



Hyderabad Karnataka Librarians'  
Association

## **Quarantine Challenges for Women in the Covid-19**

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### **ABSTRACT**

This paper attempts to study the challenges for women as a wife and working women in the lockdown period due to influence of Coronavirus COVID-19 on the society and examine its impact and suggest the role of women in this critical juncture of health hazards.

**Keywords:** Women Strength, Women Empowerment, Corona Virus, Women-Health

### **1. INTRODUCTION**

Health has been defined by the modern medical science as a state of the organism of an individual in which the bio-physical, bio-chemical and structural aspects function satisfactorily in order to enable him/her to adjust with the environment. The World Health Organization (1948) defined 'health' as "state of complete physical, mental and social well-being and not merely absence of diseases and infirmity". For many years this practical definition was retained because of the common belief that health is a multi-dimensional development achieved by an individual.

Quarantine is a restriction on the movement of people and goods which is intended to prevent the spread of disease or pests. It is often used in connection to disease and illness, preventing the movement of those who may have been exposed to a communicable disease, but do not have a confirmed medical diagnosis. (Wikipedia, 2020)

According to UNICEF: A novel coronavirus (COV) is a new strain of coronavirus. The disease caused by the novel coronavirus first identified in Whuan, China, has been named coronavirus disease 2019 (COVID-19). CO stands for corona VI for virus, and D' for disease. Formerly, this disease was referred to as 2019 novel coronavirus or 2019-ncov. Characterizing COVID-19 as a pandemic is not an indication that the virus has become deadlier. Rather it's an acknowledgement of the disease's geographical spread.

UNICEF has been preparing and responding to the epidemic of COVID-19 around the world, knowing that the virus could spread to children and families in any country or

community. UNICEF will continue working with governments and our partners to stop transmission of the virus and to keep children and their families safe. The entire world is dealing with the novel coronavirus outbreak. COVID-19 has taken large number of lives globally. Maximum of the countries like Spain and Italy have order lockdowns. India has registered over 3000 novel coronavirus positive cases. All people across the world are practicing self-quarantine methods and working from home in order to avoid the further spread of the new disease.

## **2. COVID-19 AND WOMEN CHALLENGES**

Throughout the world women are the backbone of the family and society. For millions around the world, life has taken a drastic turn. The coronavirus pandemic has put everyone in quarantine. Those who complained that they do not have enough time to spend with their family, have little to complain about now, except maintain social distancing. Undoubtedly, for women, the primary caretakers in a household, the situation was always the same. Irrespective of the pandemic, their responsibilities were never lesser, just shared with the help of a house help, laundry service, cooks, among others. While the coronavirus pandemic has opened a Pandora's box, it has also presented an unprecedented opportunity for men in the country to help their wives, girlfriends and partners with the household responsibilities. Most Indian men have a perception that as breadwinners of the family, their primary responsibility is to earn money and take care of the finances. However, with more women in the workforce than ever, this notion falls flat. Women have been the primary caregivers of the families between managing their own jobs and handling household chores, there is a clear divide between the responsibilities they have than those of men.

In the times of coronavirus, nearly the entire white-collar workforce is working from home, the labor for women has only increased manifold, given the fact schools and colleges have been shut and children are at home, and domestic workers have been asked to stay at home for everyone's safety.

There's no doubt that young people today have become more open-minded about gender roles be it sports or politics, but one space where they still hold on to traditional perception about who does what at home. Women play vital role for the family like Doctor, Teacher, chef, overall manager of the house. Nowadays instead of housewife is calling homemaker or house manager the word housewife is out of fashion. Here are some precautions you and your family can take to help avoid infection.

- Encourage children and teens from take care of the emotional health of your household members.
- Participate in community discussions about emergency planning let others know about what readiness actions worked for you and your household. Maintain communication lines with your community (e.g. social media and email lists). Promote the importance of practicing good personal health habits.

- Take care of the emotional health of your household members. Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading or listening to news stories about COVID-19.
- Connect with family and friends.
- Share your concerns and how you are feeling with others.

### **3. THINGS WOMEN CAN DO TO SUPPORT HERSELF AS WELL AS FAMILY**

- Take breaks from watching, reading or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body: Take deep breaths, stretch, or meditate. Try to make family members to eat healthy well balanced meals, exercise regularly get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind: Try to do some other activity you and your family enjoy learning music, new dishes stitching, dancing.

It's too easy to let the hours, days and weeks fly by without doing anything constructive. Use this extra time as a gift to be proactive and take a more challenging path and allocate your time toward productive and meaningful endeavors. There's nothing wrong with a little introspection. Take some quiet time to assess where you are in your life and career. Contemplate if you're happy with who you are and what you're doing. Be honest with yourself. There's no benefit to pretending that everything is going great if it isn't.

Using the social media women can improve the involvement of her children in studies and education, improve technological ability, provide a great sense of collaboration in the study and build a good communication skills of students. The benefits of media are many, the above are just a few, to begin with social media sites offer a great opportunity for communication between peers and teachers.

- 1) Collaborative learning: On social media, one can exchange lot of information, so why not use this platform to encourage collaborative learning. By doing this one can get engaged with each other and learn how to manage projects and coordinate with teams sitting globally along with cross cultural sensitivities. Similarly the use of social media has made it easier and faster to interact with others about their related to pictures.
- 2) Information sharing by women's: Women's are using the internet through their smart phones and exchange information to their connections. apart from just sharing views and opinions they also exchange lot of valuable information. This information is a lot more than just interesting videos or snapshots and cover useful stuff related to their household chores or their routine work. They exchange helpful information.
- 3) Most popular social media websites are Twitter, Facebook, YouTube, WhatsApp, Facebook messenger, WeChat, Instagram, TikTok, Printerest and Blogs.
- 4) Take out the brushes that are gathering dust in your cupboard and start stroking them on the canvas. Read that book that you have been meaning to for so long. Do the things that bring you happiness. With all the free time that you have now, you can learn

something new; something that you have always wanted to. You can learn a new instrument. Guitar lessons are available on YouTube. There are online courses that can help you learn a new language. There is nothing that Google cannot help you with. We recently discovered that one can even learn how to DJ at home, without having a console.

- 5) Start an exercise routine. If you have weights in your house gathering dust and cobwebs in your basement, brush it off and lift them. Wake up early and go for a run when there are no—or few—people around. Search YouTube for yoga videos to follow and practice

#### 4 CONCLUSION

Now that you have ample of time you can relish your hobbies again. This will not only make you happy but will also be a great tie pass. You can now cook your favorite meal by using the best uses of the recipes on you. Think of all of the things you've always wanted to do, but never got around to doing. It could be learning a new language, painting, writing, taking up a hobby, learning to play a musical instrument or exercising. Put together a schedule that incorporates all of the things that you want to accomplish and make sure you follow through on engaging in the activities. Especially for us Indians, who have grown up with people. But it is the need of the hour. So be responsible. Stay home. Think of the thousands of healthcare staff who are going to work just so you don't have to step out of your homes. And while we're saving the world, make the most of the free time too

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