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## Gender-wise conflicts at home and reducing stress during the lockdown period

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### Abstract

Corona infection was a disease that people saw for the first time in the 21st century, which had engulfed the whole world, the effect of this disease was directly on humans, and initially this epidemic spread its outbreak in other countries except India. At the second time, the outbreak of this epidemic occurred in India, there were a lot of deaths in India but these deaths were less than other countries, our Prime Minister Narendra Modi had started taking precautions in his country in view of the condition of the other country, that is why the outbreak of this epidemic Later in India, this epidemic spoiled the economic condition of the country, there was mental social psychological pressure on the people due to many reasons, which was related to this epidemic.

**Keywords:** Conflicts, stress, lockdown period

### 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. COVID-19 is the biggest global event and challenge of our lifetimes. As such, it is changing human attitudes and behaviors today and forcing organizations to respond. Physiological regulation involves the drives of hunger, thirst, sex, elimination and sleep. We consider first food, drink and other necessary products, which have been an issue from the very start of the pandemic with 'panic buying' and stockpiling reported everywhere causing supermarkets and stores to run out of supplies. Comfort eating and drinking is a common strategy of individuals seeking ways to ameliorate anxiety and distress associated with lockdown. Self-protection needs during the Covid-19 pandemic are paramount. The World Health Organization and national governments have required a lockdown of the population with 'social distancing' and 'stay-at-home' isolation. The men and women protection of self-hand washing, wearing masks along with social isolation.

### Objectives

1. To assess the gender conflicts at home.
2. To suggest suitable suggestions and reduce stress level for future exigency situation.

### 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 ( $r$ ).

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**Results**

**Table 1:** Distribution of respondents according to education

Education	Male	Female	Total
Illiterate	3 ( 2.0)	6 ( 4.0)	9 ( 3.0)
High School	33 (22.0)	36 (24.0)	69 (23.0)
Intermediate	27 (18.0)	30 (20.0)	57 (19.0)
Graduate	45 (30.0)	51 (34.0)	96 (32.0)
Post graduate	30 (20.0)	24 (16.0)	54 (18.0)
Degree/Diploma	12 ( 8.0)	3 ( 2.0)	15 ( 5.0)
Total	150 (100.0)	150 (100.0)	300 (100.0)
$\chi^2$	4.255		P > 0.05

(Figures in brackets denotes the percentage of respective values)

The effect of education is on every person, the educated person adjusts himself according to the same environment in

every situation that is why it is said that education makes a person responsible.

**Table 2:** Gender-wise conflicts at home during the lockdown period in Covid-19

Gender conflicts at home	Male (150)		Females (150)		$\chi^2$	f- level
	Yes	No	Yes	No		
Economic insecurity	96 (64.0)	54 (36.0)	48 (32.0)	102 (68.0)	30.760**	<0.01
Alcohol consumption & smoking	106 (70.7)	44 (29.3)	12 (8.0)	138 (92.0)	123.431**	<0.01
Domestic Violence	16 (10.7)	134 (89.3)	80 (53.3)	70 (46.7)	62.745**	<0.01
Isolation	88 (58.7)	62 (41.3)	60 (40.0)	90 (60.0)	10.455**	<0.01
Loneliness	90 (60.0)	60 (40.0)	40 (26.7)	110 (73.3)	32.937**	<0.01
Economic Vulnerabilities	48 (32.0)	102 (68.0)	40 (26.7)	110 (73.3)	1.029	>0.05
Sexual relationship	90 (60.0)	60 (40.0)	50 (33.3)	100 (66.7)	21.429**	<0.01
Physical Violence	12 ( 8.0)	138 (92.0)	74 (49.3)	76 (50.7)	62.660**	<0.01
Verbal Abuse	80 (53.3)	70 (46.7)	56 (37.3)	94 (62.7)	7.747**	<0.01
Emotional Violence	18 (12.0)	132 (88.0)	50 (33.3)	100 (66.7)	19.473**	<0.01
Psychologically conflict	40 (26.7)	110 (73.3)	78 (52.0)	72 (48.0)	20.171**	<0.01
Socially& Economically	24 (16.0)	126 (84.0)	76 (50.7)	74 (49.3)	40.560**	<0.01
Rising of family violence	28 (18.7)	122 (81.3)	72 (48.0)	78 (52.0)	29.040**	<0.01

(Figures in brackets denotes the percentage of respective values)

During the lockdown period, it was necessary for all the people to stay home. That is why there were a lot of gender conflicts in the lockdown period of male and female. Due to which both male and female had to pass through it. Both men and women feared economic insecurity. Those who were in the government sector, their salary were not coming on time, those who were in the private sector. He was afraid of losing his job. The housewife felt the most economic insecurity,

because the house had to be managed with a low budget. Those male persons were doing work from home. There was also a psychological and mental stress on him. They had to remain locked inside the boundary wall. People who used to take alcohol and smoke, their quantity had increased. Due to which mental stress and domestic violence started. And people were not able to get isolation because of staying at home.

**Table 3:** Suggestions for males to reduce stress level in future exigency situation

Reduce stress for future exigency	Male (150)		Mean Score	Rank
	Yes	No		
Aerobic exercise	62 (41.3)	88 (58.7)	1.41	VIII
Yoga & meditation	90 (60.0)	60 (40.0)	1.60	IV
T.V & Netflix pictures	100 (66.7)	50 (33.3)	1.67	III
Listening to music	110 (73.3)	40 (26.7)	1.73	II
Discussion with family members	80 (53.3)	70 (46.7)	1.53	VI
Reading of newspaper	80 (53.3)	70 (46.7)	1.53	VI
Watching T.V news	86 (57.3)	64 (42.7)	1.57	V
Reading of literature book & novels	68 (45.3)	82 (54.7)	1.45	VII
Family dinner	90 (60.0)	60 (40.0)	1.60	IV
Talking to kids	110 (73.3)	40 (26.7)	1.73	II
Indoor games	100 (66.7)	50 (33.3)	1.67	III
Use of social sites i.e. WhatsApp, Facebook & Tutors etc.	120 (80.0)	30 (20.0)	1.80	I

(Figures in brackets denotes the percentage of respective values)

In the lockdown period, the maximum work load fell on the women, whether she was a housewife or doing service, because the woman with the job had double work pressure. The household chores had to be done and the office work had to be done by staying at home, that is why women were getting very little rest because all the time cooking, house cleaning, child care and teaching work was also on her. And

during the Corona period, the servants had stopped coming to work and some people were so scared that they refused to come to the house, due to which the responsibility of doing all the work was increased on the women of the house. In the time of Corona there was a negative environment as well as a positive environment, which was a good sign for the people.

**Table 4:** Suggestions for females to reduce stress level in future exigency situation

Reduce stress for future exigency	Female (150)		Mean Score	Rank
	Yes	No		
Zamba dance workout and meditation	115 (76.7)	35 (23.3)	1.77	II
Sleeping	100 (66.7)	50 (33.3)	1.67	IV
T.V & Netflix pictures	100 (66.7)	50 (33.3)	1.67	IV
Listening to music	120 (80.0)	30 (20.0)	1.80	I
Discussion with family members	80 (53.3)	70 (46.7)	1.53	VI
Cooking	110 (73.3)	40 (26.7)	1.73	III
Watching T.V news	60 (40.0)	90 (60.0)	1.40	IX
Reading of literature book & novels	70 (46.7)	80 (53.3)	1.47	VII
Family dinner	60 (40.0)	90 (60.0)	1.40	IX
Talking to kids	90 (60.0)	60 (40.0)	1.60	V
Indoor games	70 (46.7)	80 (53.3)	1.47	VIII
Use of social sites i.e. WhatsApp, Facebook & Tutors etc.	88 (58.7)	62 (41.3)	1.59	VI

(Figures in brackets denotes the percentage of respective values)

During Corona, when the epidemic spread throughout the country, people's work was stopped and people were unable to spend their time due to lack of work and due to the gathering of all the family members. At the time of Corona, when people had to stay at home and they could not go out, then people were enjoying themselves by staying at home, to spend their time using social sites like WhatsApp, Facebook, Tutors etc. and he was not feeling stressed and he was also enjoying.

### Conclusion

Both man and woman are integral part of the family. Due to which families run, in the time of Corona both men and women have faced mental, psychological, and financial pressure. In the online education of children the cost of laptops and smart phones increased and the care of the elderly at home. Increased the economic and psychological stress and due to inflation and non-availability of necessities people had to live with limited resources. The benefit of this research was that the way India's spending patterns were increasing; it stopped to a great extent. With this after suffering from a dreadful disease like corona, people started becoming health conscious like getting their check-up done every year health insurance, etc.

### Recommendations

1. The risks of getting Covid-19 are higher in crowded and inadequately ventilated spaces where infected people spend long periods of time together in close proximity.
2. They have very important function to help you keep safe by letting you or others know that there is a potential threat and get you ready to deal with the threat.

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