



Are Women Ok in this Pandemic?? - An Unsung Tale

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Received: September 16, 2021

Published: October 05, 2021

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COVID 19 pandemic has created a toil on the mental and physical health of people all over the world. It has put enormous burden on the economic, social and occupational functioning of the people. Media often throws light on the suffering of the frontline warriors like doctors, nurses and the police. But the mental suffering of the actual warriors in every front, the females is quite a forgotten issue. This is an attempt to throw light on the mental suffering and coping strategies by women during this crisis.

Women are prone for depression and suicide and this COVID 19 pandemic was found to kindle PTSD symptoms more in females [1]. In low and middle income countries. Women also showed an anxiety risk that was 3.01 times higher than males in a study during the current COVID-19 pandemic in China [2]. Food insecurity during the pandemic was found to have a correlation between adverse mental health [3]. Research shows that special population of women like pregnant ladies were also adversely affected due to food scarcity during the pandemic paving way to adversities like anxiety as well as poor fetal outcomes [4].

Women constitutes nearly 85% of the healthcare front in the form of nurses and midwives. Now this population act as frontline workers again pushing them into stress. Closure of childcare facilities and schools during the pandemic increase the hours of unpaid work at home. Confinement measures have also let to a surge in domestic violence, sexual violence and rape [5]. Psychological, economic and physical violence are high among women during the pandemic. Social media addiction was also found to be a common co-occurrence with mental health suffering in women.

Offering public childcare options to working parents, providing alternative public care arrangements, offering financial support to workers who need to take leave, promoting flexible working arrangements that account for workers' family responsibilities are among the few policies that can be followed to bring down the mental agony of the women [4]. In health care front, telepsychiatry and telehealth consultations are the need of the hour. Women find it easy to access teleconsultation. In this alarming pandemic situation policies regulating teleconsultation and incorporating the same in the medical curriculum will be a boon for those women ailing with mental health issues.

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