roles and responsibilities that they take up in Kerala households. This is an effort to explore the psychological health of working and non-working women in Kerala. A random sampling method was used to collect the data from people working in different organizations, and the results were obtained. The finding suggests that working women were able to have more psychological well-being in specific dimensions like self-acceptance and purpose of life than non-working women. So, the study implies that we need to plan tailor-made interventions for women in Kerala, especially those limiting themselves to household work since their psychological well-being is affected.

**Keywords:** *Psychological Well-Being, Working Women, Non-Working Women*

People's world view has altered as a result of the COVID-19 pandemic (Brown et al., 2021). The perspective change started from the point of financial insecurity where the majority of them lost their job in the phase of the pandemic and was unable to even think of a new job due to the lockdown which was initiated by the government (Abbas et al., 2021; Anglim & Horwood, 2021). A reassessment of what really matters in life and a change in priority resulted from the financial uncertainty (Godinić & Obrenovic, 2020). Individuals started placing more value on their relationships, health, and general well-being than on financial goods and professional achievement (Issa & Jaleel, 2021; Naz et al., 2022, p. 19). In addition, as people bonded together to support those in need during these trial times, the pandemic also brought attention to the value of communal support and solidarity in general (Chen et al., 2021).

Focusing on the technological aspects at this phase, there is a drastic change. The speed at which the introduction of new technology, globalization, privatization policies, and other factors have altered business operations has increased during the pandemic phase, significantly altering how people work and interact (Alam & Rizvi, 2012). The fast acceleration of technology adoption during the pandemic further changed how people

<sup>1</sup>Research Scholar, Department of Psychology, School of Social Sciences and Humanities, Christ (Deemed-to-be) University, Delhi NCR, India **ORCID ID: 0000-0001-6904-7825**

<sup>2</sup>Assistant Professor, Department of Psychology, School of Social Sciences and Humanities, Christ (Deemed-to-be) University, Delhi NCR, India **ORCID ID: 0000-0002-5464-275X**

\*Corresponding Author

**Received: November 12, 2023; Revision Received: February 26, 2024; Accepted: March 02, 2024**

interacted and worked with virtual communication platforms, playing a vital role in preserving ties and remote work emerging as the new standard (Chen et al., 2021). This change brought attention to the significance of digital literacy as well as the necessity of resilience and adaptation in a world that is becoming more digital. Additionally, the deluge of information on the disease's unpredictable spread, social distancing, and quarantine policies implemented in an effort to reduce also have created a negative impact and contributed to a lot of mental and psychological health concerns for a large number of individuals (Alfawaz et al., 2021; Dahlberg, 2021). The sudden shift to remote work and extensive use of digital platforms has created challenges in maintaining productivity and collaboration among team members. Moreover, the prolonged isolation and lack of social interaction have led to feelings of loneliness (Groarke et al., 2020), anxiety (Abdulla et al., 2021), and depression (Ceri & Cicek, 2021) among many individuals (Naz et al., 2022). Moreover, all sectors of the job and education were affected (Abdulla et al., 2021; Godinić & Obrenovic, 2020, p. 19), majority shifted to online mode and the jobs which had to sustained had to make their stance in an online mode (Churi et al., 2021). Researchers conducted studies for the majority of the sectors (Ceri & Cicek, 2021, p. 19; Dahlberg, 2021, p. 19; Dalal et al., 2020; Naz et al., 2022, p. 19) except for general women (Alan et al., 2020; Corno et al., 2023; Kamal et al., 2020) which is the gap addressed in the study.

Traditional roles taken up by women in Indian households include cooking, cleaning, and caring for children, which include instructing them on the cultural and traditional norms and also imparting the prevailing moral practices (Mencher, 1988; Nath, 1968). These roles are deeply ingrained in the Indian culture and have been passed down from generation to generation. Since they are set apart for these roles, traditional Indian families do not pay much attention to educating women (Leonard, 1979). Women's dedication to these responsibilities ensures the preservation of cultural values and the well-being of future generations. In order to preserve social ties and keep families connected, women also play a pivotal role. They often act as the glue that holds the family together, organizing and coordinating family gatherings and celebrations. Additionally, women provide emotional support and act as mediators during conflicts, helping to maintain harmony within the family unit. Moreover, the father would be the breadwinner of the family. So, women are encouraged to maintain a family atmosphere that is balanced. This traditional practice still prevails in Kerala, even in certain urban cities. This section is called as the non-working women in the current study. Thus, living with the family around the clock and being the only member of the family to support and nurture all basic needs has proven difficult throughout the pandemic, leading to many unanswered problems being unexplored.

On the other hand, women are initiating steps to break through the conventional norms set by traditional Indian society through a more balanced and mature state of functionality (Agarwala, 2008). The major contributor to the same is the literacy rate prevailing in Kerala. It is also observable that they join hands with male-dominated professions both at the time of enrollment in programs and in even securing placements. Thus, the status and position of women have drastically changed over the years, and it is comparatively high in Kerala. A significant challenge comes into play when a working woman has a traditional husband, where she has to take up organizational and household responsibilities together without support (Aziz, 2004; Buddhapriya, 2009). So, there need to be social-family adjustments to balance the duties. If it fails, the work-life balance is altered, resulting in increased stress and anxiety, even affecting mental health in the long run. So, the stress experienced by women in the current scenario is relevant; the pandemic has created much hazel, which people are still finding difficult to manage. Moreover, to investigate the quality of women's experience in

paid employment, marriage and the role as mother is connected to women's psychological well-being.

So, it could be concluded that there are problems for working and non-working women in Kerala households and in the phase of the pandemic, the problems have escalated. So, understanding psychological well-being can throw light on the facts of their functionality and promote programs to enhance the functionality of women during the pandemic.

### REVIEW OF LITERATURE

Psychological well-being (PWB) research has been conducted globally, continentally, and nationally, which would be explored with different sectors.

A study conducted by the British government to promote PWB in England proved that socioeconomic deprivation was the leading cause of poor PWB in the country, which affects the lifestyle and finally contributes to the spread of communicable diseases. When we look at poor countries like India, the same concerns resonate with the population, which stayed unexplored but could be a reality too (Barr et al., 2005).

Pre-pandemic research was conducted on PWB among young employees in the private sector of IT companies. The results concluded that gender does play a role in PWB, and there is a difference between men and women, but age does not have an impact. So, maintaining an environment that promotes PWB can promote the functionality of the employees in the IT sector and indirectly contribute to the success of an organization; the research gives the perspective of young adults specifically (Aryan & Kathuria, 2017).

The study on the psychological well-being of Pakistani university teachers concluded that there is a similar level of PWB for men and women, and female teachers scored high on positive relationships and self-acceptance. Marital status impacted purposeful life, and personal growth was high for unmarried teachers. Autonomy was high for married teachers, basically based on the specific role they take up in life, and the public and private sector components did not have an impact (Akram, 2019).

According to a few theorists, PWB is defined as a subjective feeling of happiness and satisfaction. A study conducted from this defined background for public and private banking employees concluded that PWS is higher for the public sector compared to the same counterpart in the private sector (Alam & Rizvi, 2012). A study at King Saud University during the peak phase of the national lockdown concluded that people suffered from anxiety, depression, and insomnia. The result also claims that family bonding improved during this phase, and acute mental health disorders were common in the academic community compared to the non-academic community. Good and strong family bonds act as the coping mechanism for promoting well-being, and females were able to navigate this phase better compared to males (Alfawaz et al., 2021). A study examined the psychological well-being of wheelchair sports participants and non-participants, and the impact of competitive levels was explored. The results showed that the participants had a positive profile with lower tension and depression, anger and confusion, higher vigor and mastery, and international athletes had a higher level of vigor and anxiety (Campbell & Jones, 1994).

A study conducted on a Turkish sample reports that stress, depression, and psychological well-being among professionals and non-professionals had no statistical difference, but psychological well-being differs based on the job description, age, gender, marital status and

## **Walking Beyond Crisis: Kerala Women's Psychological Health During the Pandemic Era**

work. Poor mental health was an outcome shared by the majority of the women in the study, couples without children, those who dedicate their service to COVID-19 services and those who experience isolation from the near ones over a longer period. So, professional and demographic character can contribute to psychological health (Ceri & Cicek, 2021)

Thus, it could be concluded from the above studies that psychological well-being is affected during the coronavirus pandemic. Women do have health effects due to the pandemic, and there is a difference between working and non-working from the context internationally, continentally, and nationally.

### ***Purpose of the study***

The primary purpose of this study was to explore the psychological well-being of working and non-working women in the context of the COVID-19 pandemic in Kerala, which is unexplored due to the speciality of the cohort in history.

### ***Objective of the study***

- To compare psychological well-being among working and non-working women in Kerala
- To assess the dimensions of psychological well-being, which are specific contributors to promoting psychological well-being among working and non-working women.

### **Hypothesis**

- Ho: There would be no relationship between the psychological wellbeing of working and non-working in Kerala
- H1: There would be a relationship between the psychological well-being of working and non-working in Kerala.

## **METHOD**

### ***Research design***

A nonexperimental, cross-sectional correlational research design was used to explore the psychological well-being of the working and non-working women from Kerala.

### ***Participants***

The study participants were women willing to participate in the study who reside in Kerala and are working or homemakers. Basic literacy in understanding and comprehending the English language was one of the requirements of the study.

### ***Sampling technique and sample profile***

Data was collected during the time of June for two weeks in Kerala. The consent form was attached to the Google form, and those who responded yes would be facilitated to move to the fill the form. They were also given the details of the researcher to reach out at any point to withdraw from the study. Forty-nine working and fifty-one non-working women were selected using the snowball sampling method. The participants were briefed about the study in the form, and after consenting, they were directed to give the demographic and fill out a psychological well-being scale. The participants' response rate was very low, even after several email reminders. Not many of them completed the form. The participants were between the ages of 18 and 65, who were part of the study.

**Materials**

Psychological well-being was the dependent variable, assessed through the psychological well-being scale by Ryff. Information about six sub-factors in this study, such as autonomy, environmental mastery, personal growth, positive relation, the purpose of life, and self-acceptance, was assessed and was gathered through 18 questions in the psychological well-being scale. The test-retest reliability of the questionnaire and the consistency value for the scale was 0.82.

**RESULTS**

A total of 149 data was obtained through the Google form. The data was screened for missing values and incomplete data, and the people who did not consent to the study were removed. The final data was obtained from 100, of which 49 were working women and 51 were non-working women, where the ratio of working to non-working women was almost equal. The mean age of the sample  $M (SD) = 31.8 (9.27)$ ; other demographic details were not obtained in the study. All participants were residing in Kerala and were either employed or homemakers.

*Table 1 Demographic details*

Demographic details	M (SD)
Age	31.8 (9.27)
Working status	
Working women	49
Non-working women	51

*Table 2 Independent sample t-test result*

Dimension	Statistics	p
Psychological wellbeing	$t (98) = 2.53$	0.006
Autonomy	$t (98) = -0.25$	0.601
Environmental mastery	$t (98) = -0.14$	0.559
Personal growth	$t (98) = 1.60$	0.056
Personal relationships with others	$t (98) = 1.65$	0.051
Purpose of life	$t (98) = 2.48$	0.007
Self- Acceptance	$t (98) = 2.71$	0.004

*Note: Test of significance suggests a violation of the assumption of equal variances*

There is a significant difference in psychological well-being between the working and non-working women  $t (98) = 2.5, p = 0.006$ . This research suggests that working women have significantly higher levels of psychological well-being than non-working women. When we consider the dimensions, the purpose of life and self-acceptance has a significant role in the study. The significant difference in the purpose of life  $t (98) = 2.4, p = .007$ , and for self-acceptance  $t (98) = 2.7, p = .004$ , is seen between working and non-working women. In both cases, working women have significantly higher levels in both dimensions. However, other dimensions like autonomy, environmental mastery, personal growth, and positive relations with others do not play a role between working and non-working women.

**DISCUSSION**

The study findings of working and non-working women in Kerala during the COVID-19 pandemic have a unique role to play while considering their role and its contribution to the field of research.

The initial hypothesis is proven, stating a difference in PWB among working and non-working women (Park et al., 2021). Working women have more psychological well-being compared to non-working women. The two dimensions highlighted in promoting psychological well-being among working women were self-acceptance and having a purpose in life (Park et al., 2021). The findings are somewhat surprising since working women are often exposed to higher stressors like work demand if they are in the medical field (Abdulla et al., 2021; Wang et al., 2022), financial concerns if they are in the business field and if they are not technologically sound that also is problematic, and the pandemic outbreak has created concerns of social isolation (Christiansen et al., 2021; Issa & Jaleel, 2021) since that was the best option available at the point to check the infection. Nonetheless, it is plausible that working women's sense of stability and purpose during the pandemic was facilitated by the structure and routine that came with their jobs, which raised their psychological well-being (Chen et al., 2021). There were other variables like coping styles and strategies or role and impact of the social supporting system, which is still not explored in this study but might have an impact, which might be the factors that support working women.

The reasons why the working women in Kerala had more sense and purpose in life could be the contribution of a culture that they are part of, which nurtures human values as its core and the act of serving at the cost of giving their own life is adorable enhancing the purpose of life. Having specific goals and purposes in alignment with their values can significantly impact the long-term effects, especially in enhancing one's well-being and emotional health (Cox, 2018). Furthermore, working women might have more chances through their careers to grow in self-acceptance (Garwal et al., 2020). For instance, working women may learn how to create and meet objectives, acquire new abilities, and be acknowledged for their achievements, which can facilitate more resilience.

A higher sense of self-worth and confidence can come with career satisfaction and success. In the face of the pandemic, certain professions were viewed with profound respect for the risk they take to support humanity, which also could be a reason to create a positive effect in promoting psychological well-being. The other factor that can act as a contributor is the greater social support (Mahato & Jha, 2022) for working women compared to non-working women. Having good social support (Chen et al., 2021) can enhance the component of personal relationships and promote PWB. One of the fields that had a greater impact during the phase of the pandemic was the medical field. An example while considering the work dynamics may be in nursing, a profession headed by women, where there is a lot of cooperation and collaboration to complete each duty shift, so directly and indirectly, there is a lot of emotional support, which can act as stress relievers in the crisis context, and can even promote PWB (Matharu & Juneja, 2021). There is a lot of social leaning due to many social interactions, which helps build the support system, which ultimately contributes to PWB. Thus, it could be concluded that working women may have more resilience to the negative effects of the pandemic than non-working women. Considering the theoretical aspect, resilience theory states that when an individual is subjected to more stress, their ability to revert from it also increases. So, it can be concluded that even though they were passing through a tough time of uncertainty, they decided to respond by focusing on their strength and not the opposing side.

This is likely due to several factors, including a stronger sense of purpose in life, more opportunities for self-acceptance, and greater access to social support. Overall, the findings of this study provide some evidence that working women may experience some benefits for

their psychological well-being, even during a challenging time like the COVID-19 pandemic. However, more research is required to confirm the present findings.

### ***Limitation***

The major limitation is that it is a cross-sectional survey research design and only a single variable is explored. Here are a number of other variables that can alter the functionality during the peak phase of pandemic, but the researchers had their limitation. The smaller sample size is also a big limitation considering the population in concern. The causality of the study variables is also not yet explored well. Moreover, since it is a self-report measure, response bias, also is part of the work which can bias the results. Future researchers can take these limitations into mind while embarking on their research. The results found in these.

### ***Future implication***

There are other variables also that can contribute to psychological wellbeing yet not explored in the study and can be taken up by for future research. The advantage being having plans for intervention since we are clear about the mental health problems that can come for the population. Finally, PWB among working and non-working can also be contributed by socioeconomic status and individual differences like personality, intelligence and etc., which are outside the scope of this study.

## **REFERENCES**

- Abbas, M., Malik, M., & Sarwat, N. (2021). Consequences of job insecurity for hospitality workers amid COVID-19 pandemic: Does social support help? *Journal of Hospitality Marketing & Management*, 30(8), 957-981. <https://doi.org/10.1080/19368623.2021.1926036>
- Abdulla, E., Velladath, S. U., Varghese, A., & Anju, M. (2021). Depression and anxiety associated with COVID-19 pandemic among healthcare professionals in India- A systematic review and meta-analysis. *Clinical Epidemiology and Global Health*, 12, 100888. <https://doi.org/10.1016/j.cegh.2021.100888>
- Agarwala, T. (2008). Factors influencing career choice of management students in India. *Career Development International*, 13(4), 362-376. <https://doi.org/10.1108/13620430810880844>
- Akram, M. (2019). Psychological well-being of University teachers in Pakistan. *Journal of Education and Educational Development*, 6(2), 235-253. <https://doi.org/10.22555/joeed.v6i2.2473>
- Alam, S., & Rizvi, K. (2012). Psychological well-being among bank employees. *Journal of the Indian academy of applied psychology*, 38(2), 242-247.
- Al Issa, H., & Jaleel, E. M. (2021). Social isolation and psychological wellbeing: Lessons from COVID-19. *Management Science Letters*, 609-618. <https://doi.org/10.5267/j.msl.2020.9.006>
- Alan, S., Vurgec, B. A., Cevik, A., Gozuyesil, E., & Surucu, S. G. (2020). The effects of COVID-19 pandemic on pregnant women: Perceived stress, social support and sleep quality. *Yonago Acta Medica*, 63(4), 360-367. <https://doi.org/10.33160/yam.2020.11.016>
- Alfawaz, H. A., Wani, K., Aljumah, A. A., Aldisi, D., Ansari, M. G., Yakout, S. M., Sabico, S., & Al-Daghri, N. M. (2021). Psychological well-being during COVID-19 lockdown: Insights from a Saudi State University's academic community. *Journal of King Saud University - Science*, 33(1), 101262. <https://doi.org/10.1016/j.jksus.2020.101262>

- Anglim, J., & Horwood, S. (2021). Effect of the COVID-19 pandemic and Big Five personality on subjective and psychological well-being. *Social Psychological and Personality Science*, 12(8), 1527-1537. <https://doi.org/10.1177/1948550620983047>
- Aryan, R., & Kathuria, D. (2017). Psychological wellbeing at workplace:-an analytical study on it sector. *International Journal of Advanced Research in Computer Science and Software Engineering*, 7(6), 223-228. <https://doi.org/10.23956/ijarcse/v7i6/0150>
- Aziz, M. (2004). Role stress among women in the Indian information technology sector. *Women in Management Review*, 19(7), 356-363. <https://doi.org/10.1108/09649420410563412>
- Barr, W., Kirkcaldy, A., Robinson, J., Poustie, V. J., & Capewell, S. (2005). A survey of psychological wellbeing in an adult population. *British Journal of Community Nursing*, 10(6), 260-265. <https://doi.org/10.12968/bjcn.2005.10.6.18163>
- Brown, A., Flint, S. W., Kalea, A. Z., O'Kane, M., Williams, S., & Batterham, R. L. (2021). Negative impact of the first COVID-19 lockdown upon health-related behaviours and psychological wellbeing in people living with severe and complex obesity in the UK. *EClinicalMedicine*, 34, 100796. <https://doi.org/10.1016/j.eclinm.2021.100796>
- Buddhapriya, S. (2009). *work-family challenges and their impact on career decisions: A study of Indian women Professionals*. *Vikalpa: The Journal for Decision Makers*, 34(1), 31-46. <https://doi.org/10.1177/0256090920090103>
- Campbell, E., & Jones, G. (1994). Psychological well-being in wheelchair sport participants and Nonparticipants. *Adapted Physical Activity Quarterly*, 11(4), 404-415. <https://doi.org/10.1123/apaq.11.4.404>
- Ceri, V., & Cicek, I. (2020). Psychological well-being, depression and stress during COVID-19 pandemic in Turkey: A comparative study of healthcare professionals and non-healthcare professionals. *Psychology, Health & Medicine*, 26(1), 85-97. <https://doi.org/10.1080/13548506.2020.1859566>
- Chen, A. T., Ge, S., Cho, S., Teng, A. K., Chu, F., Demiris, G., & Zaslavsky, O. (2021). Reactions to COVID-19, information and technology use, and social connectedness among older adults with pre-frailty and frailty. *Geriatric Nursing*, 42(1), 188-195. <https://doi.org/10.1016/j.gerinurse.2020.08.001>
- Chen, X., Zou, Y., & Gao, H. (2021). Role of neighborhood social support in stress coping and psychological wellbeing during the COVID-19 pandemic: Evidence from Hubei, China. *Health & Place*, 69, 102532. <https://doi.org/10.1016/j.healthplace.2021.102532>
- Christiansen, J., Qualter, P., Friis, K., Pedersen, S., Lund, R., Andersen, C., Bekker-Jeppesen, M., & Lasgaard, M. (2021). Associations of loneliness and social isolation with physical and mental health among adolescents and young adults. *Perspectives in Public Health*, 141(4), 226-236. <https://doi.org/10.1177/17579139211016077>
- Churi, P., Mistry, K., Asad, M. M., Dhiman, G., Soni, M., & Kose, U. (2021). Online learning in COVID-19 pandemic: An empirical study of Indian and Turkish higher education institutions. *World Journal of Engineering*, 19(1), 58-71. <https://doi.org/10.1108/wje-12-2020-0631>
- Corno, G., Villani, D., De Montigny, F., Pierce, T., Bouchard, S., & Molgora, S. (2022). The role of perceived social support on pregnant women's mental health during the COVID-19 pandemic. *Journal of Reproductive and Infant Psychology*, 41(5), 488-502. <https://doi.org/10.1080/02646838.2022.2042799>
- Cox, S. (2018). Tips for emotional agility. *Nursing Management*, 49(7), 56-56. <https://doi.org/10.1097/01.numa.0000538912.07418.16>
- Dahlberg, L. (2021). Loneliness during the COVID-19 pandemic. *Aging & Mental Health*, 25(7), 1161-1164. <https://doi.org/10.1080/13607863.2021.1875195>



## Walking Beyond Crisis: Kerala Women's Psychological Health During the Pandemic Era

- Dalal, P., Roy, D., Choudhary, P., Kar, S., & Tripathi, A. (2020). Emerging mental health issues during the COVID-19 pandemic: An Indian perspective. *Indian Journal of Psychiatry*, 62(9), 354. [https://doi.org/10.4103/psychiatry.indianjpsychiatry\\_372\\_20](https://doi.org/10.4103/psychiatry.indianjpsychiatry_372_20)
- Garwal, D. Y. S., Paul, M., & David, A. (2020). A Preliminary Study of Job Satisfaction among Women Employees in Banking Sector of Delhi NCR, Sonapat of Haryana, India. *International Journal of Management*, 11(10).
- Godinic, D., Obrenovic, B., & Khudaykulov, A. (2020). Effects of economic uncertainty on mental health in the COVID-19 pandemic context: Social identity disturbance, job uncertainty and psychological well-being model. *International Journal of Innovation and Economic Development*, 6(1), 61-74. <https://doi.org/10.18775/ijied.1849-7551-7020.2015.61.2005>
- Groarke, J. M., Berry, E., Graham-Wisener, L., McKenna-Plumley, P. E., McGlinchey, E., & Armour, C. (2020). Loneliness in the UK during the COVID-19 pandemic: Cross-sectional results from the COVID-19 psychological wellbeing study. *PLOS ONE*, 15(9), e0239698. <https://doi.org/10.1371/journal.pone.0239698>
- Leonard, K. (1979). undefined. *Pacific Affairs*, 52(1), 95. <https://doi.org/10.2307/2757768>
- Mahato, T., & Jha, M. K. (2022). Women's self-help groups and COVID-19 pandemic: Resilience and sustenance. *Palgrave Studies in Democracy, Innovation, and Entrepreneurship for Growth*, 323-342. [https://doi.org/10.1007/978-3-031-12217-0\\_16](https://doi.org/10.1007/978-3-031-12217-0_16)
- Matharu, S. K., & Juneja, D. (2021). Factors impacting resilience of women entrepreneurs in India in the face of COVID-19. *Vision: The Journal of Business Perspective*, 097226292110432. <https://doi.org/10.1177/09722629211043299>
- Mencher, J. P. (1993). undefined. *A Home Divided*, 99-119. <https://doi.org/10.1515/9780804765824-007>
- Nath, K. (1968). Women in the working force in India. *Economic and Political Weekly*, 1205-1213.
- Park, C. L., Finkelstein-Fox, L., Russell, B. S., Fendrich, M., Hutchison, M., & Becker, J. (2021). Psychological resilience early in the COVID-19 pandemic: Stressors, resources, and coping strategies in a national sample of Americans. *American Psychologist*, 76(5), 715-728. <https://doi.org/10.1037/amp0000813>
- Thakur, V., Kamal, D., Swain, S., & Vikneshram, C. (2020). Knowledge, attitude, and practice toward COVID-19 among pregnant women in a tertiary care hospital during the COVID-19 outbreak. *Journal of Marine Medical Society*, 0(0), 0. [https://doi.org/10.4103/jmms.jmms\\_81\\_20](https://doi.org/10.4103/jmms.jmms_81_20)
- Wang, D., Xie, X., Tian, H., Wu, T., Liu, C., Huang, K., Gong, R., Yu, Y., Luo, T., Jiao, R., & Zhang, L. (2022). Mental fatigue and negative emotion among nurses during the COVID-19 pandemic. *Current Psychology*, 41(11), 8123-8131. <https://doi.org/10.1007/s12144-022-03468-2>

### **Acknowledgment**

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### **Conflict of Interest**

The author(s) declared no conflict of interest.

**How to cite this article:** Roslin, P. & Rakesh, K.R. (2024). Walking Beyond Crisis: Kerala Women's Psychological Health During the Pandemic Era. *International Journal of Indian Psychology*, 12(1), 1438-1446. DIP:18.01.135.20241201, DOI:10.25215/1201.135