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Impact on men vs women on their mental and economic stress and change of behaviour in lockdown period

Ila Tiwari and Neelma Kunwar

Abstract

The Covid-19 pandemic has resulted in over 4.3 million confirmed cases and over 290,000 deaths globally. It has also sparked fears of an impending economic crisis and recession. Social distancing, self-isolation and travel restrictions have led to a reduced workforce across all economic sectors and caused many jobs to be lost. Schools have closed down, and the need for commodities and manufactured products has decreased. In contrast, the need for medical supplies has significantly increased. The food sector is also facing increased demand due to panic-buying and stockpiling of food products. In response to this global outbreak, we summarize the socio-economic effects of Covid-19 on individual aspects of the world economy.

Keywords: Impact, mental, economic stress, behaviour, change

Introduction

People may suffer from depression characterized by low mood, tiredness, pessimism, poor sleep, and appetite, feeling helpless, guilty, and hopeless, with a gradual reduction in work output. Older people are more vulnerable, and special care must be taken for them. There was so much fear of covid-19 inside the people that when the graph of death started increasing in the second stage of covid-19 in India, people went into mental stress which affected their whole personality.

Objectives

1. To examine the mental and economic stress such as anxious, pandemic and mental health related issues.
2. To assess the behaviour change during the lockdown period of non- fulfillment of needs.

Methodology

The study was conducted in Kanpur district of Uttar Pradesh. 20 localities were randomly selected out of which 481 localities present in district. 300 sample sizes (150 male and 150 females) were selected in this study. Dependent and independent variables such as age, education, caste, mental stress, economic stress and behaviour change etc. were used. The statistical tools were used such as percentage, chi -square test, correlation- coefficient (r).

Results

Table 1. Distribution of respondents according to age group (M=150, F=150 = 300)

Age group	Male	Female	Total
30-40 years	78 (52.0)	69 (46.0)	147 (49.0)
40-50 years	48 (32.0)	51 (34.0)	99 (33.0)
50-60 years	18 (12.0)	21 (14.0)	39 (13.0)
60-70 years	6 (4.0)	9 (6.0)	15 (5.0)
Total	150 (100.0)	150 (100.0)	300 (100.0)
χ^2	1.473		P > 0.05

(Figures in brackets denotes the percentage of respective values)

Corona disease was such an epidemic that every person in the whole world was affected by it whether it is of any religion or any caste. During the Corona epidemic, it affected both nuclear and joint families.

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Table 2(a): Occupation wise mental stress of males during the lockdown period in Covid-19 Males=150

Mental stress	Govt. Job	Private job	Doctor	Lawyer	Engineer	Business	Politician	Agril./ Farming
Depression	12 (8.0)	21 (14.0)	3 (2.0)	-	18 (12.0)	12 (8.0)	3 (2.0)	6 (4.0)
Anxiety	9 (6.0)	21 (14.0)	3 (2.0)	3 (2.0)	15 (10.0)	15 (10.0)	3 (2.0)	9 (6.0)
Aggressive	12 (8.0)	15 (10.0)	3 (2.0)	-	15 (10.0)	18 (12.0)	-	9 (6.0)
Irritation	21 (14.0)	12 (8.0)	-	-	12 (8.0)	12 (8.0)	-	12 (8.0)
Frustration	21 (14.0)	24 (16.0)	-	-	21 (14.0)	6 (4.0)	-	6 (4.0)
Headache	12 (8.0)	18 (12.0)	3 (2.0)	-	12 (8.0)	15 (10.0)	-	9 (6.0)
Sweating	15 (10.0)	21 (14.0)	-	-	18 (12.0)	9 (6.0)	3 (2.0)	12 (8.0)
Fear of infected	24 (16.0)	18 (12.0)	6 (4.0)	3 (2.0)	21 (14.0)	15 (10.0)	6 (4.0)	9 (6.0)
Adjustment Disorder	6 (4.0)	9 (6.0)	-	-	9 (6.0)	-	-	-
Emotional eating	9 (6.0)	12 (8.0)	3 (2.0)	-	12 (8.0)	12 (8.0)	-	-
Lost their Jobs	-	24 (16.0)	-	-	15 (10.0)	9 (6.0)	-	-
Depressive Disorder	6 (4.0)	12 (8.0)	-	-	12 (8.0)	6 (4.0)	-	-
Work from Home	6 (4.0)	27 (18.0)	3 (2.0)	-	15 (10.0)	18 (12.0)	3 (2.0)	6 (4.0)
Eating Problems	12 (8.0)	12 (8.0)	-	-	12 (8.0)	12 (8.0)	-	-
Masculine Norms	3 (2.0)	6 (4.0)	-	-	-	-	-	-
Feelings of Loneliness	6 (4.0)	15 (10.0)	-	-	6 (4.0)	-	-	-

(Figures in brackets denotes the percentage of respective values)

Table 2(b): Occupation wise mental stress of females during the lockdown period in Covid-19 Females=150

Mental stress	Govt. Job	Private job	Doctor	Lawyer	Engineer	Business	Politician	Agril./ Farming	House wife
Depression	12 (8.0)	18 (12.0)	3 (2.0)	-	-	12 (8.0)	-	3 (2.0)	42 (28.0)
Anxiety	9 (6.0)	15 (10.0)	-	-	-	9 (6.0)	-	3 (2.0)	45 (30.0)
Aggressive	12 (8.0)	12 (8.0)	-	-	-	-	-	9 (6.0)	30 (20.0)
Irritation	12 (8.0)	15 (10.0)	-	-	3 (2.0)	-	-	9 (6.0)	21 (14.0)
Frustration	15 (10.0)	18 (12.0)	-	-	-	-	-	6 (4.0)	48 (32.0)
Headache	12 (8.0)	15 (10.0)	-	-	-	-	-	6 (4.0)	54 (36.0)
Sweating	9 (6.0)	9 (6.0)	-	3 (2.0)	-	-	-	3 (2.0)	21 (14.0)
Fear of infected	18 (12.0)	12 (8.0)	6 (4.0)	3 (2.0)	3 (2.0)	9 (6.0)	3 (2.0)	-	33 (22.0)
Adjustment Disorder	6 (4.0)	12 (8.0)	-	-	-	-	-	-	30 (20.0)
Emotional eating	9 (6.0)	6 (4.0)	-	-	-	-	-	-	33 (22.0)
Lost their Jobs	-	15 (10.0)	-	-	3 (2.0)	-	-	-	-
Depressive Disorder	-	9 (6.0)	-	-	-	-	-	-	12 (8.0)
Work from Home	6 (4.0)	18 (12.0)	3 (2.0)	-	-	-	-	-	-
Eating Problems	6 (4.0)	12 (8.0)	-	-	-	-	-	-	15 (10.0)
Masculine Norms	3 (2.0)	9 (6.0)	-	-	-	-	-	-	-
Feelings of Loneliness	6 (4.0)	9 (6.0)	-	-	-	-	-	6 (4.0)	33 (22.0)

(Figures in brackets denotes the percentage of respective values)

Men and women both experience depression but their symptoms can be very different. Because men who are depressed may appear to be angry or aggressive instead of sad, their families, friends, and even their doctors may not always recognize the anger or aggression as depression symptoms. In addition, men are less likely than women to recognize, talk about, and seek treatment for depression. Yet depression affects a large number of men. Depression is a common but serious mood disorder that may cause severe symptoms. Depression affects the ability to feel, think, and handle daily activities. Men are less likely to experience

anxiety and depression than women. They are also less likely to talk about it. This increases the risk of their anxiety or depression going unrecognized and untreated. Frustration is an emotional response to stress. It's a common feeling that everyone will experience in their life. The stressor can vary according to the individual, but some common stressors that lead to frustration are: Stress at work. Trying to solve a problem and not finding a solution. The Covid-19 pandemic impacted economic activity across the world India has been severely impacted by the pandemic, with an overburdened health system.

Table 3. Economical stress of working and non-working males during lockdown period in Covid-19 Males=150

Economic stress	Working males(132)	Non-working males(18)
Financial insecurity	90 (60.0)	10 (6.7)
Poverty and stressful working conditions	72 (48.0)	-
Job insecurity	80 (53.3)	-
Financial hardship	88 (58.7)	12 (8.0)
Job loss was compounded	86 (57.3)	-
Wage loss	68 (45.3)	10 (6.7)
Unemployment depression	32 (21.3)	16 (10.7)
Financial hardship not enough money for food or other basic needs	50 (33.3)	16 (10.7)
Financial stress	58 (38.7)	14 (9.3)
Income loss	68 (45.3)	-
Economic status deterioration	70 (46.7)	14 (9.3)
<i>t</i>	8.323*	P < 0.05

(Figures in brackets denotes the percentage of respective values)

At the time of Covid, people who were people of low income group, who's earning depended on daily wages. The people of that group were under economic stress. Job insecurity is regarded as one of the major stressors in the work environment, specifically because it is associated with uncertainty. A sense of job insecurity will have a strong psychological impact on those affected, because there is a risk

of losing economic and other highly valued aspects of life. During the entire lockdown period, men have always been financially stressed, those who were in private jobs. They had a job loss rate, in such a way that no matter what occupation the person was in, his economic and economic condition also deteriorated.

Table 4: Economical stress of working and non-working females during lockdown period in Covid-19 Females=150

Economic stress	Working females(82)	Non working females(68)
Unemployment fear	60 (40.0)	34 (22.7)
Financial insecurity	64 (42.7)	30 (20.0)
Poverty	20 (13.3)	48 (32.0)
Stressful working condition	60 (40.0)	-
Self-esteem	72 (48.0)	24 (16.0)
Economic Problems	40 (26.7)	56 (37.3)
Risk of women jobs	74 (49.3)	-
Economic status deterioration	38 (25.3)	48 (32.0)
Fear of Salary reduction	68 (45.3)	-
Job Uncertainty	70 (46.7)	-
Burden of women the children fees	46 (30.7)	44 (29.3)
<i>t</i>	2.027	P > 0.05

Women also face high risks of job and income loss, and face increased risks of violence, exploitation, abuse or harassment during times of crisis and quarantine. The way men were

under economic stress in Covid-19. In the same manner, women were also under economic stress. Be it earner or helper or dependent, everyone had to face the epidemic

Table 5: Behaviour change of males as per non-fulfillment of needs during the lockdown period in Covid-19 Male=150

Non-fulfillment of need	Working males(132)	Non working males(18)
Stop going outside	106 (70.7)	8 (5.3)
Stop going marketing	84 (56.0)	12 (8.0)
Meet of friends	90 (60.0)	16 (10.7)
All food are not available	96 (64.0)	16 (10.7)
Feeling of insecurity	82 (54.7)	12 (8.0)
Lack of deliver adequate medical support	70 (46.7)	12 (8.0)
Psychological needs	82 (54.7)	10 (6.7)
Alcohol drinks & smoking	76 (50.7)	8 (5.3)
Sexual needs	90 (60.0)	6 (4.0)
Eating disorder & weight gain	64 (42.7)	9 (6.0)
Lack of space for rest	82 (54.7)	10 (6.7)
<i>t</i>	6.217*	P < 0.05

(Figures in brackets denotes the percentage of respective values)

It is the tendency of the women of Indian society that more than their own needs, they consider it their duty to fulfill the needs of their family. Housewife women mostly spend their time in household chores. That is why the effect of home stay was not much on them, but the pressure of work was more on

them because to meet the demand of different types of food like husband, children and family members. And to remove the fights among the children, due to the closure of the restaurant, junk food like chaumeen, burger, pizza etc. had to be made at home.

Table 6. Behaviour change of females as per non-fulfillment of needs during the lockdown period in Covid-19 Female=150

Non-fulfillment of need	Working females	Non working females
Stop going outside	80 (53.3)	50 (33.3)
Meet of friends	80 (53.3)	48 (32.0)
Only stay home	70 (46.7)	38 (25.3)
Cannot attend the kitty party	80 (53.3)	50 (33.3)
Need of rest	80 (53.3)	56 (37.3)
Eating disorder and weight gain	82 (54.7)	60 (40.0)
Lack of space for rest	70 (46.7)	68 (45.3)
Disturbed sleep	68 (45.3)	40 (26.7)
Lack of delivery adequate medical support	60 (40.0)	40 (26.7)
Psychological needs	42 (28.0)	58 (38.7)
<i>t</i>	4.050*	P<0.05

(Figures in brackets denotes the percentage of respective values)

Due to the people of the family living together, the family members are unable to get personal space and the elderly were having proper food arrangements and disturbed sleeping problems, due to all these reasons, women physically and mentally during the corona period was being affected.

Conclusion

When the whole country was facing the Covid-19 epidemic, during that time there was a change in the behavior of the people, due to not being able to meet the essential needs of the people, they were getting irritated due to the burden of children's fees, household expenses and salary. Or people were getting emotional hurt due to fear of losing their job. When any person's needs are not fulfilled, then his behavior starts to change, depending on what kind of needs are seen, then there are many types of requirements – 1. Urgent needs, 2. Important needs and 3. Luxury needs.

Recommendations

1. Take care of yourself at this time. Try and use helpful coping strategies such as ensuring sufficient rest and respite during work or between shifts, eat sufficient and healthy food, engage in physical activity, and stay in contact with family and friends. Avoid using unhelpful coping strategies such as use of tobacco, alcohol or other drugs. In the long term, these can worsen your mental and physical well-being.
2. Maintain familiar routines in daily life as much as possible, or create new routines, especially if children must stay at home. Provide engaging age-appropriate activities for children, including activities for their learning. Where possible, encourage children to continue to play and socialize with others, even if only within the family when advised to restrict social contact.

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