



Impact Of COVID 19 On Health And Wellbeing Of Women Population An Of Urban Community In Western Part Of Maharashtra

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Introduction

In today's world Health and wellbeing are the most vital components of life to lead a mentally, physically ,spiritually and socially productive life as per the definition of Health by World health Organization that contributes to the concept of perfect functioning of the body and mind. Well-being is a true ultimate element that is useful for people and for the whole society, because it tells us that people distinguish that they are leading a productive life. Health and wellbeing upsurge individual performance, productivity, job satisfaction and engagement within the work environment in any professional settings and also in the domestic settings. In current scenario as Covid-19 pandemic is still spreading with more than ten million cases with a possibility of increase in mortality and morbidity across the globe at an unprecedented rate health and state of well-being is at stake. The fear of Covid spread is piercing in to everyone's life and its making our environment more stressful in an already panic situation. In this global pandemic era human being generally are taking the aftermath of it in terms of disharmony in health, economy, peace and daily living. Out of the gender, female population seems to be more affected due to the roles which they perform at home front and in professional front.

Women constitute 48.1% of the population in India as work force. In the UK, 77% of the National health Scheme workforce and the majority of informal caretakers are women. Incidences and reports of violence against women within the household have also risen. This points to male psychological distress due to short-term loss of work and earnings, and subsequent violent behavior and confinement at home with abusive partners during lockdown. As a result, in the long-run women's psychological well-being might be affected even more adversely than men's from financial and emotional stress, combined with physical violence.

Many women also have to tutor their children as governments around the world have temporarily closed schools due to COVID-19. There are mounting concerns on the impact of these school closures on professional women and also on a homemaker.

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The caring responsibilities on shoulder, the physical and mental violence and the psychological impact of the pandemic affects the women workforce in some or the other way.

Material & Methods

A cross sectional study was conducted in a urban community of Western Maharashtra between April to Jun 2020. Women professionals and nonprofessionals of the selected urban settings of Maharashtra and women of 18- 50 years, were included in the study. Systematic Random sampling was used for the sample selection. Well informed written consent was taken from all participants and non-willing to participate were excluded. During study 200 women from the urban community were interviewed through a self-designed pre-tested structured questionnaire based on extensive literature search and WHO guidelines. The questionnaire included section 1 with socio-demographic variables and section 2 with questionnaire on burden of caring responsibility section 3 with questionnaire on mental and physical violence and abuse. Total thirty questions were asked in interview. The questions had single as well as multiple correct options, some were open ended and others were with options

Statistical analysis– Statistical analysis was done by using descriptive and inferential statistics using chi square test. Software used in analysis was SPSS 20.0 version. A level of significance with <0.05 is considered as level of significance.

Results

In the present study 82% of the population faced some challenges related to physical, mental or domestic dimensions. Around 11% felt that there were no major deviation of well-being .out of the 100 sample 7% couldn't identify whether the changes are due to the pandemic or any other reason. The study revealed that the violence against the women has increased in the Covid 19 pandemic time in form of physical assault, sexual abuse and economic exploitation. Among the working women 33% expressed that it helped them to spend more time with family during the time of work from home but it had a negative impact on the job profile. Majority (76%) got more addicted to social media and started spending more time than usual.56% couldn't access to health care Centre due to the fear of Covid 19 and had to take the negative effect of it. among the women 5% of them couldn't continue with the infertility treatment and had to discontinue since march due to the fear of getting infected. The result of emotional wellbeing showed that majority (59%)of the participants were not emotionally imbalanced and 32% felt emotional shake at times and rest couldn't relate it only to Covid 19 pandemic.Emotional recillence was found to be poor during the Covid time due to fear, anxiety and lock down syndrome.

Demographic Profile- Education, Income, Age, Profession, Marital Status, Partner Education Partner Profession, Available Resources for Entertainment, Time Spent on Social Media, Type Of family, Source of information about covid 19

Table-01: Comparison of mother's Knowledge about Immunization under various demographic variables

Age

Age of mother	No. of mother (n = 200)	Health And Well Being Status			P- Value
		Good	Average	Poor	
18-25 year	87	3	71	13	0.018
25years and above	113	3	61	49	

Income

Income / month	Number of mothers (n = 200)	Health And Well Being Status			P- Value
		Good	Average	Poor	
Above 10,000 Rs	110	5	16	6	0.022
Below 10000 Rs	90	1	116	56	

Education

Education of women	Number of mothers (n = 200)	Health And Well Being Status			P- Value
		Good	Average	Poor	
Primary	16	3	6	7	0.038
Secondary	82	11	30	41	
Illiterate	73	6	28	39	
Graduate	21	8	11	2	
Post graduate	08	1	5	2	

Type of family

Family type	Number of mothers (n = 200)	Health And Well Being Status			P-Value
		Good	Average	Poor	
Nuclear family	46	11	20	15	0.016
Joint family	138	14	56	130	
Extended family	16	2	6	8	

Concerns of women about aspects of Health and Well-Being

Response of women	Good	Average	Poor
Diet	23%	77%	0%
Exercise	8%	21%	71%
Social media	66%	31%	3%
Friends & Relatives	56%	42%	2%
Health accebilty	7%	11%	82%
Lock down management	14%	10%	76%
Financial management	40%	12%	48%
Emotional resilience	13%	34%	53%

Discussion

In the present study it was found that there is a great impact of Covid 19 on the health and wellbeing of women professional and nonprofessional population of the urban community. It revealed that there was deviation from the wellbeing of the women of the house in terms of physical, psychological and spiritual dimensions of health. The bearing of COVID-19 on Women folks which takes an inclusive

look at the various arena of the virus crisis across the country, specifically on women and girls is tremendous. Studies have shown that evidence from past epidemics as well as the existing evidence around the impact of COVID-19 suggests that the interruption of indispensable health services makes women and girls at high risk of decreased access to services as resources are diverted from routine health services, including pre- and post-natal health care, family planning and contraceptive supply and other reproductive health services.

The availability of essential health services, including sexual and reproductive health services, will be harmful in the long run, Ministry of family welfare observed that. "The COVID-19 crisis has placed unprecedented demands on our social services and the health care system in terms of women's health and well being

Female gender are vulnerable to risk of home and sexual violence, interruptions to their healthcare services, run out of supplies of contraceptives and menstrual hygiene products and mental stress and nervousness, this study also brings out that there is exploitation in terms of sexual and economic aspects which was rampant during pandemic outbreaks due to various reasons like economic crisis, increased partner alcoholism, drug abuse and the altercations between partners. It is critical to reassess our emergency response policies through a gender lens to improve planning and programming. UNICEF has projected that in the short duration of past 12 months from when COVID-19 was declared a pandemic, the countries with the highest numbers of projected births are expected to be India (20.1 million), China (13.5 million), Nigeria (6.4 million), Pakistan (5 million) and Indonesia (4 million) and needs an need of the hour requirement on addressing the health impacts of women.

Conclusion

The study throws light on the challenges faced by the female gender in various aspects of health .the detrimants of health is greatly affected in covid days for a women. The domestic violence,sexual abuse,economical instability,reproductive health in terms of menstrual hygiene,child birth etc is deviated and place the gender at risk .Given the evidence, it is recommended applying a gender lens using gender disaggregated data and evidence to address programmes and policies around COVID-19, and increasing investments in women health issues as a public health measure. We need to focus

on the health and well being of the women population to increase the health status of the population and to bring an improvement in the dimensions and determinants of health during this pandemic.

Abstract

A cross sectional study to asses impact of Covid 19 on health and wellbeing of women population an of urban community in western part of Maharashtra

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Introduction:

Health and wellbeing are essential elements to lead a mentally, physically and socially productive life and implies the notion of perfect functioning of the body and mind. . Well-being is a true ultimate element that is useful for people and for the whole society, because it tells us that people distinguish that they are leading a productive life. Health and wellbeing increase and maintain daily routine performance, productivity, job satisfaction and engagement within the work environment in any professional settings or in a house environment .Women health in a professional or non professional settings matters to the nations progress. During Covid Days the health and well being of a women is deviated in terms of physical,mental ,social and spiritual diamensions.the present study is a step to analyse the health status of these women force in an urban community

Methods:

A cross sectional survey was conducted over a period of three months among 200 women of a selected urban community. A systematic random sampling was done selecting the K th house and every Kth house was selected for the study and women were interviewed through a semi structured questionnaire.

Objectives:

1. To assess the health and wellbeing status of women during Covid 19 days.

2. To find the association between health status selected socio demographic variables.

Results:

In the present study 82% of the population faced some challenges related to physical, mental or domestic dimensions. Around 11% felt that there was no major deviation of well-being .out of the 100 sample 7% couldn't identify whether the changes are due to the pandemic or any other reason. The study revealed that the violence against the women has increased in the Covid 19 pandemic time in form of physical assault, sexual abuse and economic exploitation. Among the working women 33% expressed that it helped them to spend more time with family during the time of work from home but it had a negative impact on the job profile. Majority (76%) got more addicted to social media and started spending more time than usual.56% couldn't access to health care Centre due to the fear of Covid 19 and had to take the negative effect of it. among the women 5% of them couldn't continue with the infertility treatment and had to discontinue since march due to the fear of getting infected. The result of emotional wellbeing showed that majority (59%)of the participants were not emotionally imbalanced and 32% felt emotional shake at times and rest couldn't relate it only to Covid 19 pandemic.Emotional resilience was found to be poor during the covid time due to fear, anxiety and lock down syndrome.

Conclusion:

The study throws light on the challenges faced by the female gender in various aspects of health .the determinants of health is greatly affected in Covid days for a women. The domestic violence, sexual abuse, economic instability, reproductive health in terms of menstrual hygiene, child birth etc is deviated and place the gender at risk .Given the evidence, it is recommended that strategies should be used to improve programs and policies around COVID-19, and increasing funds in women health issues as a public health measure. We need to focus on the health and well-being of the women population to increase the health status of the population and to bring an improvement in the dimensions and determinants of health.