

## **IMPACT OF COVID-19 PANDEMIC ON WORKING WOMEN: PROBLEMS AND PROSPECTS OF WORK FROM HOME**

**Dr. Urvashi Mishra<sup>1</sup>**

<sup>1</sup>Assistant Professor, Department of Family and Community Resource Management, Faculty of Family and Community Sciences, Coordinator, Centre of Theological Studies, Institute of Leadership & Governance, The Maharaja Sayajirao University of Baroda, Vadodara  
E-mail: urva\_mishra@yahoo.com

**Dr. Sarjoo Patel<sup>2</sup>**

<sup>2</sup>Assistant Professor (Stage-III), Department of Family and Community Resource Management, and Associate Director, Post Graduate Diploma in Hotel Interiors, Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda, Vadodara,  
E- mail: sarjoo.patel-fcrm@msubaroda.ac.in, sarjoo\_patel@yahoo.com

**Eliza Upadhyay<sup>3</sup>**

<sup>3</sup>M.Sc Student, Department of Family and Community Resource Management, Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda, Vadodara,  
E-mail: elizaupadhyaya941@gmail.com

### **Abstract**

*Women are the forerunner of our country and play an important role for our nation in all field of life. Without their contribution, no society can nurture properly. The changing roles of women during this COVID -19 pandemic in the world have led to their greater contribution to the employment sector and changes in many aspects of life. So, it can be challenging to manage numerous roles and obligations including demands from school, work, relationship, family and friends. Descriptive research design was used for the present investigation. Total 110 responses were received based on which results were analyzed. Results revealed that three-fourth (75%) of the working women work from home and at the same time they also are engaged in academic-related work. Moreover, cent per cent of the working women faced back pain, neck pain because they continuously carried out the official work in the laptop in a sitting posture during the official hours in COVID-19 lockdown.*

*Moreover, more than one-half (58%) of the working women took short break of 15-30 minutes between the working hours and majority (92%) of the working women takes care of family members, prepare and cook food, organize home, clean home, wash clothes, wash utensils, are also engaged in dusting and mopping home while working from home during the COVID-19 lockdown.*

**Keywords:** Problems, prospects, women, work from home,

### **1. Introduction**

Women are the forerunner of our country and play an important role for our nation in all field of life. Without their contribution, no society can nurture in an orderly way.. A woman is a world in itself. Her care, knowledge and power have no substitute in the world. Women in India have marked a significant presence in the world in various fields. They have been given the status of power and prestige. The changing roles of women during this COVID -19 pandemic in the world has led to their greater contribution to the employment sector and have experienced change in many aspects of life. The problems of working women are multidimensional and differ from women to women. Working Indian women are facing many challenges during the Pandemic period. In India the role of women in our society has tremendously changed these days. Women are seen today at a higher post in the education field, CEO, fighter-jet pilots, customer services head, banking, admin heads, HR, company executives and telecom sector, etc. Women are making a tremendous contribution to each sector. Then also, the women are the center and foundation of the social and cultural life of the family [1]. It can be challenging to manage numerous roles and obligations including demands from school, work, relationship, family and friends. At the same time, the financial demands of the Indian families are rising day by day. The skyrocketing cost of living, increasing expenses on the education of children, increasing the cost of housing properties [2]. Women are solely responsible to balance her responsibilities in her various roles in domestic as well as professional life. This makes the life of working women extremely stressful. During lockdown the responsibilities of women have become dual as she had to manage the work from home task and other household activities. So, this in turns leads to several problems and prospects among women who are working from home during this COVID-19 pandemic.

## **Review of Literature**

**Darji (2016)**, conducted a study on “Challenges faced by Indian working women to balance professional and social life in 21<sup>st</sup> century” The result revealed that the problems faced by the working women of Pondicherry in terms of work-life balance are quite high and affect their quality of life. The married working women found it very hard to balance their work and personal life irrespective of the sector they were into, the age group they belong to, the number of children they have and their spouse's profession. They also analyzed that the IT sector working professionals were found to have more difficulties in balancing work and family. Conflicts in work-life balance of working women affected their health reporting more stress, headaches, muscle tension, weight gain and depressed than their male counterparts.

**Shiva. (2013)**. conducted a study on “Work-Family Balance and Challenges Faced by Working Women” The aim of the study was undertaken to determine the work-life balance and challenges faced by working women. The sample consisted of 200 career women working in Kerala, India. The questionnaire was collected from the respondents. The result revealed that there was a work-family conflict and lack of organizational satisfaction among working women [3].

### **1.1 Objectives of the study:**

1. To assess the problems experienced by the working women due to "Work from Home" during Covid-19 Pandemic
2. To assess the opinion of working women regarding prospects of “Work from Home” during Covid-19 Pandemic.

### **2. Methodology:**

The descriptive research design was used for the present investigation. The data was collected across the nation through Google forms. Total 110 responses were received based on which results were analyzed.

### **3. Major Findings:**

#### **I- Background information:**

##### **Age of the Respondents**

The age of the selected respondents ranged between 26 to 58 years with the mean age of 42. It was found that more than one - half (57 %) of the respondents belonged to the age group of 37-47 years. Less than one -fourth (25%) of the respondents belonged to the age group of 26-36 years and less than one-fourth (18%) per cent of the respondents belonged to the age group of 48-58 years respectively **(Fig 1)**.

##### **Type of Family**

Data revealed that more than one-half (52%) of the respondents were from the nuclear family and less than one-half (48 %) of the respondents belonged to a joint family **(Fig 1)**.

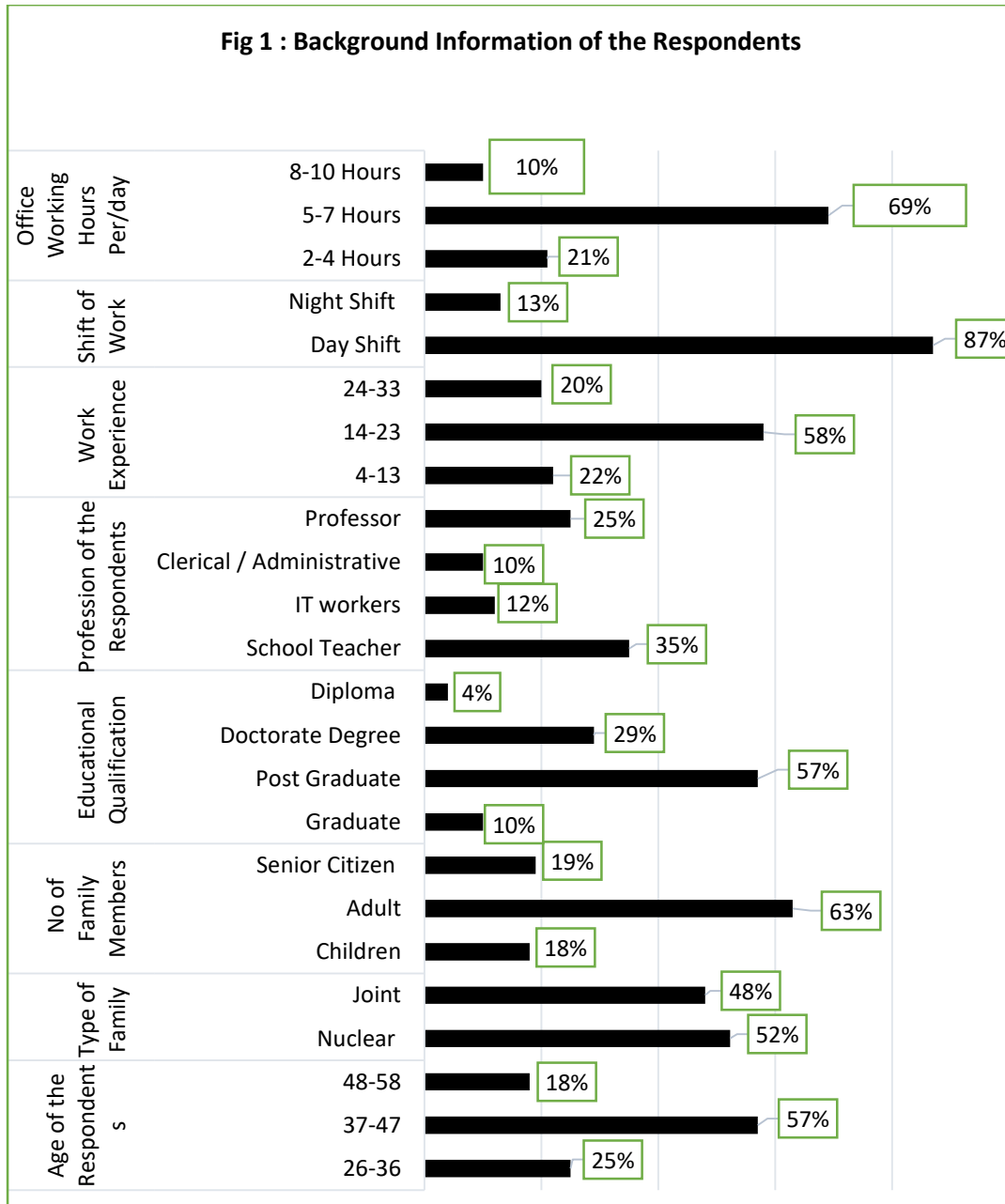
##### **No of Family Members**

The findings of the study revealed that less than two-third (63%) of the respondents had an adult member in the family. Less than one-fourth (18%) per cent of the respondents had children in the family and less than one-fourth (19%) per cent of the respondents had senior citizen in the family **(Fig 1)**.

##### **Educational Qualification**

Findings revealed that more than one-half (57%) of the respondents had educational level up to graduation, more than one-third of the (29%) of the respondents had educational level up to a doctoral degree whereas, 10 per cent of the respondents had educational level up to graduation

(Fig 1).



The data revealed that more than one-third (35%) of the respondents were school teacher, less than one-fourth (25%) of the respondents were professors and more than one-tenth (12%) of the respondents were IT workers (Fig 1).

The data showed that more than one-half (58%) of the respondents had 14-23 years of work experience, less than one-fourth (22%) of the respondents had 4-13 years of work experience and one-fourth (20%) of the respondents had 24-33 years of work experience (Fig 1).

The data revealed that the majority (87%) of the respondents had worked in day shift and more than one-tenth (12%) of the respondents had worked in night shift (**Fig 1**).

The data depicted that 69% of the respondents had 5-7 office hours per/day, less than one-fourth (21%) of the respondents had 2-4 office hours per/day and one-tenth (10%) of the respondents had 8-10 office hours per/day while working from home during COVID-19 lockdown (**Fig 1**).

## **II- Work and workplace related problems experienced by the working women due to "Work from Home" during Covid-19 Pandemic**

The data revealed that three-fourth (75%) of the respondents had to take online classes during official hours in COVID-19 lockdown. Less than two-thirds (60%) of the respondents were doing academic-related work during office hours and more than one-half of the respondents were attending webinars and seminars in COVID-19 lockdown (**Fig 2**).

It was found that the majority (85%) of the respondents were working on the laptop during the COVID-19 lockdown. Less than one-tenth (8%) of the respondents were working on tablet during the COVID-19 lockdown and 5 per cent of the respondents worked on desktop during the COVID-19 lockdown (**Fig 2**).

The data showcased that more than one-half (57%) of the respondents were doing official work on the table during the COVID-19 lockdown. More than one-third (33%) of the respondents were doing official work on the bed during the COVID-19 lockdown and 5 per cent of the respondents were doing official work on the couch during the COVID-19 lockdown (**Fig 2**).

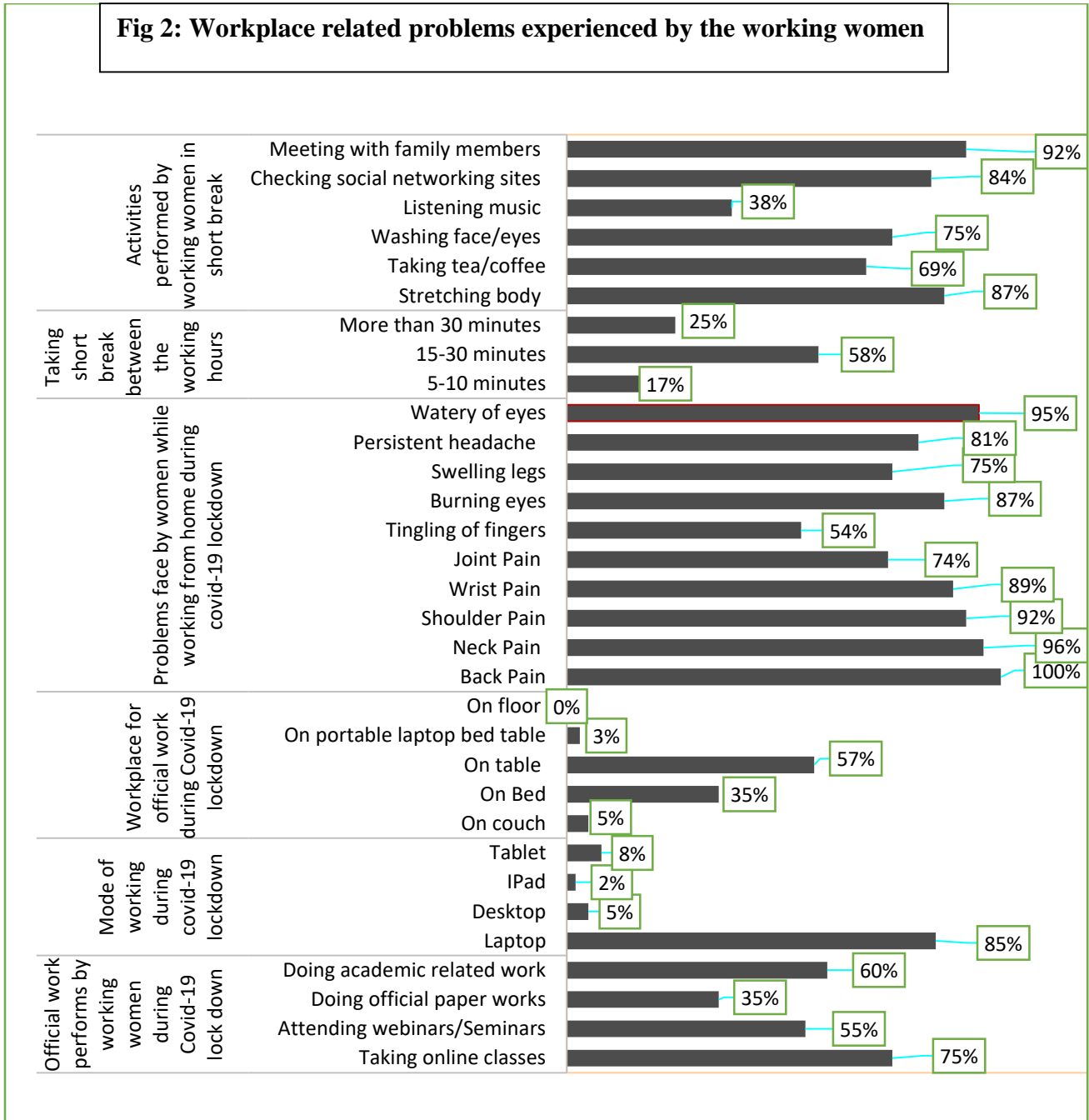
The data revealed that cent per cent (100%) of the respondents faced back pain while working from home during the COVID-19 lockdown. The majority (96%) of the respondents faced neck pain while working from home during COVID-19 lockdown and Majority of the respondents faced watery eyes while working from home during the COVID-19 lockdown (**Fig 2**).

The data found that more than one-half (58%) of the respondents took short break of 15-30 minutes between the working hours while working from home during the COVID-19 lockdown. One-fourth (25%) of the respondents took more than 30 minutes short break between the working hours while working from home during the COVID-19 lockdown and less than one-

fourth (17%) of the respondents took more than 5-10 minutes shorts to break between the working hours while working from home during COVID-19 lockdown (**Fig 2**).

From the data it was found that majority (92%) of the respondents meet family members during the short break while working from home. Majority (87%) of the respondents stretches their body during the short break while working from home and majority (84%) of the respondents checks social media during the short break.

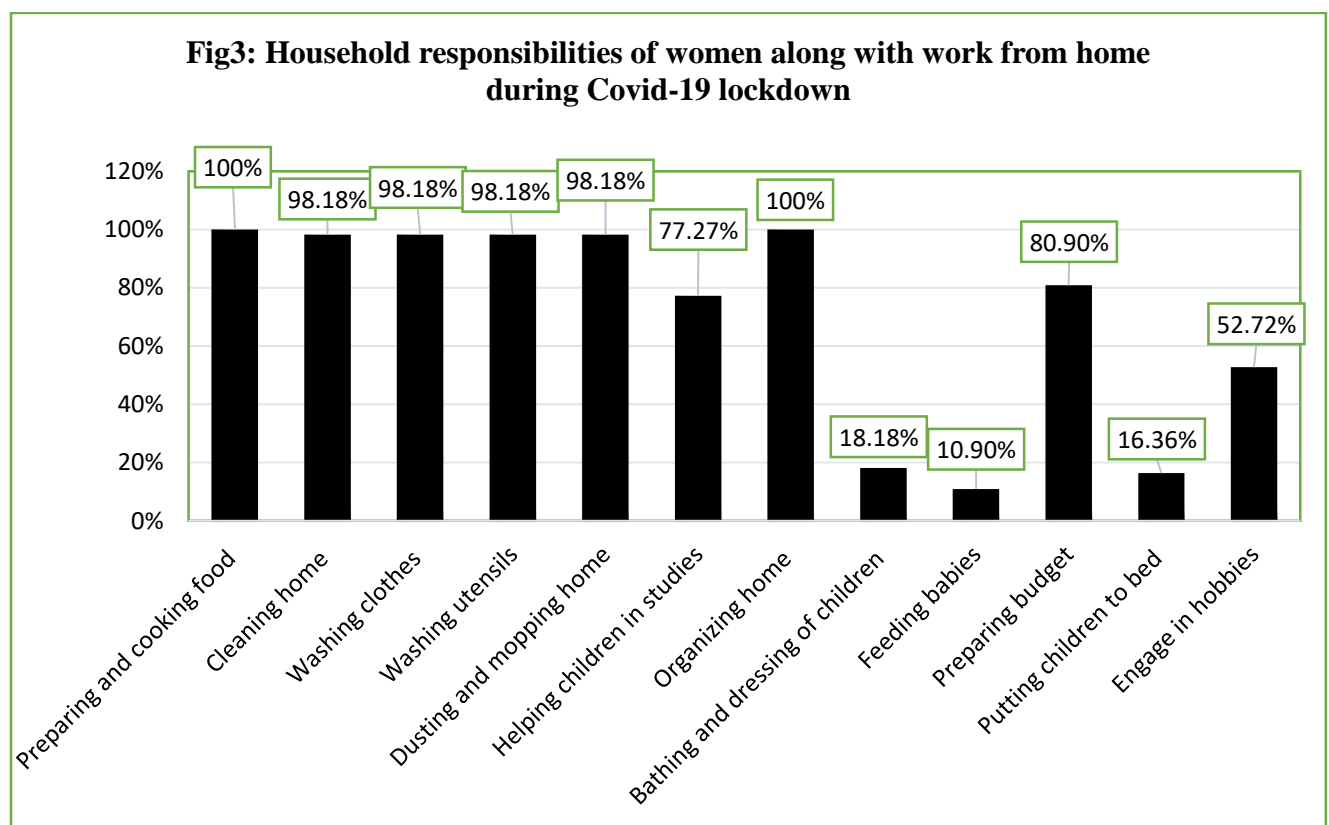
**Fig 2: Workplace related problems experienced by the working women**





**III- Household responsibilities of women along with work from home during Covid-19 lockdown**

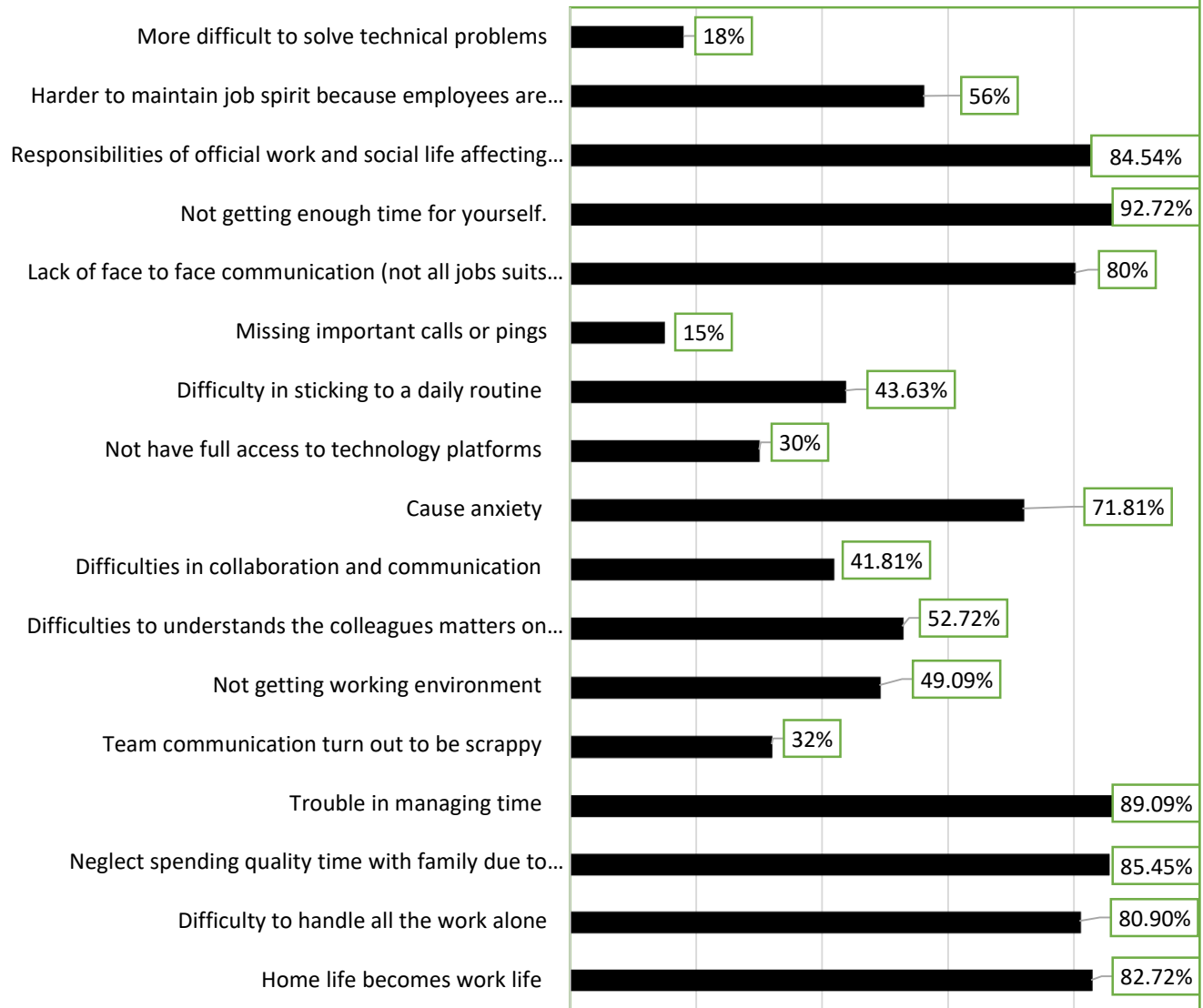
The data revealed that cent per cent (100%) of the respondents prepare and cook food, and organize home. Majority (98.18%) of the respondents were cleaning home, washing clothes, washing utensils, dusting and mopping home and the majority (80.90%) of the respondents prepare budget while working from home during the COVID-19 lockdown (**Fig3**)



**IV- Problems faced by women during work from home**

The data revealed that the majority (92.72%) of the respondents were not getting enough time for herself during work from home. Whereas, majority of the respondents (89.09%) had trouble in managing time during work from home and majority (85.45%) of the respondents neglect spending quality time with family due to consistent work during work from home (**Fig4**)

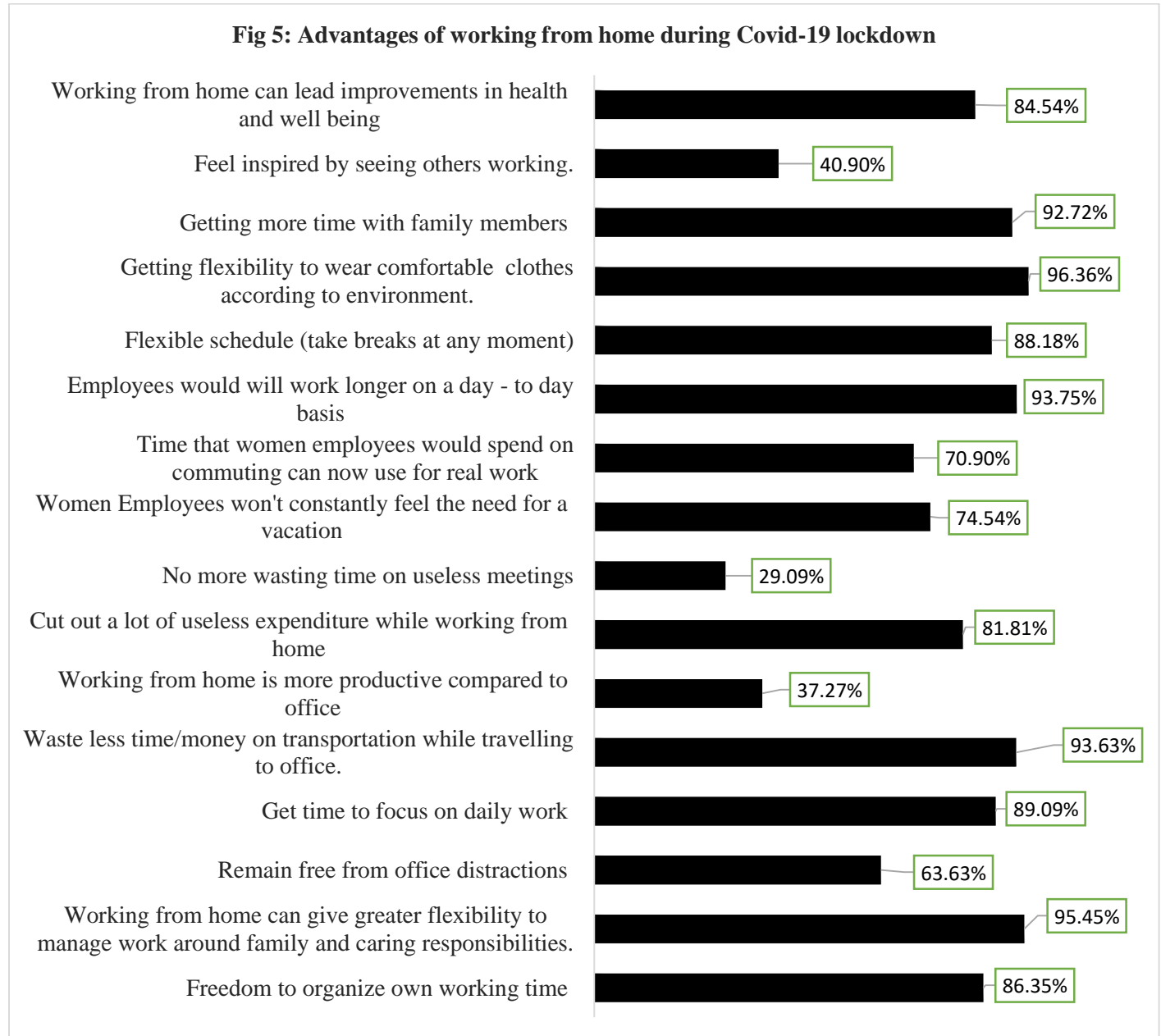
**Fig 4: Problem faced by women during work from home**



**V- Advantages of working from home during Covid-19 lockdown**

The data revealed that majority (96.36%) of the respondents were getting the flexibility to wear comfortable clothes according to environment during working from home during the COVID-19 lockdown whereas, majority (95.45%) of the respondents working from home can give greater time to manage work and also manage family and caring responsibilities during the COVID-19 lockdown. And a majority (93.63%) of the respondents working from home waste less time/money

on transportation while travelling to the office and also employees would work longer on a day to day basis during the COVID-19 lockdown. (Fig5).



#### 4. Conclusion:

In order to balance between duties and obligations Indian working woman face various challenges and problems every day. The data revealed that three-fourth (75%) of the working women worked from home and had opted for online work and at the same time they also engaged in academic-related work. Moreover, cent per cent (100%) of the working women faced back pain, neck pain because they continuous carried out the official work on the laptop in sitting posture during the official hours in COVID-19 lockdown. Moreover, more than one- half (58%) of the working women took short break of 15-30 minutes between the working hours and majority (92%) of the working women were indulged in taking care of family members, preparing and cooking food, organizing the home, cleaning home, washing clothes, washing utensils, dusting and mopping home while working from home during the COVID-19 lockdown. On the other side women working from home are also benefitted because they get the flexibility to wear comfortable clothes according to the environment. Working from home can give greater flexibility to manage work from home according to one's comfortability. Women can indulge in taking care of the family as well as manage her official Work. It also is an advantage for the women as they can save time and money on transportation in travelling to the office during this COVID-19 pandemic.

#### References

- Darji (2016), Challenges faced by Indian working women to balance professional and social life in 21<sup>st</sup> century. *International Conference Women in Science & Technology*.PP-60-65.
- Kamini Dasdhora (2016) Problems faced by working women in India. *International Journal of Advanced Research in Management and Social Sciences*. Pp - 82-94.
- Shiva, "A Study on Work-Family Balance and Challenges Faced by Working Women", *IOSR Journal of Business and Management (IOSR-JBM)* ISSN: 2278-487X, p-ISSN: 2319-7668. Volume 14, Issue 5 (Nov. - Dec. 2013) PP 01-04.
- Tigga et.al (2020) Constraints Perceived by Employed Women of Government Sectors in Their Empowerment. *Journal of Applied Science and Technology*.PP - 107-111