



IMPACT OF COVID-19 ON WOMEN'S HOLISTIC HEALTH- AN ANALYTICAL APPROACH

Sumita Gurnani (RES)

Assistant professor, S D Government College, Beawar
M. D. S University, Ajmer, Rajasthan

Abstract

Corona virus (COVID -19) An unsorted and untraced virus on which till present research is going on, transmitted in India from country China (Wuhan) in February 2020 has dismantled many lives and families.

The focus of this paper is on holistic health of women i.e., how this disease have enacted mental and physical health of women underlying ladies who are carrying child in their womb, already facing inner anxiety and stress because of pregnancy, also facing external disability where due to corona virus hospitals were closed, doctors denying for routine checkup.

In this paper attempt has been made to co - relate spiritual wellbeing with holistic health of women. How in this time of stress spirituality could help to maintain balance in physical and mental health.

Introduction

COVID-19, the pandemic diseases, as said has been transmitted from country China (Wuhan) has disrupted as well as affected every living body of this planet.

Speaking n reference to India, the effect of this disease started spreading in the month of February 2020 and Janta Curfew was declared on 22nd March 2020 to save life of human beings. But then to, the number of death rate increased exceptionally and the whole nation was in mental set back.

In this paper, an initiative has been taken to see the profound impact of COVID -19 on mental health of women which directly and indirectly affected her physical health too.

Women are the main root system of child birth. There is the vital role of women on this earth system. Staying healthy and strong is essential for females as it will affect not only her entire family apart from that it will have effect on the child which he is carrying inside her.

This pandemic disease had mentally affected human bodies. Fear of losing their loved ones, 24 hours completely locked in homes could make anyone mentally sick.

So, the purpose of writing this paper has been summarized below:

Objectives

1. Influential footprint of COVID -19 seen on women's mental and physical health.
2. To examine the relationship between spirituality and health of women.

Methodology

The title of the paper is "Impact of COVID-19 on women's holistic health- an analytical approach" which is entirely based on empirical research. The information which is provided is on secondary data taken from articles, newspaper and internet. As this paper is based on secondary data so it suffers from limitations of researcher being biased, prejudice or judgmental.

Interpretation

1. In the period of COVID-19, all human beings were suffering from mental disturbance which indirectly affected their physical health too.

Speaking in reference to women, when initially death rate was at peak, there was a fear of losing family members. Woman who was in a routine of going to work was completely locked at home. People were not supposed to leave their cities and places. This type of situation can make any normal person mental sick. At those times, cases were seen for those females who were pregnant, they were not suppose to Referego out, doctors were denying for their routine monthly check up. This created fear of losing their child who was inside her womb. And this pregnancy time period is very crucial for any females as she undergoes a lot of changes in her body as well as in her mind.



Cases were seen when lady entering hospital for last check up before delivering her child and she was found corona positive and was quarantine at home at the last moment of her delivery. Anybody can imagine in what mental state she would be that that time. Had to spend alone all-time confined to one room where she cannot meet any person and share her mental state.

2. In simple words, spirituality means connecting to oneself. Having inner self connection. Finding peace within and having purpose in life. Spirituality is a sense of feeling or sense of belief. You are rising above the feeling or sense of simply being human body. The stressful time which we all are presently facing, it's important for women to have spiritual outlook in her life. There is great importance of spirituality as it helps in achieving positive relationship, boost up in self-esteem and we women become more positive towards life. It helps us to connect with God.

The reason behind co-relating health of women with spirituality is that it makes a person calm and relax, helps in reducing mental stress, helps in attaining more peaceful and sound sleep, makes a person pay attention to health and diet which directly or indirectly helps in increasing immune system which is very important to fight with this virus. As seen and observed that during this COVID-19 many young women were going through their pregnancy, many elderly women were suffering from their health issues and approaching to a doctor in this time was too difficult. Because of this mental stress, women were losing physical and they lost their lives and unable to give healthy time to their pregnancy.

Conclusion

Spirituality and optimism play a great role in holistic wellbeing. In the environment where all women surrounded by corona, spirituality plays a positive influence on women health - mental as well as physical. The observation made by researcher led to conclusion that they are many diseases where research and studies have also failed to cure life so in that only being spiritual, optimistic and acceptance can keep up mentally and physically fit.

The purpose of this study was to find out problem women faced and to reach to the solution where she can keep herself fit in that women Health was coming related with spirituality to see that to what extent spirituality helped keeping women save and fit.

Reference

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