

Sociological Effect's of Lockdown on Working Woman

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Abstract

The COVID-19 pandemic has overwhelmed the entire world, and India also has borne the brunt of the same. The corona virus lockdown in India has ironically doubled the burden. Due to the pandemic the women are becoming more vulnerable to anxiety, frustration and depression as the work load has increased many fold. The purpose of this study was to explore sociological effect of lockdown on working women in Palampur sub division of district Kangra, Himachal Pradesh. The sample of 25 working women in different occupations were taken randomly from Palampur subdivision. The interview method was adopted to collect the data and percentage analysis was used for analyzing the data. The finding revealed that most of the working women are happy and satisfied with lockdown. The study also finds that yogic exercises help them to overcome the anxiety, frustration in COVID-19 pandemic and their energy level also got boosted.

Keywords: Sociological Effect, Lockdown, Working Women.

Introduction

The COVID-19 pandemic has overwhelmed the entire world and India also has borne the brunt of the same. The spread was so colossal that the World Health Organization (WHO) had to declare it as a pandemic. The only way to control and defeat this mammoth pandemic was to make people follow social distancing and also to restrain them from moving out to avoid social contact.

To effectively achieve this objective, the entire country had to be shut, and all activities had to be stopped with minimal human interaction. Hence inevitably the country had to be brought under lockdown. In this regard, the Indian government started taking a strong stand against this pandemic attack in the mid of March. By the last week of March India sealed all internal and external borders. From March 22 the whole country is under lockdown phase that has now been extended till May 31, 2020.

The Corona virus lockdown in India has ironically doubled the burden work from home and work for home. As the domestic help has also not been there and in the case of joint family the burden has been more. The women have become more vulnerable to anxiety, frustration and depression as the work load has increased as all are at home and the demand are more. The effect had different impacts on women because due to variation in age, education, marital status, joint family/ nuclear family, introvert/ extrovert and religion also.

Methodology, Findings and Results

In the present study a total sample of 25 working women of sub division Palampur of District Kangra from Himachal Pradesh were taken. Interview technique was adopted for collection of data and simple percentage analysis was adopted for the finding of the result.

Details of question and result are given in table 1 below.

Table: 1

Sr.No.	Questions	Number	Percentage
1.	I feel my productivity has been affected since lockdown	18/25	72%
2.	Do you feel good because of a break from your routine	19/25	76%
3.	Do you have negative Thoughts about your health	22/25	76%
4.	Corona related images and stories effect	20/25	84%
5.	Do you feel yogic exercises can improve your immunity	23/25	92%
6.	Do you feel your body weight increase/decrease	22/25	88%
7.	Have you engaged in more household work during an ongoing lockdown	24/25	96%
8.	Do you think social media is helping you to kill the time	23/25	92%
9.	Do you feel lonely during an ongoing lockdown	20/25	80%
10.	Do you feel deprived of being unable to meet intimate friends	21/25	84%
11.	Are you worried about job	23/25	92%
12.	My family interpersonal relationship are conflicted during COVID-19	14/25	56%
13.	I am worried about self/children education	23/25	92%
14.	I feel restless and tense during lockdown	20/25	80%
15.	My sleep quality, appetite and daily life are disturbed	15/25	40%

In the present study we find mixed reactions of working women regarding lockdown. Most of the women 72% that their productivity is effected but the rest of the participant says they utilized their time to fulfill their hobbies like gardening, cooking, stitching etc which were earlier not completed due to their busy schedule .92% women were doing yogic exercises to improve their immunity and their health issues. 96% women says they were engaged in more household work like cooking, cleaning, washing utensils, clothes etc because there is no help due to lockdown. Few women think that the lockdown gave them best time to improve their personal growth or more time to their personal work which earlier they don't have but 56% women say there family relation had conflicted. 84% women feel that the images related to corona virus always going on social media, news channels give negative thoughts but 16% women says no negative effect of images. 92% women admitted that the social media is helping to kill the time because in routine work they have so many works to do in short-span but due to lockdown they are 24*7 at home. Few women feel bored at home because they are not able to meet their friends. Most of working women those are mother too are worried about their children online study because they are not satisfied with their system but due to pandemic they adjust with the situation and safety purpose of the children. 80% working women are not worried about their job but those who have their own business like parlous etc have financial problem.

Conclusion

From the above findings it can be stated that most of the working women are happy and satisfied as they were able to utilize their time in their particular hobbies as earlier they were unable to devote time. In this particular manners they were able to keep themselves fit and healthy and had no such symptoms of depression on frustration were there.

The only reason of getting worried was the scare of day to day news regarding the pandemic and the study of their children. It is recommended that the working women know how to utilize their time so it is easy for them to manage their stress/anxiety level by keeping them self busy by encouraging their hobbies and day to day chores. It is further an appeal to all to abide by the rules and appeals given by the WHO and the govt. from time to time and make aware the society as a whole.

Aim of the Study

Impact of different sociological factors of lockdown on working women.

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