Dr. Babasaheb Ambedkar Education Society's

Dr. Babasaheb Ambedkar College of Arts, Commerce and Science,

Bramhapuri, Dist-Chandrapur (Maharashtra) India
Affiliated to Gondwana University, Gadchiroli

CERTIFICATE

This is to certify that Mr./Miss/Dr. Bandu Uttamrao Jamnik of Shri Ganesh Art's college kumbhari, SGBAU Amravati University Amravati virtually participated in *One Day International Webinar* organized by Department of Dr. Ambedkar Thought and Department of Cultural Activities of Dr. Babasaheb Ambedkar College of Arts, Commerce and Science, Bramhapuri on the occasion of 130th Birth Anniversary of Dr. Babasaheb Ambedkar on 14th April 2021.

Tufan Awatade
Coordinator
Department of Cultural Activities

Dr. Devesh Kamble
Secretory,
Dr. Babasaheb Ambedkar Education Society
Chanda (Bramhapuri)

Dr. Azizul Haque
Principal

Dr. Babasaheb Ambedkar Education Society's

Dr. Babasaheb Ambedkar College of Arts, Commerce and Science,

Bramhapuri, Dist-Chandrapur (Maharashtra) India

Affiliated to Gondwana University, Gadchiroli

CERTIFICATE

This is to certify that Mr./Miss/Dr. Bandu Uttamrao Jamnik of Shri Ganesh Art's college kumbhari, SGBAU Amravati University Amravati virtually participated in *One Day International Webinar* organized by Department of Dr. Ambedkar Thought and Department of Cultural Activities of Dr. Babasaheb Ambedkar College of Arts, Commerce and Science, Bramhapuri on the occasion of 130th Birth Anniversary of Dr. Babasaheb Ambedkar on 14th April 2021.

Tufan Awatade
Coordinator
Department of Cultural Activities

Dr. Devesh Kamble
Secretary,
Dr. Babasaheb Ambedkar Education Society
Chanda (Bramhapuri)

Dr. Azizul Haque
Principal

Kaisarwar Arts, Basantlal Kabra Science and B.R.Mantri Commerce College
Manwath District Parbhani Maharashtra State INDIA
affiliated to Swami Ramanand Teerth Marathwada University, Nanded
NAAC accreditation @ Under 'B' Grade

Faculty of Humanities of KASK College, Manwath

Organized

One Day Online National Seminar on

Shivray to Bhimray: An Intellectual Inheritance

14 April 2021

E- CERTIFICATE OF PARTICIPATION

This is to certify that Bansu Dhanveer Jamvik has participated in One Day Online National Seminar on "**Shivray to Bhimray: An Intellectual Inheritance** organized by the Faculty of Humanities, Kaisarwar Arts, Basantlal Kabra Science and B.R.Mantri Commerce College, Manwath on 14 April 2021 on the occasion of 130th Birth Anniversary of Dr. **Babasahab Ambedkar**

Dr. S. R. Rao
Seminar Coordinator

Dr. T. L. Bhosle
Vice Principal

Dr. S. L. Bhosle
Principal

CERTIFICATE OF PARTICIPATION

We acknowledge that

Dr./Prof./Mr./Mrs. Bandu Uttamrao Jamnik

has attended Webinar on

Covid-19 & Change in Society

Organized by Department of Sociology,

Late Bhaskarrao Shingane Arts, Prof. Narayanrao Gawande Science &

Ashalata Gawande Commerce College, Sakharkherda, Dist. Buldana.

Organizer

Principal

Date : 1st June, 2021

Shri Dadasaheb Gawai Charitable Trust, Amravati

Takshashila Mahavidyalaya, Amravati,

Dr. Babasaheb Ambedkar Mahavidyalaya, Amravati,

Ramkrushna Mahavidyalaya, Darapur,

Jointly Organized

National Webinar

This is to certify that Dr./ Mr./ Ms Bandu Uttamrao Jamnik

Shri Ganesh Art's college kumbhari of

has participated in the One Day National Webinar on "Research in Social Sciences" held on 30th March 2021.

Dr Padaval Mallu
Principal
TMV, Amravati

Dr Anjankumar Sahay
Principal
BAMV, Amravati

Prof. Yashwant Harane
Officiating Principal
RMD, Darapur

विज्ञान, निर्भयता, नीती

Maharashtra Andhashraddha Nirmulan Samiti

National Service Scheme Open Unit

Dr.Babasaheb Ambedkar Marathwada University, Aurangabad

COVID-19 PSYCHOLOGICAL AWARENESS

Certificate Of Appreciation

This is to Certify that, *Bandu Uttamrao Jamnik*

has solemnly pledged & participated in online "COVID-19 Psychological Awareness Programme" Organised by Maharashtra Andhashraddha Nirmulan Samiti, Aurangabad.

For the commitment to discharge the service to the Nation as responsible citizen.

Score : 8 / 20

Date : 5/11/2020 23:34:22

Mr. Shahaji Bhosale

State General Secretary and Co-ordinator Maharashtra Aids NSS Open Unit

International Webinar

On

Societal Change due to Global Pandemic Covid-19

Jointly Organized by

Govt College Rajpur, Dist.- Balarampur

In association with

Govt. College Bhaiyathan, Dist.-Surajpur

This certificate is proudly presented to Dr.Bandu Uttamrao Jamnik, Asst prof of Shri Ganesh Art's college kumbhari Akola for participating in International Webinar on ***Societal Changes due to Global Pandemic- Covid 19*** *organized on 26-July-2020.*

Dr. Ashok Sharma, Principal
Govt. College, Bhaiyathan, Chhattisgarh

Smt. Manisha Raj Jaiswal, Convener
Govt. College, Rajpur, Chhattisgarh

Dr. B. K. Garg, Principal
Govt. College, Rajpur, Chhattisgarh

Sant Gadge Baba Amravati University, Amravati

Re-Accredited with "A" Grade by NAAC

National Level FDP on G Suite & Allied Tools in Education, Teaching & E-Content Development

Organized By

P. G. Department of Computer Science & Engineering

CERTIFICATE OF PARTICIPATION

This is to certify that Prof./Dr./Mr./Ms./Mrs. Bandu Uttamrao Jamnik of Shri Ganesh Art's college kumbhari, SGBAU has participated and successfully completed the **One Week National Level Online Faculty Development Program on *"G Suite & Allied Tools in Education, Teaching & E-Content Development"*** held during the period 29 June 2020 to 04 July 2020, organized by Post Graduate Department of Computer Science & Engineering, Sant Gadge Baba Amravati University, Amravati.

Dr. V. M. Thakare
Convener & Head

Dr. M.G. Chandekar
Hon'ble Vice-Chancellor

Dr. R. S. Jaipurkar
Hon'ble Pro Vice-Chancellor

Dr. T. R. Deshmukh
Registrar

Certificate -id: 20200554

North Asian International Research Journal of Social Science & Humanities

IRJIF I.F. : 5.010
Index Copernicus Value: 57.07
ISSN: 2454-9827
Vol. 7, Issue-4
April -2021
DOI NUMBER: 10.6947/2454-9827.2020.00009.9
Thomson Reuters ID: S-8304-2016

A Peer Reviewed Refereed Journal

कोव्हिड 19 च्या संदर्भात सामाजिक ताण-तणाव : एक समाजशास्त्रीय अध्ययन

Social Stress in the Context of COVID 19: A Sociological Study

डॉ. बंडू उत्तंमराव जामनिक*

*समाजशास्त्र विभाग प्रमुख श्री गणेश कला महाविद्यालया, कुंभारी अकोला.

DR. BANDU UTTAMRAO JAMNIK*

**Head Department of Sociology Shri Ganesh Arts College, Kumbhari Akola MS*

सार :

कोव्हीड 19 या साथीच्या आजारामुळे बऱ्याच काळापासून संपूर्ण देशभरात लॉकडाउन होता. तसेच अब्जावधी लोकसंख्येच्या हालचाली त्वरीत मर्यादित करण्यात आल्या तरी सुध्दा या आजाराचे पाहीजे त्या प्रमाणात नियंत्रण करता आला आले नाही. काही कालावधीमध्ये संक्रमित लोकांची संख्या कमी झाली तरी कोव्हिड 19 फेज 2 च्या अंतर्गत मोठया प्रमाणात लोक संक्रमित झाले शिवाय या कालावधीमध्ये मुत्यूदरामध्ये सुध्दा मोठया प्रमाणात वाढ झाली आहेत. त्यामध्ये महाराष्ट्रं राज्यं आणि त्यामधील बरेच जिल्हे मोठया प्रमाणात संक्रमित आहेत. यामुळे एक प्रकारची भितीदायक वातावरण संपूर्ण समाज व्यवस्थेमध्ये निर्माण झाले आणि या नकारात्मंक वातावरणामुळे सामाजिक ताण-तणावाचे प्रमाण मोठया प्रमाणात वाढून या महामारीमुळे तणावाशी संबंधित अन्यं आजारांमुळे मोठी लोकसंख्या सक्रमित झाली शिवाय ज्यांना कोव्हिड 19 चे सक्रमण झाले परंतु त्याच्या भितीमुळे बहुतांश लोकांचे मुत्यू झाले शिवाय काही लोक सक्रमणातुन बरे झाल्यानंतर सुध्दा विविध प्रकारच्या ताण तणावाला बळी पडून त्यांचे प्राण गेले आहेत. या कालावधीमध्ये महाराष्ट्रं राज्यातील अकोला जिल्हयामध्ये कोव्हिड 19 फेज 2 च्या कालावधीत, समाजामध्ये निर्माण झालेले या आजाराच्या संदर्भातील ताण, तणावचे स्वरूप आणि त्याचे प्रमुख स्रोत याचा अभ्यास करण्यात आला आहे. या संशोधनासाठी 120 प्रौढ कुटूंब प्रमुखांची निवड करण्यात आली. माहितीचे संकलन करण्यासाठी स्वं-निर्मित ताण-तणाव मापिकेचा वापर करण्यात आला. तथ्यांचे विश्लेषण करण्यासाठी वारंवारीता, शेकडा प्रमाण आणि काई स्क्वेअर या सांख्यिकीय तंत्राचा वापर करण्यात आला. यावरून दिसून आले की, 63.50% व्यक्तींना मोठया प्रमाणात कोव्हिड 19 फेज 2 मुळे ताण-तणाव निर्माण झाला, 6.50% व्यक्तींना सामान्यं प्रमाणात आणि 30.00% निम्नं प्रमाणात ताण-तणाव जाणवला. त्याचे गंभीर परिणाम त्यांच्या आरोग्यावर झाल्याचे दिसून आले. यामध्ये साथीच्या आजाराचा त्याच्या स्वतःच्या वैयक्तिक भविष्यावर होणारा परिणाम

चिंतेचा प्रमुख स्त्रोत होतो याशिवाय आर्थिक चिंता, निराशा, कोविडच्या संदर्भातील भीती ही कारणे त्यांचा ताण-तणाव वाढण्यास कारणीभूत होती त्याचे गंभीर परिणाम सामाजिक घटकांवर झाले असल्याचे दिसून आले.

प्रस्तावना :

कोविड-19 कोरोनाव्हायरस किंवा गंभीर तीव्र श्वसन सिंड्रोम कोरोना व्हायरस हा कोरोना कुटुंबातील एक व्हायरस आहे. जगामध्ये साथीचे आजार लोकांसाठी नवीन नाहीत या अगोदर सुध्दा प्लेग, कॉलरा, फ्लू, स्पॅनिश फ्लू, इबोला, इत्यादी साथीच्या आजार पसरलेले आहेत. परंतु कोविड -19 चा प्रभाव होऊन गेलेल्या इतर साथीच्या आजारापेक्षा जास्तं प्रभावी राहला आहे आणि त्यामुळे संपूर्ण समाजामध्ये भितीदायक वातावरण निर्माण झाले आहे आणि हे वातावरण कीती कालावधीसाठी राहील यासंदर्भात कोणतेही संदर्भ सदयस्थितीमध्ये विश्वासनिय नाही.

कोरोना व्हायरसमुळे सदयस्थितीमध्ये सक्रमितांचे प्रमाण आणि मुत्यू दर मोठया प्रमाणात वाढत आहे. ही बाब देशासाठी चिंताजनक आहे. या आजाराचा नियंत्रित करण्यासाठी कैंद्रं सरकार, राज्यं सरकार आणि विविध सामाजिक संस्था आणि संगठणा मोठया प्रमाणात प्रयत्नं करीत आहेत शिवाय वैदयकिय सेवांवर सुध्दा याचा मोठा ताण येत आहे. अशा स्थितीत बऱ्याच व्यक्तींना संक्रमीत झाल्यानंतर ऑक्सीजनची उपलब्धता न झाल्यामुळे मुत्युची प्रकारने सुध्दा वाचनामध्ये येत आहेत. अशा स्थितीमध्ये समाजामध्ये ताण-तणाव वाढणे सहाजीक आहे. आणि या ताण-तणावामुळे आणखी आरोग्यं विषयक समस्या निर्माण होतांना दिसून येत आहे. आणि कोव्हिड 19 च्या भितीमुळे निर्माण झालेल्या आरोग्यं विषयक समस्यांमुळे पुन्हा ताण-तणाव वाढतांना दिसून येतो. याचा प्रदर्शन प्रभावी होऊन बहुतांश व्यक्ती तणावामध्ये जीवन जगत आहे अशा स्थितीत कोव्हिड 19 फेज 2 च्या संदर्भात समाजाच्या ताण-तणावाची स्थिती काय आहे याचा अभ्यास करण्यात आला आहे.

कोविड-19 च्या संक्रमणाला आळा घालण्यासाठी शासनाने लोकांच्या घरातून बाहेर जाण्यावर बंदी घालून संपर्काच्या माध्यमातुन होणारा या विषाणूचा संसर्ग कमी करण्यासाठी प्रयत्नं सतत सुरू ठेवलेले आहेत. दुकाने, कामाची ठिकाणे आणि पूजास्थळे बंद करणे, सार्वजनिक वाहतुकीचा प्रवेश प्रतिबंधित करणे आणि सामाजिक मेळावे समाप्त करणे. इत्यादी हे करीत असतांना समाज मनावर त्याचा काय परिणाम होईल या बाबीकडे मोठया प्रमाणात दूर्लक्ष झाल्याचे दिसून येते. त्याचा परिणाम म्हणून मानसशास्त्रीय आरोग्यावर तसेच मानसिक ताण, चिंता, नैराश्य, आणि मानसिक आरोग्याच्या समस्या निर्माण करण्याच्या तीव्रतेवर झाला आहे. तणावग्रस्त परिस्थितींमुळे व्यक्तीची प्रतिकारशक्ती कमी होणे व त्यांना सक्रमण होणे हया बाबी सुध्दा मोठया प्रमाणात समाजामध्ये दिसून येत आहेत. शिवाय या साथीच्या आजाराचा सामना करणाऱ्या व्यक्तींना शिवाय त्यांचा प्रतिकार करणाऱ्या संसाधनांवर मोठया प्रमाणात ताण येतो ही बाब विचारात घेता महाराष्ट्रामधील अकोला जिल्हयातील कोव्हिड 19 फेज 2 च्या दरम्यान लोकांच्या मानसिक आरोग्याच्या संदर्भात त्यांचा ताण, तणावाचे स्त्रोत आणि त्या तणावाला दूर करण्याच्या कार्यनितीचा अभ्यास या संशोधनामध्ये करण्यात आला आहे.

संशोधन पद्धती :

या संशोधनासाठी वर्णनात्मक संशोधन पध्दतीच्या अंतर्गत सर्वेक्षण पध्दतीचा वापर करण्यात आला. संशोधनासाठी 120 नागरीकांची निवड करण्यात आली त्यासाठी उददेपूर्ण नमूना निवड पध्दतीचा वापर करण्यात आला. तथ्यांचे संकलन

करण्यासाठी स्व-निर्मित ताण-तणाव मापिकेचा वापर करण्यात आला. गुगुल फॉर्मचा वापर करून आवश्यक तथ्यांचे संकलन करण्यात आले.

सांख्यिकीय विश्लेषण :

या संशोधनामध्ये तथ्यांचे विश्लेषण करण्यासाठी वारंवारीता, शेकडा प्रमाण, काई स्क्वेअर या सांख्यिकीय तंत्राचा वापर करण्यात आला.

सारणी क्र.1.1

कोव्हिड 19 चा सामाजिक ताण-तणावावरील प्रभावाचे विवरण

अ. क्र	विवरण	संख्या व %	होय	कधी कधी	नाही	एकूण	काई स्क्वेअर
1	जगभरातील रोगाच्या परिणामाबद्दल चिंता करता	संख्या	62	47	11	120	34.00
		%	51.67	39.167	9.17	100	
2	अज्ञात भविष्याबद्दल चिंता करता	संख्या	53	52	15	120	23.45
		%	44.17	43.333	12.5	100	
3	एखाद्याच्या नोकरी किंवा व्यवसायाच्या भविष्याबद्दल चिंता करता	संख्या	52	51	17	120	19.85
		%	43.33	42.5	14.2	100	
4	आर्थिक समस्या भेडसावतात	संख्या	50	51	19	120	16.55
		%	41.67	42.5	15.8	100	
5	अस्वस्थता, होमबाउंड असल्याबद्दल निराशा मनामध्ये येते.	संख्या	45	54	21	120	14.55
		%	37.5	45	17.5	100	
6	कोविड 19 च्या संदर्भात सदैव चिंता वाटते.	संख्या	43	62	15	120	27.95
		%	35.83	51.667	12.5	100	
7	लॉकडाऊन दरम्यान एकटेपणा वाटतो	संख्या	38	63	19	120	24.35
		%	31.67	52.5	15.8	100	
8	पूर्वीचे समर्थक गमावले याचे दुःख वाटते.	संख्या	30	65	25	120	23.75
		%	25	54.167	20.8	100	
9	लॉकडाऊन दरम्यान कुटुंबाच्या आरोग्याची चिंता वाटते.	संख्या	34	54	32	120	7.40
		%	28.33	45	26.7	100	
10	घरी कामाचे ओझे वाढले आहे.	संख्या	24	64	32	120	22.40
		%	20	53.333	26.7	100	
11	घरी कठीण तणावपूर्ण परस्पर संबंध	संख्या	19	91	10	120	98.55

	निर्माण होतात.						
12	घरी वृद्ध नातेवाईकांचे व्यवस्थापन कसे करावे याची चिंता वाटते	%	15.83	75.833	8.33	100	
		संख्या	15	92	13	120	101.45
13	स्वत:च्या आजाराची भिती वाटते.	%	12.5	76.667	10.8	100	
		संख्या	17	92	11	120	101.85
14	घरी लहान मुलांच्या संदर्भात चिंता वाटते.	%	14.17	76.667	9.17	100	
		संख्या	10	96	14	120	117.80
15	व्यसन (अल्कोहोल, सिगारेट, खरेदी इ.) जास्तं प्रमाणात करावे लागते.	%	8.333	80	11.7	100	
		संख्या	12	98	10	120	126.20
16	कोविड d 19 मुळे मृत्यू होण्याची भीती वाटते	%	10	81.667	8.33	100	
		संख्या	8	96	16	120	118.40
		%	6.667	80	13.3	100	

निष्कर्ष :

सर्व देशभर परसलेल्या कोव्हिड 19 मुळे निर्माण झालेल्या सामाजिक स्तरावरील तणावाचा अभ्यास करण्यासाठी महाराष्ट्रं राज्यातील अकोला जिल्हयातील 120 कुटूंबप्रमुखांचा अभ्यास केला. कोव्हीड 19 फेज 2 दरम्यानच्या कालावधीमध्ये केलेल्या लॉकडाउनच्य दरम्यान हा अभ्यास करण्यात आला. या अभ्यासाचे मुख्य निष्कर्ष असे की कोव्हिड 19 मुळे समाजामध्ये उच्च पातळीचे ताण-तणाव होते, लॉकडाउनचा कालावधीचा व्यक्तींच्या जीवनातील अनेक पैलूंवर होणारा परिणाम लक्षात घेता, बहुतेक व्यक्तींना यापूर्वी असा अनुभव आला नसल्याचे दिसून येते. प्रिंट मिडीया आणि टीव्हीवरील बातम्या सतत देशांमधील निराशाजनक परिस्थितीचे प्रसारण करत आहेत. भारतातील इतर अभ्यास सुध्दा या निष्कर्षांचे समर्थन करतात. लॉकडाऊनच्या पहिल्या आठवड्यात केलेल्या अभ्यासातून असे दिसून आले की लोकसंख्येच्या 33% लोकांच्या मानसिकतेवर आणि त्यांच्या ताण तणावावर त्याचा विपरीत परिणाम पडलेला आहे. वर्मा आणि मिश्रा यांच्या अभ्यासातून असे आढळले आहे की सुमारे ११% लोकांना दोन आठवड्यांनंतर तीव्र स्वरूपातील ताण-तणावाचा सामना करावा लागला.

लोकसंख्यात्मकं चलांच्या संदर्भात त्यांच्या ताणतणावाच्या संबंधाची तुलना करताना असे दिसून आले की पुरुषांना स्त्रियांच्या तुलनेत जास्तं प्रमाणात ताण-तणावाचा सामना करावा लागतो आहे. वयानुसार विचार केल्यास दिसून येते की, कमी वय असलेल्यांना ताण-तणाव अधिक प्रमाणात होता. यावरून दिसून आले की तरुण व्यक्तींना मोठया प्रमाणात ताण-तणावाचा सामना करावा लागत आहे. शिक्षण आणि उत्पन्नाची पातळी देखील त्यांच्या तणावाशी नकारात्मकरीत्या संबंधित असल्याचे दिसून आले; त्यामध्ये कमी शिक्षित आणि कमी उत्पन्न असणालेल्या लोकांना जास्तं प्रमाणात ताण-तणाव सहन करावा लागला. ताणतणावाचा मुख्य स्रोत म्हणजे जगभरात काय घडत आहे याची सामान्य चिंता हे कारण होते. विकसित देशांमध्ये तसेच सर्व देशभर हा आजार पसरलेला असल्यामुळे आपल्या वैयक्तिक भविष्यात काय होईल याची चिंता त्याना

मोठया प्रमाणात भेडसावत होती. नोकरी आणि व्यवसायाबद्दल आर्थिक चिंता भविष्यातील चिंता सुध्दा यादरम्यान निर्माण झाली आणि त्यामुळे सामाजिक ताण-तणाव वाढला असल्याचे दिसून येते.

संदर्भ ग्रंथ सूची

1. Gorbalenya AE, Baker SC, Baric RS, de Groot RJ, Drosten C, Gulyaeva AA, *et al*. The species Severe acute respiratory syndrome-related coronavirus: classifying 2019-nCoV and naming it SARS-CoV-2. Nature Microbiology 2020;5.
2. Worldometer. (n.d.). Covid-19 Corona Virus Pandemic. Available from: https://www.worldometers.info/coronavirus/. [Last retrieved on 2020 Jun 05].
3. MyGov. (n.d) Government of India site Covid-19 Dashboard Information. Available from: https://www.mygov.in/covid-19. [Last retrieved on 2020 Jun 05].
4. Stress and Coping. Centre for Disease Control and Prevention; 2020. Available from: https://www.cdc.gov/ coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html. [Last accessed on 2020 Apr 30].
5. Mental Health in the Times of COVID-19 Pandemic Guidance for General Medical and Specialised Mental Health Care Settings. Department of Psychiatry. National Institute of Mental Health and Neuro Sciences (NIMHANS); 2020.

North Asian International Research Journal of Social Science & Humanities
ISSN: 2454-9827 Vol. 7, Issue-3 March -2021
IRJIF I.F.: 5.010
Index Copernicus Value: 57.07 DOI NUMBER: 10.6947/2454-9827.2020.00009.9 Thomson Reuters ID: S-8304-2016
A Peer Reviewed Refereed Journal

A COMPARATIVE STUDY OF THE MENTAL HEALTH OF WORKING AND HOUSEWIVES

DR. BANDU UTTAMRAO JAMNIK*

****Head Department of Sociology Shri Ganesh Arts College, Kumbhari Akola MS***

ABSTRACT

The present research is a comparative study of the mental health of working and housewife women. Apart from the hardships that working women have to endure, the family responsibilities that have to be fulfilled by the job as well as the condition of the workplace and the difficulties and problems that arise there are adversely affecting their mental health. In such a scenario, the working conditions and environment of the place where women are employed need to be conducive to the development of their mental health, otherwise it will have far-reaching consequences for human society in the future and limit development and women's self-reliance.

KEY-WORDS: Mental, Health , Working, Housewives

INTRODUCTION

In the Indian Context, women are increasingly participating in various business sectors. The number of women employed in various capacities is on the rise. It is easily seen in any major city in India. Women from economically and socially backward communities of the society are seen to be engaged in wage work in the past. Even today in rural areas, these women are seen to be involved in this wage business to some extent. In a community with high socio-economic status, the scope of work of women was limited to the home and they lived the life of a housewife. In independent India, women from this high socio-economic status are also moving out of

the privacy of the home and are seen entering various job pursuits along with men. In the recruitment process, women are given less opportunities than men. Even when men and women have equal qualifications, there is a tendency in society to give preference to men over women. There is also a social thought flow that shows that women have less experience than men and have less potential, which is largely wrong. As a result, women face obstacles in their progress. In such a situation most of the women get jobs in the business or in the field where the male class avoids coming, most of the women are seen working. It has the highest number of jobs in the private sector. While working in this field, women face various problems because their job is mainly at the discretion of the manager or the business owner. As a result, their salaries and other facilities are very normal. In some places, they are not even given these facilities. As a result, it is not possible to say that their basic needs will be met through this job business. These women mainly work in areas where there is no need for training. The work of these women is not only limited to jobs but they also have to do various household chores by doing jobs. As a result, they have to cope with the stress of work and the stress of work in the family, but they also face mental health problems. In addition, most of the women in the family do not have the right to the salary they get through employment, while other men in the family are seen to be entitled to their salary, so their needs and preferences are given secondary place. The effect is on their mental health. In addition, women working in various fields face the problem of sexual bias. The adverse effects of technological advancement on them, the inability to improve their skills and grades, the problem of paid maternity leave in private sector jobs, the easy termination of women's employment and the transfer of it to another person are easy for managers. The problem of harassment of working women has created various obstacles in the way of women's development. The effect can be seen in their mental health.

The women's group has a wide variety of ideas. Working women have different identities than housewives and other adult women. In modern society, the social and community environment seems to be full of social and moral pollution. That is why many problems are seen in the case of women working in different fields. A working woman is one who works outside the home. Women of all the three levels can be included in this. In the traditional Indian society she was struggling to meet her financial needs and living in adverse conditions but today the attitude of the society towards women has changed a lot and as a result many women are working in various types of jobs.

HOUSEWIVES AND WORKING WOMEN

A housewife is a woman who is not involved in any kind of job business. The main position of this woman is her home and she is expected to do the housework and take care of the family members. So working women are women who serve in the private or government sector or do physical or mental work and get paid for it.

THE CONCEPT OF MENTAL HEALTH

Mental health is an integral and essential component of a person's health. According to the World Health Organization, health is a state of complete physical, mental and social well-being in which the absence of illness or disability alone does not mean health. An important consequence of this definition is that mental health is more pronounced than mental disorders or mental disabilities. Mental health is a state of human well-being in which a person becomes aware of his or her own potential. Such a person can easily cope with the common stresses of life, work effectively and be able to make a significant contribution to the development of himself and the society. In this positive sense, mental health is a fundamental component of the effective well-being of society as well as personal well-being. Mental health can be defined in terms of a person's ability to make effective social and emotional adjustments in real life. In other words, mental health is the ability to face and accept the realities of life. (Bhatia, 1982). More than one social, mental and biological factor determines a person's level of mental health. Persons who are under constant socio-economic pressure are at risk for community mental health. Lower mental health is associated with rapid social change, stressful work conditions, sexism, social exclusion, modern lifestyles, problems of violence, and balanced mental health violations of physical illness. A mentally healthy person is self-satisfied, lives a good life in harmony with his neighbors, makes children healthy citizens and even after fulfilling these basic duties, he benefits the mental health development of the society. A mentally healthy person can properly adjust to his surroundings and do his best for himself, his family and the progress and upliftment of his community. The main feature of mental health is adjustment. The greater the potential for successful social planning, the better the mental health of the individual. Low adjustment due to low mental health leads to great struggle. In addition, certain psychological and personality factors also contribute to mental health.

RESEARCH OBJECTIVES

1. Assessing the mental health of job and housewife women.

2. Comparing the mental health of working women and housewives.

RESEARCH HYPOTHESES

There is no significant difference in the level of mental health of working women and housewives.

Research Methods:.

The research presented is based on 60 women in Akola. Among them, 30 women are employed in various types of private sector and 30 women are housewives. They have been selected through a deliberate sample selection process. The average age group of these women is 25 to 40. The survey method has been used for this research. Mental health research was used to gather facts about mental health. Percentage system, mean, t values are used for analysis and interpretation.

ANALYSIS

Table no. 1.1

Compare the Mental Health of working women and house wife women

Status of Mental Health	Working Women		House Wife Women		Total Women	
	N	%	N	%	N	%
Excellence	08	13.33	16	26.67	24	20.00
Good	12	20.00	24	40.00	36	30.00
Moderate	26	43.33	14	23.33	40	33.33
Low	08	13.33	04	6.67	12	10.00
Poor	06	10.00	02	3.33	08	6.67
Total	**60**	**100**	**60**	**100**	**120**	**100**

In terms of mental health of working women and housewives, the proportion of women working in good health is 13.33% and the proportion of housewives is 26.67%. This shows that the proportion of housewives is higher than that of working women. In terms of good health, the proportion of working women is 20.00% and the proportion of housewives is 40.00%. Here too, the proportion of housewives is higher than that of working women. The proportion of women working in general health condition is 43.33% and the proportion of housewives is 23.33%. It shows that the proportion of working women is higher than that of housewives. In the case of low health status, the proportion of employed women is 13.33% and the proportion of housewives is 6.67%. The proportion of working women is higher than that of housewives. The proportion of employed women is 10.00% and the proportion of housewives is 3.33%. The proportion of working women is higher than that of housewives. This shows that the proportion of housewives in terms of good and good mental health is higher than that of working women, and the proportion of working women in terms of general, low and very low mental health is higher than that of housewives.

In terms of mental health of working women and housewives, the average mental health of working women is 61.50 and that of housewives is 68.89. Also the ratio deviation is 6.45 and 7.58 respectively. Comparing the median mental health of working and housewife women, the T value obtained by calculation was 3.12. The T value obtained by calculation is higher than the table value expected at the levels of 0.01 and 0.05 for the independence quantity 58. This means that there is a significant difference in the mental health status of working women and housewives, which shows that the mental health status of housewives is more effective than that of working women.

BIBLIOGRAPHY

1. Dennerstein, L., Astbury, J., & Morse, C. (1993). Psychosocial and mental health aspects of women's health. WHO Report, Geneva.
2. Ravati, D.R., & Jogsan, A. Y. (2012). Mental Health and Depression of Working and Non-Working women. International Journal of Scientific and Research Publication, Volume 2 August 2012.
3. Froberg, D., Gjerdingen, D., & Preston, M. (1986). Multiple roles and women's mental and physical health: What have we learned? Women and Health, 11(2)
4. Guttentag, M., Salasin, S., & Belle, D. (Eds.) (1980). The mental health of women. New York, Academic Press.
5. Khodidas, N. Z. (2013). A comperative study of mental health among working women and house wives. Department of Psychology Saurashtra University Rajkot.
6. Lennon, M.L., & Rosenfeld, S. (1992). Women and mental health: the interaction of job and family conditions. Journal of Health and Social Behavior, 33(4).
7. Lennon, M.L. (1994). Women, work, and well-Being: The importance of work conditions. Journal of Health and Social Behavior, 35(3).
8. McBride, A.B. (1989) Mental health effects of women's multiple roles. Image J Nurs Scholarship, 20(1).

North Asian International Research Journal of Social Science & Humanities

ISSN: 2454-9827 Vol. 6, Issue-12 December-2020

IRJIF: 3.015

Index Copernicus Value: 57.07

Thomson Reuters ID: S-8304-2016

A Peer Reviewed Refereed Journal

A STUDY OF EFFECT OF COVID-19 ON SOCIAL MENTAL HEALTH SPECIAL REFERENCE TO AKOLA CITY IN THE STATE OF MAHARASHTRA

***DR. BANDU UTTAMRAO JAMNIK**

**Assistant professor, Shri Ganesh Arts College, Kumbhari Tq. Dist Akola MS*

ABSTRACT:

The present research has studied the effect of Covid-19 on the social and mental health of individuals in Akola city. The outbreak of Covid-19 and the problems it has created have caused a great deal of controversy in the society. This epidemic creates a great deal of fear in the society. It has had a profound effect on social, mental and health issues.

1.1 INTRODUCTION:

The psychological consequences of a global pandemic also affect social fabric. The first statement by the World Health Organization's first Director General Brock Chishholm, who was also a psychiatrist, is the famous statement, 'Without mental health, there cannot be true physical health. Is. 'His words support this idea. After years of research, there is no doubt that mental and physical health are fundamentally and inseparably interlinked. On reading any news at the time of the emergence of Kovhid-19, Kovid- Had to go through the most information about 19, but the mental health problems that are building from this epidemic and how to keep your mental health strong with this problem, not enough information was available. Think about yoga, keep physical distance, give nutritious food, information was being given in this context.

This is certain, and scientists have determined that, historically, infectious epidemics increase anxiety and nervousness in the general public. The new disease is unfamiliar in its nature and no consequences can be anticipated. At the same time it is unseen or invisible. All these features make it a source of serious concern. During the outbreak of SARS in 2003, the revisionists outlined several mental health concerns along with the disease. There were many reasons, including depression, stress and psychosis and panic attack. There are many possible reasons. People infected with SARS and receiving treatment also suffered social isolation. This happened

because they were isolated. Was his illness also seen as a stigma and due to which he felt discriminated against? It is also possible that the people of SARS have gone to the house of guilt to infect others. Understanding the experiences and public health of people affected by Kovid-19 It is important to pay attention to these factors to make a policy of the situation. It is only by doing so that their mental health concerns can be addressed. It is clear that infectious diseases have a profound psychological effect on all people. Also on those who We are not affected by the virus. Our response to these diseases is not based on medical knowledge but also from our social understanding. In the Internet age, we get most of the information online. This is a behavioral change which has made people on health issues has revolutionized mutual interactions. For example, in a study conducted on Twitter to analyze the outbreak of Ebola and swine flu, it was found that Twitter users have deep fears about these two diseases. The news media's articles and social media posts have a tendency to make outbreaks a sensational discovery and disseminate false information, creating a state of fear and panic.

While these outbreaks during the outbreak of the epidemic are considered to be proportional to the situation at the time and are thought to be a means of spreading awareness, the study also found that these breaking news on social media Perhaps it has acted as a 'flare up' of fear and stress among people. Perhaps this is the reason why many certified health organizations, including the World Health Organization, have recommended that people avoid reliable information to prevent stress and anxiety. Take information and advice from health professionals only, but valid information is also not always good. In the time of epidemic, what to do, what not to do, information is bombarded. But what can be the consequences, It is not considered. In fact people already have mental health problems in people with nervousness. Some people have involuntary recurrent hand washing disease. To wash hands frequently Encouraging public messages can put such people in danger and can increase their mental illness. People suffering from post-traumatic stress or especially those who are concerned about health and are worried about getting sick with a disease may have panic attacks, And they can give more stressful responses.

Apart from the psychological consequences of a health crisis, it also always has an interesting psycho-economic effect, which is reflected in our consumerist nature when we want to accumulate more and more germicides, face masks, toilet rolls and food items It is not only because of the lack of these things in the media that the news is coming, but also because we basically want to keep our lives under control. On the other hand the danger is that such being involved in behavior may distract our attention from more urgent security measures such as washing hands or following directions of confinement properly. Hoarding also indicates that people still feel health is a personal matter - which there is a misconception. But, in reality these goods are needed by the entire