



INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

(Peer-reviewed, Refereed, Indexed & Open Access Journal)

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 5.71 (SJIF 2021)

Physical Health effects in Women working at Home after Covid Pandemic and efforts taken to optimize Health

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DOI No. **03.2021-11278686** DOI Link :: <https://doi-ds.org/doilink/07.2021-21363498/IRJHIS2107033>

Abstract:

Covid Pandemic has affected the whole world. From last many months most of the employees has changed their working bases from office to home. New culture of work from home is been adopted by many offices and most probably will continue for few more months and in some sectors it might the permeant working culture. For many works from home finds to be one of the effective tools for the optimizing workers out put but when it comes to health and physical activities the situation needs to be focus on. In this entire scenario major challenge is to promote the health of the employees working from home. Aim of this study was to find out the impact of Work form Home on women's physical health and efforts taken by women to optimize their health. Z test two samples for mean was applied to test the null hypothesis.

Keywords: *Pandemic, Work form Home, women's physical health*

Introduction:

The current covid pandemic has put whole world in a unprecedented situation facing wide range of health and economic problems. [1,2] The drastic change in work from home environment and loss of thousands of jobs especially women .Employees worked in sectors able to work remotely, their homes have become their workplace, places of meetings, school, and place for relaxation. Ebbing of the 2nd wave, resumption of normal activities and economy begins to reopen, possibility of beginning of formal office environment is expected.[3] But some organizations would continue working form home for the foreseeable future to avoid the further risk.[4,5]

New technologies has mandated employees working patterns which has enabled work from any part of the world Work from home has range of positive benefits like better-quality family atmosphere, work integration, improved productivity However, the blurring of physical and organizational boundaries between work and home can also negatively impact an individual's mental and physical health due to extended hours, lack of or unclear delineation between work and home, and limited support from organizations The mandatory WAH situation is complex and requires a systematic examination to identify the impact of organizational, physical, environmental and psychosocial factors on individuals' mental and physical health.[6]

Proper guide lines and policies to protect employee's health and well being are required to continue the work from home. The study was undertaken to understand the current situation of women working from home, their wellbeing and daily efforts taken to optimize their health.

Method:

For Inclusion in the current study the focus was on the women working from home on regular basis and that also for more than 6 months. Women excluded were domestic workers, self-employed workers, informal working from home (working from home after hours to catch up on work), productivity outcomes, chronic illness/disability, or pregnancy/breast feeding. Data collection was done using google form and was forwarded on what's app or by email to very women shortlisted for the study. Question regarding the profession, time since engage in work from home, self-evaluated health before and after work from home, and types and daily physical activities undertaken after work from home mandated. If yes then the duration and if no then the reason.

Data Collection:

Data of women working form was collected using google forms. The link of the google form was circulated in and mailed to the women, who are working from home on regular basis from last 6 months. Total 187 women responded for by filing up the google form, in which 27 responses were rejected due to improper filling of the form. For this study data of women working in Pune and Suburbs was taken in consideration. Questions like marking of the self-reported health after Work From Home mandated, Present health status (In general), Stress full movements in the daily working hours, Physical activities in the whole day and its duration were included in the google form.

Table 1 and Table 2

	Self-Reported health Profile After Work from Home was mandated N= 160						
worst	High Risk	Poor	Satisfied	Better	Good	Excellent	Can't say
9%	1%	36.70%	10%	10 %	11%	12%	10 %

Efforts taken to optimize health Physical activity for More than 15 Minutes) N= 160							
Walking on the road	Yoga/ Stretching	Aerobics/ gym Home	Running		Cycling	Any specific sports	No Physical Activity
20%	13%	3%	5%		NIL	1%	58%

Table 3

Code of the Physical Activity and self-reported health			
Variable 1		Variable 2	
Walking On the road	1	Excellent	1
Yoga /Stretching	2	Good	2
Aerobics /gym	3	Better	3
Running	4	Satisfied	4
Cycling	5	Poor	5
Any specific sports	6	High Risk	6
No physical Activity	7	worst	7

Table 4

z-Test: Two Sample for Means		
	Variable 1	Variable 2
Mean	4.893081761	4.094339623
Known Variance	6.86777	3.13172
Observations	159	159
Hypothesized Mean Difference	0	
Z	3.185049847	
P(Z<=z) one-tail	0.000723645	
z Critical one-tail	1.644853627	
P(Z<=z) two-tail	0.001447291	
z Critical two-tail	1.959963985	

Analysis and Result:

Data expressing self reported health and daily physical activity was collected using google form. Table 1 and table 2 specifies the collected information. Table 3 shows the codes applied to

every variable. Z test two samples for means tool with known variance was applied to test the null hypothesis. This was to understand the difference between the means of two independent variables.

Discussions:

P value (0.001) is lesser than significant level (0.05) there for it accepts the null hypothesis. Overall finding from the statistical analysis shows that the Work from home impact the health of the women employee. It also suggest from the calculation that those women how have kept them self in any of the physical activity has help to have positive impact on the health. Those adopted sedentary behavior shows the negative impact.

Longitudinal research is required, which systematically considers all factors in the relationship between employees and their organizations whilst WAH; this can inform the development of guidelines to facilitate the creation of optimal WAH conditions to reduce any negative impacts of employees' health and well-being'.

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