

# Impact of Lock Down due to COVID 19 on Family Life of Women between the Age Group of 25 to 40 Years

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**Abstract:** *Today entire world is facing the problem of troubling the nature, till now the problems such as pollution, global warming, water conservation etc. were there, but now the outbreak of corona virus has changed the situations. It compelled the researcher to think. Now our country is facing the difficult situation of Lock down, the entire economy is suffering a lot. Everyone is asked to quarantine in their home. The people in the country are otherwise very busy in maintaining their livelihood and always running around. But currently everyone is at their home and with their family members. Though there is a set of people who are not with their family and are actually the major sufferers of the situation. When we talk about the family we can imagine a cute picture of happy family. The researcher is keen to know how the lock down has affected the family life of women. When we talk about the day to day life we can see that everyone is always in a hurry and has to run according to the clock. During this time women are always very busy in their household work, managing their kids, Tiffin's etc. The problems of working women are again difficult as along with all these they need to manage their work. The researcher has taken a random sample of women between the age group of 25 to 40 years and shared the questionnaire with them the results were amazing.*

**Keywords:** COVID 19, Corona Virus, social distancing

## 1. Introduction

In 21<sup>st</sup> Century we have seen various advancements in science and technology. With the introduction of AI, electric vehicles, robotics the markets are disrupted. Each one of these advancements have their own merits and demerits. Whatever may be the reason, today each one of us, to be precise the entire world has become a victim of COVID – 19. Due to this deadly virus the entire globe is under the uncertain situation and is scared. The losses happened in the economy are not measurable at all. Everyone is under tremendous pressure. Each country is finding new ways to fight with this disease. To control this situation our country has taken a decision to Lock down India for 21 days. This lock down has affected all the aspects of human life. Everyone is asked to stay at home, all the societies are instructed to be quarantined, all the temples, malls, multiplexes are closed. Where ever possible companies have asked their employees to work from home.

Only the emergency services are working in the country. As a result people need to be at home, home and only home. Normally the roads which are always full of traffic and noise are now quite and silent. This has brought a paradigm shift in daily routine of individuals. As everyone needs to be at home so all the maids and helpers are also at their home and not coming to help the women. Here comes a challenge..... As these maids and helpers are the indivisible part of our daily life and now they are absent so all the work which earlier was done by them is getting banged on the family members.

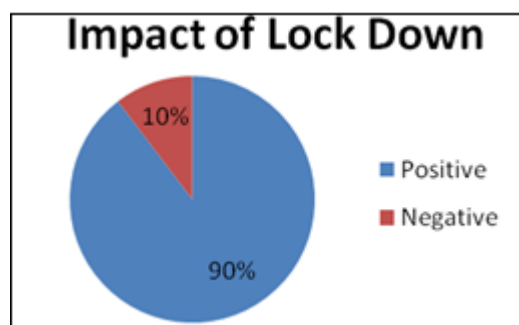
The researcher has selected the respondents randomly. Total 50 respondents participated in the survey between the age group of 25 years to 40 years. During the study more emphasis was given on studying the effects of the lock down on family life of women and the learning's there off.

For the study a questionnaire was prepared, also the researchers reached out to the respondents on a telecom to know more about how this has affected.

Initially the respondents were made comfortable and explained about the intention behind the researcher. Total 10 questions were asked in the questionnaire and 5 in telephonic discussion.

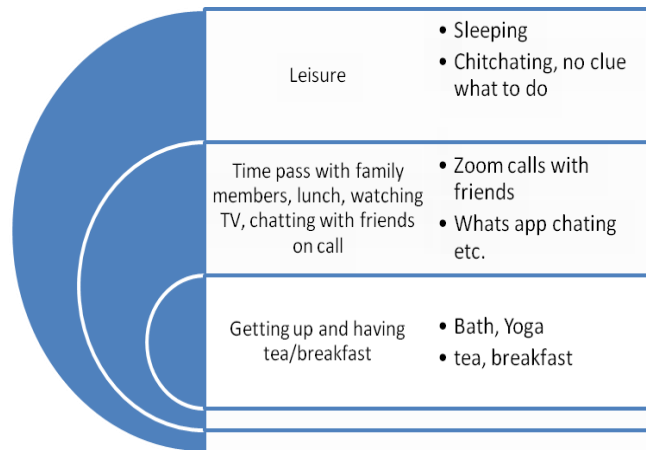
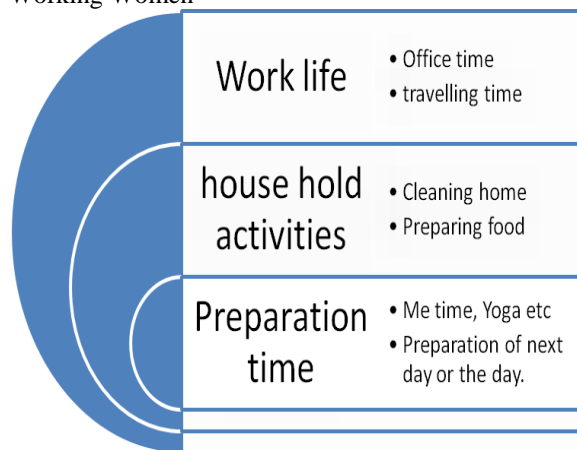
When asked about the impact of Lock down on family life 96.6% of the respondents said that because of the Lock down there was a impact on their family life.

Furthermore as shown in the below diagram, 90 % of the respondents are of the opinion that the lock down has positively affected their family life where as 10 % are of the opinion that its has affected negatively on their family life.

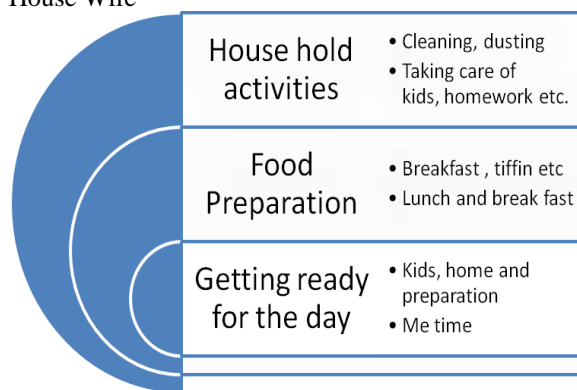


If we broadly divide the responses of the respondents we can define the daily routine of women (comprises of working and housewives) as below,

Working Women



House Wife



If we see the above images we can see that majority of the time of working women is occupied by work hours and travelling time where as majority of the time of huse wives is occupied by household activities and taking care of their family. Though all the respondents confirmed that they also have maids for few household work such as cleaning the utensils, washing cloths, mopping and dusting. Few working women also confirmed that they have maids for making food for the family.

When we spoke to the respondents they said that this routine has completely changed due to Lock down. Respondents said that usually they need to follow the time line for compleating their daily task. Where as currently due to lock down the respondents said that they don't have to follow any specific timeline and don't have any specific routine. According to them there is no decipline as such and so they feel that much of their time is getting weasted.

On the counterary few of the respondents are of the opinion that now they are free and can spend quality time with their kids, spouse, inlaws etc. initially the respondents admitted that they enjoyed the leasure time and completed their pending tasks during the free time but when the lock down was extended, it became more troublesome. If we combine the responses and form a common platform which can explain the routine of the women under the study after the lock down we can show it as below,

2. Major Outcome

During this study, when researcher asked about how the respondents are planning to utilize this free/ leisure time, the responses can be elaborated with the help of following table,

Table 1

Sr. No.	Particulars	No. of respondent s
1	Pampering Hobby	6
2	Doing some online courses	9
3	Teaching house hold work to kids	3
4	Making some informative vedios for public	4
5	Taking up some initiative for community	3
6	Giving some attention for health	5
7	Trying some new recepies	8
8	Making the family members help in day to day activities	5
9	Following healthy diet	4
10	Chanting Slokas regularly at home	3

If we analyze the contents of this table we can conclude that the respondents want to do something which they never did before but wanted to do since long time.

Moreover the important point stated by the respondents is that, the maids are not coming and so the basic work which normally they don't do, is banded on them and actually speaking the family members are not helping in that.

Many of the house wives showed a concern that before they use to complete all their household activities by X time but now the same work is being stretched throughout the day as there is no specific timeline.

Almost all the respondents were very candid with the telephonic discussion and shared that though there is a huge free time available to them to make use of it but the current war like situations are holding them back. Kids are getting irritated as they need to be at home come what may, 10 times we are insisting them to wash their hands so forth and so on. This has made kids bit annoyed. Also what will happen and how can we be safe in this situation of Corona outbreak is a big challenge.

As it is very uncertain that when will this all end respondents said that they need to make the necessary provisions for maintaining their livelihood. They also shared that they need to be more careful for the old age family members as they are not understanding the grave of the problem and are insisting to at least go for an evening walk. Many of the respondents also shared that they are feeling like a imprisonment for them due to this lock down.

On the contrary they have also shared a concern about the people who are not listening to the announcements made and directives given by the government and are still roaming here and there. The respondents have also made an appeal to everyone to please follow the government directives and take care of themselves.

### 3. Conclusion

To conclude researcher wants to say that the outbreak of corona virus and the lock down has definitely affected the family life of women and there are some positive as well as some negative impact. The situation of lock down has made the people to rethink on what they are doing and what they must do. Also it has made people realize that they must respect the nature for a sustainable development. The researcher also saluted the doctors, nurses, police and the community workers who are helping and standing with us for us during this extreme situation.

### 4. Suggestions

Based on the study following suggestion can be given,

- 1) People must follow the government directives.
- 2) People need to respect the nature and try to maintain the balance between their work life and family life.
- 3) In difficult times we don't need luxury but the food so some steps must be taken to uplift the farmers of the country.

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