

EFFECT OF LOCKDOWN ON MOTHERS

Dr. Mamata Shiva Shankar

Assistant Professor, Department of Statistics and Analytics, Mount Carmel College,
Autonomous, Bengaluru – 560052, Karnataka, India

ABSTRACT:

During the lockdown, the creativity and excellence of the mothers are under challenge. They are not getting much appreciation for household work that they are used to, even when they have to manage the office. All these ups and downs have created a piquant situation for mothers. This study is aimed at showing how the lockdown has made a difference in the lives of mothers. We surveyed to know how the lifestyle of the mother, their age and the family composition affected them during the lockdown.

***Keywords:** Small Businesses, Online Business, Family Bonding, Physical Pressure, Chi-Square test, Proportion test*

INTRODUCTION:

Mothers, across the country, pulled off double and triple shifts managing her role as the primary caregiver in the family, juggling kids, financial constraints, housework, and their jobs. Mothers looked at the lockdown as an opportunity to spend quality time with their children. But now, they have to manage work from home and do household chores without any help around. It's a challenge to these women who pride themselves as independent, multi-tasking managers of home and office.

When the mother is home, a whole world of opportunity opens for children — favorite dishes on the table, help in art, craft, and studies, learning new skills and reading stories, and watching movies together. But with the lockdown, she is on a roller coaster trying to balance work and home.

Mothers are known for making a house a home.

They juggle different responsibilities and fulfill everyone's wishes. Often their struggle is not acknowledged, and their efforts are undermined.

This lockdown was very unexpected and has brought in many changes in our lifestyles.

We wanted to see if this lockdown has made a difference in our mothers' lives in certain aspects of their lifestyle.

For this project, we have made use of convenient sampling. We took the survey using a questionnaire. The questionnaire was prepared using Google forms. The forms were shared with mothers under the age of 55. We have annulled those questionnaires that have not responded, for

simplicity.

The objective of this research is to understand how the routine of the mothers has changed during the lockdown; Effect of lockdown on the physical and mental pressure of the mothers; Free time of mothers in the lockdown; How work status of a mother affects her lifestyle in different aspects; In what ways the lockdown has affected the single mothers.

The target population is the group of individuals that the intervention intends to conduct research in and draw conclusions from. This study was conducted during the lockdown with the target population of mothers below the age of 55. The sample size for this survey is 300. We have considered the work status of mothers and classified them as Homemakers, Work from home, Essential Services and Small Business.

We have the following reports that supports our analysis.

Report published by Anuratha Venkataraman, Anjali Venkataraman on the topic “Lockdown & me ...!! Reflections of working women during the lockdown in Vadodara, Gujarat-Western India” on 26 October 2020,

A lockdown increases the burden of household work for all families. Children are off from school. They must be home-schooled, fed and entertained. The elderly are at risk and must be attended to with greater care than usual. In India, the daily lives of middle-class families run on the backs of a slew of service providers: maids, drivers, gardeners, dhobi, garbage collectors, small vendors who bring essential goods right to their doorsteps, and neighborhood provision stores that have an incredibly efficient home delivery service. In principle, both. In practice, it's the women, regardless of whether they hold a job or not. If they do, then the double burden of domestic chores and their day jobs is now multiplied many times over, because their day job now has a new name: work from home. - Report published by scroll.in on march 24th 2021

Loneliness has hit single parents so hard. Our situation is the same as two-parent households except we don't have anyone to share the load. For single parents, both the left and right sides of the brain are constantly engaged, leaving us physically and mentally exhausted.”. Kochi-based lawyer Laila Zafar. - Report published by Nalini Ravichandran on 11 October 2020.

“The pandemic presents a particular challenge for single parents, as they rely on just one income to support their family and are without another adult in the household to balance childcare arrangements. As the pandemic has progressed, there has been little consideration of the financial, practical or emotional impacts of the crisis on single parents and their children. Many have faced an impossible task of balancing their financial stability, with the practicalities of lockdown, isolation, school and childcare closures, home-schooling, increased living costs and the loss of their wider support networks.”- Report by Gingerbread on 16 April 2020.

EXPERIMENTAL STUDIES AND DISCUSSION:

1. Daily Routine:

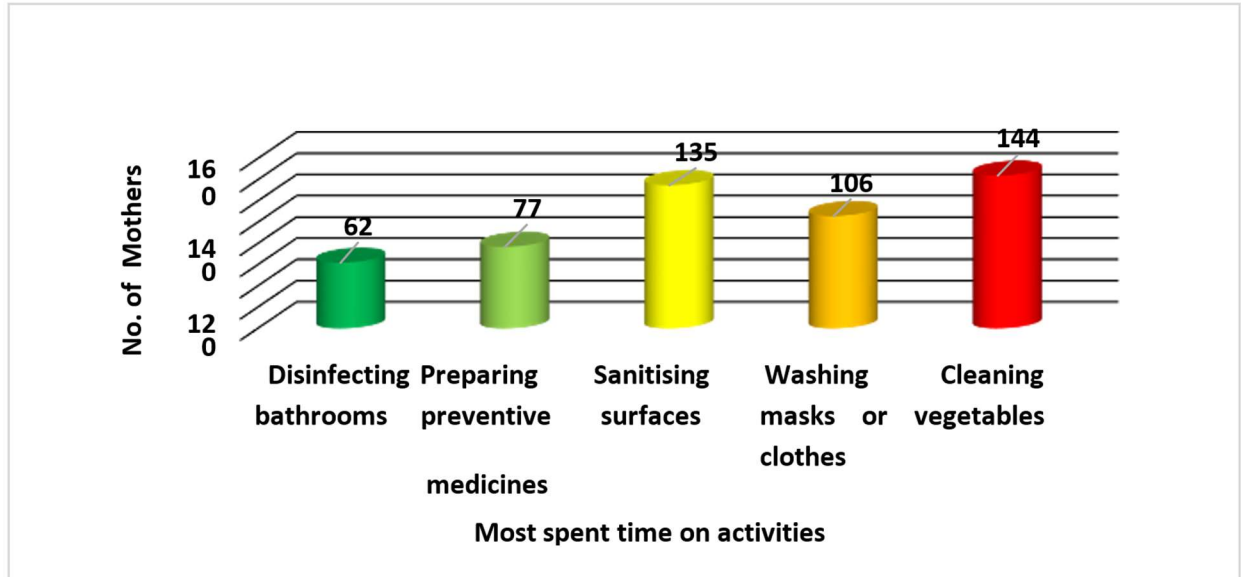


Figure 1: Bar graph to represent most spent time on activities especially during lockdown (any 2)

These are some activities that were introduced especially during this lockdown. The mothers were tending to follow these measures for the safety of family members during the time of covid-19. Thus, we see that the most time-consuming activity for mothers during this lockdown were **cleaning vegetable and sanitizing surfaces**.

Hypothesis: We wanted to test whether work status and having a routine is independent or not

Test Statistics: We used Chi-square test for independence of attributes to analyse the data

Table 1: Work Status/Routine under different categories

Work Status/Routine	Yes	No
Homemaker	91	57
work from home	31	18
Essential service	58	24
Small business	14	7

Result:

$\chi^2=2.0541$ value is less than $\chi^2_{sig}= 7.815$ so we conclude that work status and having a routine is independent

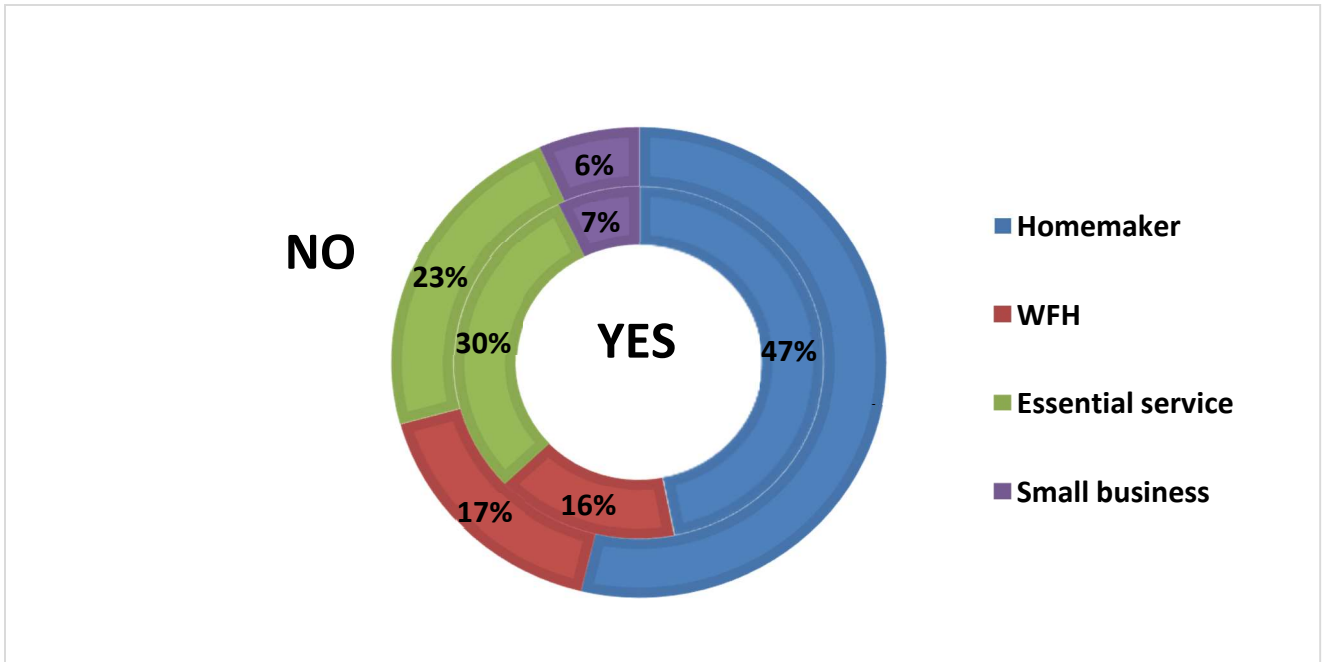


Figure 2: Doughnut Chart to Represent the routine with respect to work status of mother

From the chart we see that 47% of the mothers who are homemakers are likely to have a routine during this lockdown, and 54% of them are not likely to have a routine during this lockdown. Overall we can see that most of them are likely to have a routine during this lockdown irrespective of their work status as they got used to the routine they had in the lockdown.

2. Family Bonding:

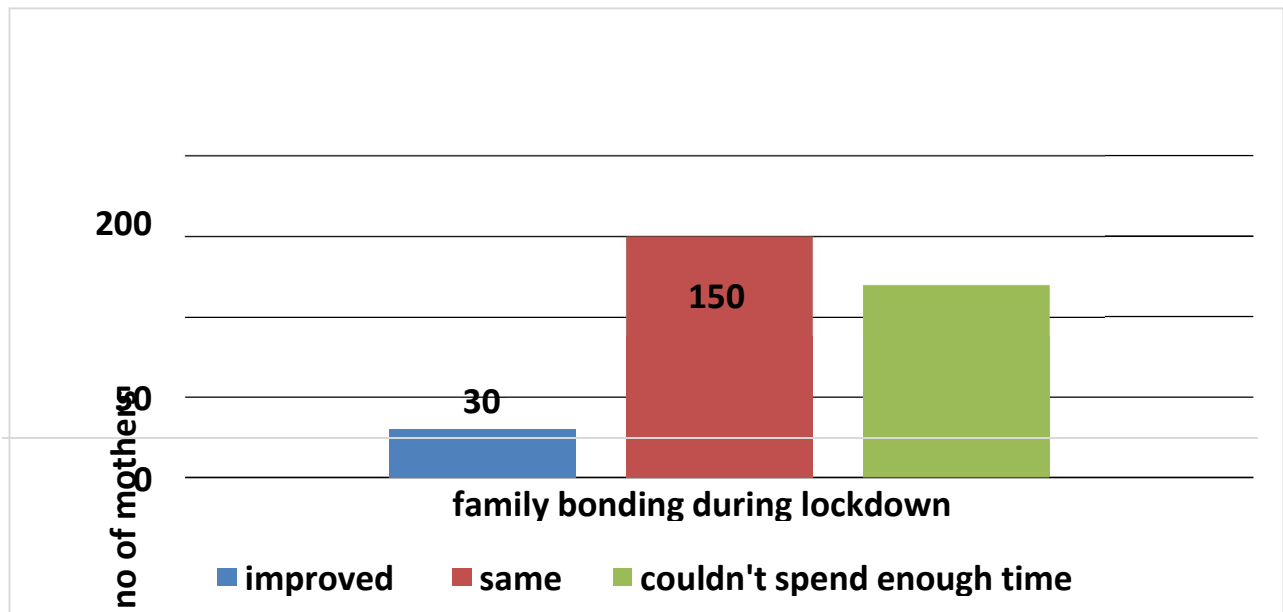


Figure 3: BAR GRAPH-FAMILY BONDING AND THE PHASE OF LOCKDOWN

From the above chart we observe that most of the mothers have said that the family bonding during the lockdown has been same like before lockdown. Though most of the mothers were staying with the family members, 120 mothers feel that they were not able spend enough time with the family. Only 30 mothers have said that their bonding with the family has improved.

3. Physical Pressure:

Hypothesis: We wanted to test whether Physical pressure due to no one to share work with and age is independent or not.

Test Statistics: We used Chi-square test for independence of attributes to analyse the data

Table 2: Age and opinion of respondents for physical pressure

AGE	AGREE	NETURAL	DISAGREE
BELOW 30	21	10	5
30-40	46	31	14
40-47	44	36	28
48-55	24	23	18

Result:

$\chi^2=13.627$ is greater than $\chi^2_{sig}= 12.592$, so we reject H_0 that is Physical pressure due to no one to share work with and age is **dependent**.

From the test we see that the physical pressure of the mother dependson her age. Most of the mothers of different age intervals had agreed that they feel pressurized physically. During the lockdown the mothers had to work extra than their usual routine. This has affected then physically for the mothers in all age groups.

4. Mental Pressure:

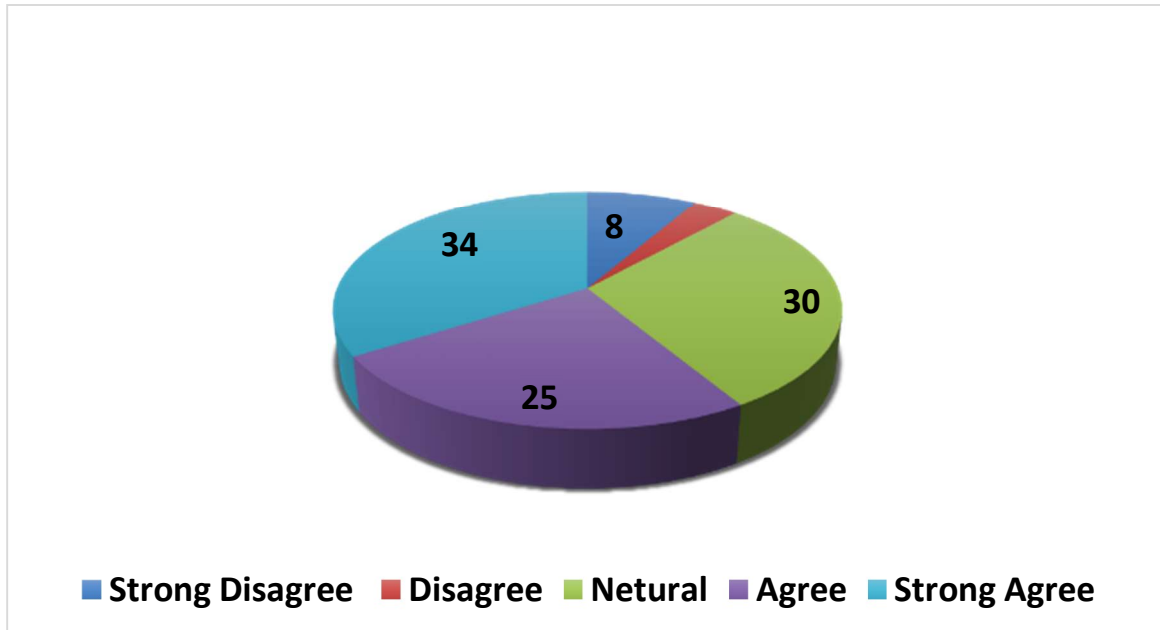


Figure 4: PIE GRAPH ON ALWAYS STAYING AT HOME

We observe that overall 34% of mothers strongly agree that they have a mental pressure due to always staying at home and only 8% of mothers strongly disagree that they have mental pressure due to always staying at home. Thus we conclude that staying at home was one of the factors that pressurized themothers mentally mainly during this lockdown.

5. Free time:

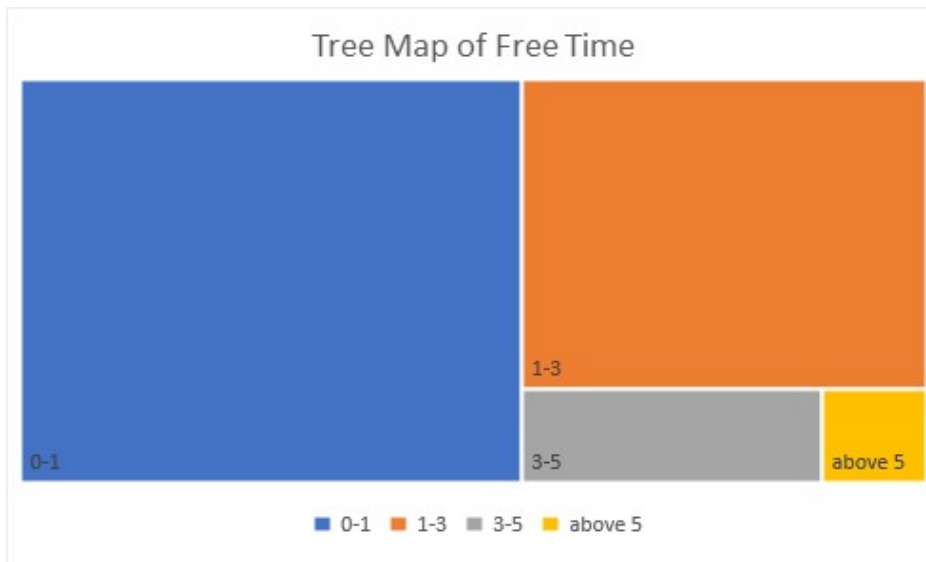


Figure 5: Tree map of Free Time

The tree map above shows that almost half of the mothers get only 0-1 hours as their free time. While the other mothers just have 1-3 hours as their freetime. During this lockdown most of the

mothers are able to have maximum of only 3 hours as their free time.

6. Single Mothers:



Figure 6: Pie Chart to represent the various areas where a single parent needs most support

When lockdown was announced the work of the single parent doubled. They have to work with half the assistance. From our survey we see that 31% and 22% of single mother needed most support in house chores and managing kids during this lockdown.

Proportion Test:

Hypothesis:

H₀: Proportion of mothers who are single is equal to mothers who are not single going outdoors for grocery shopping and other activities

H₁: Proportion of mothers who are single is greater than mothers who are not single going outdoors for grocery shopping and other activities

Test Statistics:

Under the null hypothesis, the test statistic is given by,

$$z = \frac{(\hat{p}_1 - \hat{p}_2) - (p_1 - p_2)}{\sqrt{\bar{p}\bar{q}\left(\frac{1}{n_1} + \frac{1}{n_2}\right)}}$$

n₁- sample 1 size =23

n₂- sample 2 size = 277

Table 3: Grocery Shopping by family members/ mothers / Home deliveries

Single mother	yes	no
---------------	-----	----

Family members/home deliveries	9	210
You	14	67

P value=0.00007016

Results:

Since, P value < 0.05, so we reject H₀ that is the proportion of mothers who are single is **greater than** mothers who are not single going outdoors for grocery shopping and other activities.

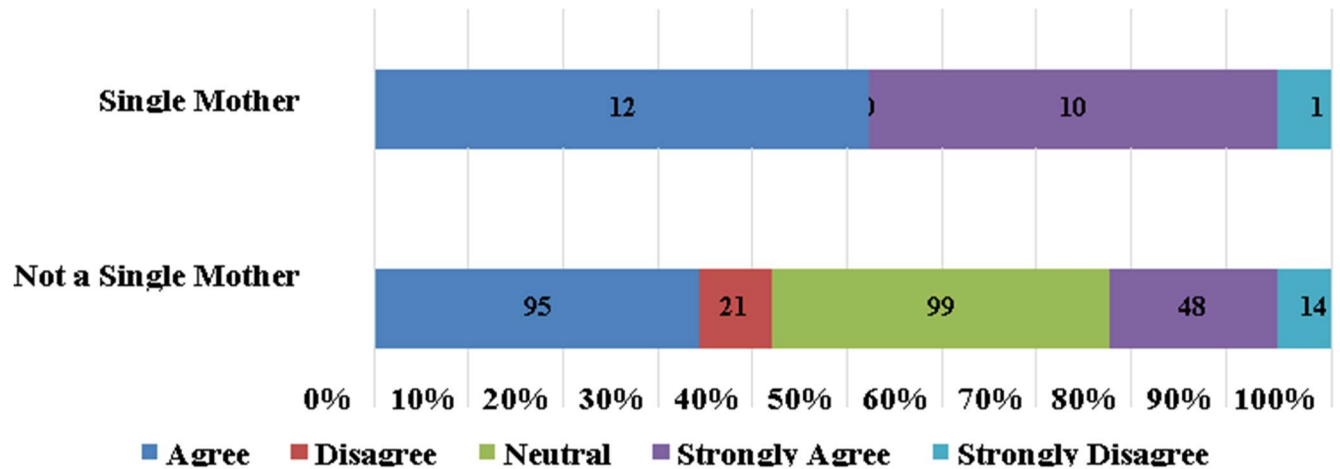


Figure 7: Mental Pressure Due To Management Of Expenditure

One of the factors that affected the single mothers during this lockdown was management of expenditure. From this graph we can see that most of the single mother agrees to fact that managing the expenditure was one of the factors for their mental pressure. But the number of not single mothers who chose neutral is 99. So we see that these mothers are not much affected by the factor of managing the expenditure like how single mothers are.

OBSTACLES AND LIMITATIONS:

Respondents tend to give socially acceptable responses, which may not be right. Respondents may not be fully aware of their reasons for any given answer because of lack of memory on the subject. The mothers were not ready to give up their family on answering few questions.

CONCLUSION:

Lockdown has impacted many, especially mothers. Each woman respondent found herself living in a unique intersectional combination of circumstances and experiences. Our findings suggest how the pandemic impacted in varying degrees, their affections and emotional orientation towards

their relationships as they went about caring for everybody. The respondents had minimal or no support from anyone at home to deal with their emotional and practical real-life challenges. They felt that they were being taken for granted despite all their efforts. Staying cooped up in the house and going about their daily routine day in and day out often left the respondents mentally and physically drained. Importantly our study finds that the pandemic forced each respondent to introspect about her life that she had lived so far and made her think about herself in a manner she had not done earlier.

Our project helps in studying how the lockdown has influenced mothers. It will also help in knowing how mothers feel pressurized in various areas. This study can also be used to know how the lifestyle and the family composition of the mothers make a significant change in their life.

REFERENCES:

- [1] Basilaia G., Kvavadze D. (2020). Transition to online education in schools during a SARS-CoV-2 coronavirus (COVID-19) pandemic in Georgia. *Pedagogical Research*, 5(4), 10.
- [2] Dhawan S. (2020). Online learning: A panacea in the time of COVID-19 crises. *Journal of Educational Technology*, 49(1), 5–22.
- [3] Murgatroid S. (2020, March). *COVID-19 and Online learning, Alberta, Canada*. DOI: 10.13140/RG.2.2.31132.8512.
- [4] Forte G, Favieri F, Tambelli R, Casagrande M. Covid-19 pandemic in the italian population: validation of a post-traumatic stress disorder questionnaire and prevalence of ptsd symptomatology. *Int J Environ Res Public Health*. (2020) 17:4151. doi: 10.3390/ijerph17114151
- [5] Bobrow, E. (2020, April 21). “Some days I feel like I'm melting”: How single mothers in New York City are coping with quarantine. *New Yorker*.
- [6] Lu, Y. C., Walker, R., Richard, P., & Younis, M. (2020). Inequalities in poverty and income between single mothers and fathers. *International Journal of Environmental Research and Public Health*, 17(1).
- [7] O'Reilly, A. (2020). “Trying to function in the unfunctionable”: Mothers and COVID-19. *Journal of the Motherhood Initiative for Research and Community Involvement*, 11(1), 7–24.
- [8] Moyer C. A., Compton S. D., Kaselitz E., Muzik M. (2020). Pregnancy-related anxiety during COVID-19: A nationwide survey of 2740 pregnant women. *Archives of Women's Mental Health*, 23(6), 757–765.