

## **Addressing impacts of Covid-19 pandemic on women's mental and emotional health-Key areas of intervention**

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The Covid-19 pandemic has devastated health, social and economic well-being globally, with women at the centre. This health crisis has exposed women to a greater risk of infection. First and foremost, women are also shouldering much of the burden at home in view of lockdowns and quarantine measures. At the same time, Covid-19 pandemic has significant impacts on women's physical health (and well-being). Yet the mental toll of the pandemic (which is less quantifiable) is equally alarming. At this juncture, it is pertinent to note that as the pandemic has stretched from weeks to months and to over two years, research data from the regions of the globe have emerged indicating the toll it has had on women's mental (including emotional) health. The mental health consequences of the pandemic disproportionately affect women, both (a) at work, and (b) at home. Women face increased stresses due to their dual responsibilities at work place and at home. Over and above, as they take on more responsibilities of home-schooling and everyday parenting, they (and mothers in particular) are experiencing the effects of the pandemic to a higher degree. This situation calls for health care providers and other involved stakeholders to prioritize the agenda to adequately and effectively take measures to reach out to women impacted by mental health consequences of the Covid-19 pandemic.

This research paper primarily aims to provide an insight into key areas in which strategic interventions are required for the purpose of addressing mental and emotional health concerns of women in Covid-19 pandemic era. Largely qualitative data (secondary in nature) have been used in the work. Method of data analysis is descriptive. This paper briefly concludes that policy responses must be immediate, and they must account for women's mental health concerns.

### **Biography**

Santosh Kumar Mishra retired on June 30, 2020 from the Population Education Resource Centre, department of lifelong learning and extension, SNTD Women's University, Mumbai, India. He acquired MA (Economics), post-master's diploma in Adult and Continuing Education, diploma in human resource development and certificate course in hospital and health care management. Also, he underwent training in demography and acquired PhD degree. His areas of interest include demography, sustainable development, gender issues and allied subject areas. Mishra has authored (some co-authored) 5 booklets, 4 books, 23 book chapters, 75 journal articles, and 49 papers for conferences some with bursary for presenting research papers at international events held in Sweden, Australia, Tajikistan, USA, Tanzania, Philippines, Ireland, etc. Also, he has contributed to 170 e-discussions. Dr. Mishra has reviewed: (a) nearly 325 proposals for 23 international conferences (b) 160 manuscripts for 81 journals.

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