

ASSESS THE PSYCHOSOCIAL ISSUES AND COPING STRATEGIES AMONG HOMEMAKER DURING COVID 19 PANDEMIC IN SELECTED URBAN COMMUNITY AREA OF BANGALORE, KARNATAKA WITH A VIEW TO DEVELOP SELF-INSTRUCTIONAL MODULE

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ABSTRACT

A study was conducted on psychosocial issues and coping strategies among homemakers during covid 19 pandemic in selected urban community area of Bangalore. The aim of the study was to assess the psychosocial issues and coping strategies among homemakers. Descriptive design was adopted with quantitative approach & the population comprised of homemakers. Total 100 sample were selected by using purposive sampling technique through non-probability sampling approach. A structured questionnaire and Likert scale were developed to assess the psychosocial issues and coping strategies among homemakers. Majority 87 (87%) of sample had faced severe psychosocial issues, 11 (11%) of respondents had faced moderate psychosocial issues and 2 (2%) of respondents faced mild psychosocial issues during covid 19 pandemic. And the majority 55 (55%) of respondents used poor coping strategies and 45 (45%) respondents used better coping strategies. The mean score of psychosocial issues is 12.01 with SD of 1.883, and mean score for coping strategies is 6.14 with the SD of 1.826. Researcher found that there is significant association exists between the coping strategies of homemakers with their demographic variables of previous knowledge regarding coping strategies is significantly associated with coping strategies at 0.05 level i.e., $p < 0.05$. and there is no statistical association between psychosocial issues with their selected demographic variables.

Key words

Psychosocial issues, coping strategies, homemakers, depression, stress, suicidal ideations.

Introduction

Now a days everywhere in newspaper, TV, internet, social media, whatever we click can see, one word "CORONA VIRUS." Whole world is suffered with deadly pandemic Covid 19. Moreover, in COVID phase, situation has aggravated a lot because of various reasons like loss of jobs, work from home, salary reduction and cost cuttings. The effect of this fell on families overall, but the most suffered category was- **The Homemakers** or in other words housewives. In this world apart from the divide developed, developing and poor nation one more divide prevailing that is on basis gender that is male and female. Women are still facing discriminating

behaviour in the sphere of household responsibilities and duties. In the 20th century women are still far behind in attaining equal rights and justice. Women's lives are affected by the roles they assume, as well as when and in what sequence and combination they assume their roles. Major psychosocial issues included family problems, depression, anxiety, substance abuse, sexual abuse, and violence. Women were more likely to have suffered violence, depressive symptoms. Coping skills help an individual tolerate, minimize, and deal

With stressful situations in life. Managing stress well can help an individual feel better physically and psychologically and it can impact person’s ability to perform his/her best. Coping means to invest one’s own conscious efforts, to solve the personal and interpersonal problems, in order to master, minimize or to tolerate stress of conflict.

Objectives:

1. To assess the psychosocial issues of homemakers in selected urban community area during covid 19 pandemic.
2. To assess the coping strategies of the homemaker during covid 19 pandemic.
3. To find out the association between psychosocial issues among homemakers with their selected demographic variables.
4. To find out the association between coping strategies of homemakers with their selected demographic variables.
5. To prepare self-instructional module on psychosocial issues and coping strategies during covid 19 pandemic.

Hypothesis:

H₁: There will be significant association between psychosocial issues and selected demographic variables.

H₂: There will be significant association between coping strategies and selected demographic variables.

H₀₁: There will not be significant association between psychosocial issues and selected demographic variables.

H₀₂: There will not be significant association between coping strategies and selected demographic variables.

Materials and methods

Research setting

The setting is the physical location or condition in which data collection takes place in a study. The study was conducted at Yediyur Urban Community area Bangalore.

Population

In this study, the accessible population includes homemakers residing at urban community, Bangalore.

Sample

Sample refers to the subset of population. The is selected to participate in the particular study. It is a portion of population which represents the entire population. In this study, the sample is selected from yediyur and the sample size was 100.

Sampling technique

Sampling is the process of selecting representative units of a population for the study in research. Purposive sampling technique which is a type of non-probability sampling found appropriate for the present study.

Inclusion criteria:

- ✓ Homemakers in the urban community area of Bangalore for more than 1 year.
- ✓ Homemakers are those who are willing to participate.
- ✓ Available at the time of the study.

Exclusion criteria:

- ✓ Homemakers who are illiterate.
- ✓ Homemakers who are not interested in participating in the study.
- ✓ Homemakers who are sick

Overall mean scores, SD, and median for psychosocial issues and coping strategies

	Range	Mean	SD	Median
Total score for psychological issues	3 – 14	12.01	1.883	12.00
Total score for Likert coping scale	2 – 10	6.14	1.826	6.00

Association of level of psychosocial issues among home makers with selected demographic variables						
Demographic variables	Responses	Total score for psychological issues		Chi-square value	P – value	Result
		Below median	Above median			
Age (yrs)	≤ 30	19	12	2.156	P>0.05 0.541	NS
	31 – 40	14	15			
	41 – 50	11	13			
	> 50	10	6			
Educational qualification	Primary & below	7	5	0.122	P>0.05 0.989	NS
	SSLC	10	9			
	PUC	18	16			
	Degree & above	19	16			
Occupation of husband	Government employee	14	10	0.906	P>0.05 0.636	NS
	Private employee	12	14			
	Others	28	22			
Type of family	Nuclear	34	30	0.055	P>0.05 0.815	NS
	Joint	20	16			
Family income (Rs) grp	10000 – 20000	32	29	0.242	P>0.05 0.886	NS
	20000 – 30000	14	10			
	> 30000	8	7			
Religion	Hindu	27	23	0.001	P>0.05 1.000	NS
	Muslim	14	12			
	Christian/ Others	13	11			
No. of children	≤ 1	21	14	0.780	P>0.05 0.377	NS
	≥ 2	33	32			
Family member affected by Covid-19	Yes	23	26	1.929	P>0.05 0.165	NS
	No	31	20			
Previous knowledge regarding coping strategies	Yes	16	10	0.804	P>0.05 0.370	NS
	No	38	36			

The Chi-square analysis was carried out to determine the association between psychosocial issues and selected demographic variables of homemakers. And the result shows that there is no significant association between psychosocial issues and selected demographic variables., $p>0.05$ value.

Hence, H_1 is rejected and the null hypothesis $1(H_{01})$ is accepted.

Association of coping strategies among home makers with selected demographic variables.

Association of coping strategies among home makers with selected demographic variables.						
Demographic variables	Responses	Total score for Likert coping scale		Chi-square value	P – value	Result
		Below median	Above median			
Age (yrs) grp	≤ 30	20	11	3.173	P>0.05 0.366	NS
	31 – 40	17	12			
	41 – 50	10	14			
	> 50	8	8			
Educational qualification	Primary	6	6	5.321	P>0.05 0.150	NS
	SSLC	8	11			
	PUC	24	10			
	Degree & above	17	18			
Occupation of husband	Government employee	11	13	1.284	P>0.05 0.526	NS
	Private employee	16	10			
	Others	28	22			
Type of family	Nuclear	36	28	0.112	P>0.05 0.738	NS
	Joint	19	17			
Family income (Rs) grp	10000 – 20000	35	26	0.399	P>0.05 0.819	NS
	20000 – 30000	12	12			
	> 30000	8	7			
Religion	Hindu	27	23	0.712	P>0.05 0.701	NS
	Muslim	16	10			
	Christian	12	12			
No. of children	≤ 1	21	14	0.544	P>0.05 0.461	NS
	≥ 2	34	31			
Family member affected by Covid-19	Yes	26	23	0.146	P>0.05 0.702	NS
	No	29	22			
Previous knowledge regarding coping strategies	Yes	8	18	8.335*	P<0.05* 0.004	S
	No	47	27			

The Chi-square analysis was carried out to determine the association between psychosocial issues and selected demographic variables of homemakers. And the result shows that there is no significant association between psychosocial issues and selected demographic variables., p>0.05 value.

Hence, H₁ is rejected and the null hypothesis 1(H₀₁) is accepted

Results and interpretation

Among sample of 100 homemakers in selected community area, majority 87 (87%) had faced severe psychosocial issues, 11 (11%) of respondents had faced moderate psychosocial issues and 2 (2%) of respondents faced mild psychosocial issues during covid 19 pandemic. And the majority 55 (55%) of respondents

used poor coping strategies and 45 (45%) respondents used better coping strategies. Study, also depicts that there is no significant association exists between the level of psychosocial issues among homer makers with their demographic variables and significant association exists between the coping strategies of homemakers with their demographic variables of previous knowledge regarding coping strategies is significantly associated with coping strategies at 0.05 level.

Conclusion

The homemakers were cooperated well in participating in the study. Study stated that most

respondents had faced severe psychosocial issues and used poor coping strategies. Bringing awareness regarding psychosocial issues and teaching coping strategies among homemakers is very important to promote the mental wellbeing of the homemakers.

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