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SELF-RELIANT INDIA:

PATHWAY TO A ROBUST ECONOMY



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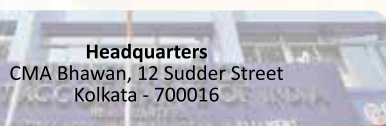
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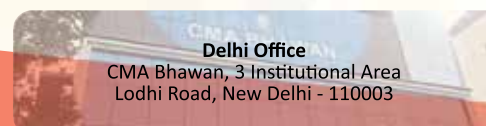
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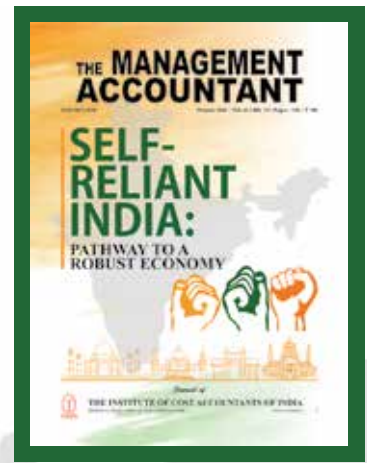
From ignorance, lead me to truth
From darkness, lead me to light
From death, lead me to immortality
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AN ANALYTICAL STUDY OF STRESS AMONG THE WOMEN OF GUJARAT DURING LOCKDOWN OF COVID - 19



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Abstract

The present research paper is done to study the stress the women are undergoing due to Pandemic COVID – 19. In this researcher had framed a structured questionnaire to find what stress women are facing and what may help them to reduce stress. The researchers found that due to occupation women faced physical stress and mental stress both because of absence of helpers and even as they had to manage both the work office as well as home. The researcher concluded that mental stress is was much faced by the women due to many factors and can be overcome by the combination of different remedies suggested by the researcher.

Introduction

The whole world is facing the many difficulties because of Pandemic COVID – 19. Due to this the world has become still and many activities have been stopped, people are not allowed to come out of the houses and there is great effect on the human life due to this pandemic. The people are undergoing stress due to many reasons. Stress is a natural feeling which comes when the person is not ready to cope up with current events or demands. The person might be suffering mental, financial, or physical stress or some might be undergoing through all. Due to stress person may undergo many difficulties. Stress is that phenomena which can take a chronic condition which results very adversely in person's life. Due to Pandemic many might be undergoing stress, specially women's may have much stress as they have to manage many things of each and every family member present at home, to fulfill all

the demands of the family can make her feel stressed.

Review of Literature

Limcacoca, R., Mateos, E., Fernandez, J. and Roncero, C. (2020) have researched on Anxiety, worry and perceived stress in the world due to COVID – 19 pandemic, March 2020. The researchers have researched with seeing the condition of pandemic, lockdown and quarantine situation that people are going through. The researchers had collected the data through web survey and the responses were received from 41 countries. The main aim of the researchers was how this pandemic is progressing and what changes have been in the general public and they even wanted to find out which group level was facing more stress and what mental health care might be needed in the future. The researcher found that pandemic is increasing the anxiety levels. The researchers also concluded saying that mental health care will be needed in the future.

Peter, E., Styra, R. and Wayne, L. (2020) have researched on Mitigating the psychological effects of COVID -19 on health care workers. The researchers have taken the responses of nurses and physicians taking care of the patients. The researchers found that health workers may experience psychological distress due to COVID – 19. The researchers suggested that strong leadership and communication can help to offset the fears and stress among them.

Objectives of the study

The main objectives of the study are:

- To know what type of stress women are facing during this lockdown period
- To know which factor plays a major role in increasing their stress- Physical factor or Mental Factor
- To know what may help them to reduce the stress level.

Research Methodology

In order to accomplish the objectives of this research work, and to complete it properly and systematically, it is necessary to prepare a research methodology first. In present research paper, following research methodology is used.

Title of the Study

The title of study is as under.

“An Analytical Study of Stress among the women of Gujarat during COVID – 19”

Population and Sample size

We wanted to analyze the level of Stress among the women of Gujarat during the COVID – 19 Pandemic. Our Research work has focused on both the working women and the Home Makers of Gujarat Region. So, all the Working Women and Home Makers of Gujarat are the Population for this research work. An Online Structured Questionnaire was prepared using Google Forms and the same was spread in the whole

Gujarat via various Social Media Platforms. Total 363 responses were received. So, the sample size for this research work is 353 Women Respondents.

Methods of Data Collection

The present study is based on primary data. In order to analyze the level of stress among women during COVID – 19 Pandemic, The researchers have prepared an Online Structured Questionnaire using Google Forms. The Questionnaire was spread in the whole Gujarat using various Social Media Platforms. Out of the total spread of the Google Forms, the Researchers have received 363 responses. The analysis is made on the basis of these 363 responses.

Table – 1

A Table showing summary of the responses received based on Selected Demographic Variables

Age	20-30	236	363
	30-40	76	
	40-50	39	
	More than 50	12	
Occupation	Working Women	230	363
	Home Maker	133	
Location	From Rural Area	45	363
	From Semi-urban Area	263	
	From Urban Area	55	

Tools and Techniques

In order to justify the objectives of this research work Statistical Analysis is required. The researcher has used Descriptive Statistics, Pearson Chi-Square and Cross Tabulation method to analyze the data. As the limitation of the length of the paper was to be taken care, the researcher has directly summarized the result in the table.

Limitations of Present Research Paper

- The study is based on primary data collected through responses of different class of employees of different sectors through questionnaire, so there are chances of human bias, prejudices and human error.
- The study is based on situation of India and not whole world, so outcomes are not applicable to the mass of whole world.
- The study has only considered the responses of the women of Gujarat state so the conclusions drawn from this research work may not be applicable to the whole of India.
- As this research work is based on the Primary Data collected using Google Forms, all the limitations of Primary Data are also there in this research.

Analysis and Interpretation
Table – 2
A Table showing the results of test performed to check association between Occupation and Stress

Association between Occupation and Stress		
Null Hypothesis	Significant Value	Status of Null Hypothesis (H_0) @ 5% Level of Significance
Physical Factor:		
There is no significant association between physical stress due to gatherings of all family members and occupation of the respondent.	0.124	Accepted
There is no significant association between physical stress in maintaining the health and hygiene of the family members of the respondent.	0.364	Accepted
There is no significant association between physical stress and increase in the workload of the respondent due to absence of helpers.	0.034	Rejected
There is no significant association between physical stress and demand done by the respondent's family related to food.	0.131	Accepted
Mental Factor:		
There is no association between mental Stress and managing of the time.	0.327	Accepted
There is no association between mental Stress and kids of the respondents are at home whole day.	0.269	Accepted
There is no association between mental Stress and managing of finance during the lockdown period.	0.449	Accepted
There is no association between mental Stress and the respondent not getting enough time to do what she likes.	0.677	Accepted
There is no association between mental Stress and need to manage office as well as work of home.	0.000	Rejected
There is no association between mental Stress and handling of the mood swings of the respondent's family.	0.476	Accepted
There is no significant association between physical stress due to gatherings of all family members and occupation of the respondent.	0.124	Accepted

Table – 3
A Table showing the results of test performed to check association between Age and Stress

Association between Age and Stress		
Null Hypothesis	Significant Value	Status of Null Hypothesis (H_0) @ 5% Level of Significance
Physical Factor:		
There is no significant association between physical stress due to gatherings of all family members and occupation of the respondent.	0.999	Accepted
There is no significant association between physical stress in maintaining the health and hygiene of the family members of the respondent.	0.828	Accepted
There is no significant association between physical stress and increase in the workload of the respondent due to absence of helpers.	0.849	Accepted
There is no significant association between physical stress and demand done by the respondent's family related to food.	0.398	Accepted

Mental Factor:		
There is no association between mental Stress and managing of the time.	0.931	Accepted
There is no association between mental Stress and kids of the respondents are at home whole day.	0.601	Accepted
There is no association between mental Stress and managing of finance during the lockdown period.	0.062	Accepted
There is no association between mental Stress and the respondent not getting enough time to do what she likes.	0.376	Accepted
There is no association between mental Stress and need to manage office as well as work of home.	0.418	Accepted
There is no association between mental Stress and handling of the mood swings of the respondent's family.	0.843	Accepted

Table – 4

A Table showing the results of test performed to check association between Location of the Respondents and Stress

Association between Location of the Respondents and Stress		
Null Hypothesis	Significant Value	Status of Null Hypothesis (H₀) @ 5% Level of Significance
Physical Factor:		
There is no significant association between physical stress due to gatherings of all family members and location of the respondent.	0.465	Accepted
There is no significant association between physical stress in maintaining the health and hygiene of the family members of the respondent.	0.195	Accepted
There is no significant association between physical stress and increase in the workload of the respondent due to absence of helpers.	0.102	Accepted
There is no significant association between physical stress and demand done by the respondent's family related to food.	0.110	Accepted
Mental Factor:		
There is no association between mental Stress and kids of the respondents are at home whole day.	0.366	Accepted
There is no association between mental Stress and managing of finance during the lockdown period.	0.140	Accepted
There is no association between mental Stress and the respondent not getting enough time to do what she likes.	0.451	Accepted
There is no association between mental Stress and need to manage office as well as work of home.	0.678	Accepted
There is no association between mental Stress and handling of the mood swings of the respondent's family.	0.377	Accepted
There is no association between mental Stress and kids of the respondents are at home whole day.	0.366	Accepted

Major Findings

The major findings of the present research are as follows:

- It can be found that the Age of the Respondents is not the factor causing Physical Stress due to maintaining the health and hygiene of the family members of the respondents increase in the workload of the respondent due to absence of helpers and demand done by the respondent's family related to food.
- It can be concluded that the Age of the Respondents is not the factor causing Mental Stress due to managing of the time, having kid whole day at home, managing of finance during the lockdown period, the respondent not getting enough time to do what she likes, need to manage office work as well as work of home and handling of the mood swings of the respondent's family.
- It can be found that the Residential Location of the Respondents is not the factor causing Physical Stress due to maintaining the health and hygiene of the family members of the respondent increase in the workload of the respondent due to absence of helpers and demand done by the respondent's family related to food.
- It can be concluded that the Residential Location of the Respondents is not the factor causing Mental Stress due to managing of the time, having kid whole day at home, managing of finance during the lockdown period, the respondent not getting enough time to do what she likes, need to manage office work as well as work of home and handling of the mood swings of the respondent's family.
- It is found that the Occupation of the Respondents is not the factor causing Physical Stress due to gatherings of all family members, maintaining the health and hygiene of the family members and demand done by the respondent's family related to food during the COVID – 19 Pandemic.
- It is found that the Occupation of the Respondents is a factor causing Physical Stress due to absence of the helpers during COVID – 19 Pandemic.
- It can be concluded that the Occupation of the Respondents is not the factor causing Mental Stress due to managing of the time, having kid whole day at home, managing of finance during the lockdown period, the respondent not getting enough time to do what she likes and handling of the mood swings of the respondent's family.
- It can be concluded that the Occupation of the respondents is a factor causing Mental Stress due to need to manage office work as well as work of home.
- The researchers have found that 47% women were undergoing mental stress, 21.15% women were facing physical stress and 19.1% of the women were having financial stress. The researchers found that majority of the women were undergoing Mental Stress.
- The researchers have found that 54.3% of the

women's stress was reduced by the combination of yoga *pranayama* and meditation, by sharing responsibilities with the family members and because of time management. 13.1% responses from the total respondents found that sharing responsibilities with family members helped them to reduce the stress, 13.2% believed that time management could help them to reduce stress, 7.2% considered Yoga, Meditation and *pranayama* best way to reduce stress and 8.3% of the total respondents are using remedies other than that suggested by the researcher to reduce stress.

- The researchers concluded that if the responsibilities are shared, stress can be reduced in women and can even help her to reduce the mental pressure or stress that she is undergoing.

Conclusion

From the present research p, we can conclude that majority women are facing mental stress and some steps should be taken to reduce the mental stress of the women. It can also be concluded that the occupation of the respondents, Age of the Respondents and the Residential Location of the Respondents are no the major causes of the Physical as well as Mental Stress for the respondents. The occupation of the respondent has caused stress for them when it demands to manage between office work and house hold work. Sharing of the responsibilities among the family members is the ideal remedy to reduce such stress. MA

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