“NO ONE KNOWS WHAT WE HAVE GONE THROUGH”. A STUDY ON MENTAL WELLBEING OF HOMEMAKERS AMIDST COVID-19

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ABSTRACT

Objective: This paper aims to identify the various factors that disrupted the mental wellbeing of homemakers during the pandemic. The articles were searched through Google Scholar and Web of Science Scholar.

Theoretical Framework: COVID-19 has drastically changed the lives of human beings, whether financially, physically or mentally, but it has changed the lives of homemakers differently.

Method: The present study is exploratory in nature, where various homemakers of India completed an online survey from the 03rd of January 2022 to the 6th of March 2022 and a few offline surveys. A total of 403 participants completed the survey. Factor analysis was used to examine factors associated with the mental health of homemakers.

Results and Discussion: Many of the homemakers could not figure out that they were struggling with various mental stressors like depression, anxiety, and stress. They could not even share or discuss their psychological wellbeing with any family member. Based on primary data, the five factors affecting the mental wellbeing of homemakers have been determined: Emotional stress, Home budget, Threat of infection and death rate, Burnout due to household chores and Social Isolation during COVID.

Conclusion: Homemakers are the most unnoticed part of our society, yet they are the backbone of every family. Their work, care, dedication, and commitment to family members always remain underrated. The homemakers must get the credentials of a true corona warrior as the family members could face such difficult times because the homemakers were always on their toes to nurture their family.

Keywords: COVID-19, Homemakers, Mental wellbeing, Depression, Anxiety, Stress.

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"NINGUÉM SABE O QUE PASSÁMOS", UM ESTUDO SOBRE O BEM-ESTAR MENTAL DAS DONAS DE CASA DURANTE A COVID-19

RESUMO

Objetivo: Este artigo tem como objetivo identificar os vários factores que perturbaram o bem-estar mental das donas de casa durante a pandemia. Os artigos foram pesquisados através do Google Scholar e Web of Science Scholar.

Enquadramento teórico: A COVID-19 alterou drasticamente a vida dos seres humanos, seja a nível financeiro, físico ou mental, mas alterou de forma diferente a vida das donas de casa.

Método: O presente estudo é de natureza exploratória, em que várias donas de casa da Índia completaram um inquérito em linha de 3 de janeiro de 2022 a 6 de março de 2022 e alguns inquéritos offline. Um total de 403 participantes completou o inquérito. A análise fatorial foi utilizada para examinar os factores associados à saúde mental das donas de casa.

Resultados e Discussão: Muitas das donas de casa não conseguiam perceber que estavam a lutar contra vários factores de stress mental, como a depressão, a ansiedade e o stress. Nem sequer conseguiam partilhar ou discutir o seu bem-estar psicolóxico com qualquer membro da família. Com base nos dados primários, foram determinados os cinco factores que afectam o bem-estar mental das donas de casa: Stress emocional, orçamento doméstico, ameaça de infeção e taxa de mortalidade, esgotamento devido às tarefas domésticas e isolamento social durante a COVID.

Conclusão: As donas de casa são a parte mais despercebida da nossa sociedade, mas são a espinha dorsal de todas as famílias. O seu trabalho, cuidado, dedicação e empenhamento para com os membros da família são sempre subestimados. As donas-de-casa devem obter as credenciais de um verdadeiro guerreiro do coronavírus, uma vez que os membros da família puderam enfrentar momentos tão difíceis porque as donas-de-casa estiveram sempre alerta para cuidar da sua família.


"NADIE SABE POR LO QUE HEMOS PASADO", UN ESTUDIO SOBRE EL BIENESTAR MENTAL DE LAS AMAS DE CASA EN MEDIO DEL COVID-19

RESUMEN

Objetivo: Este trabajo pretende identificar los diversos factores que perturbaron el bienestar mental de las amas de casa durante la pandemia. Los artículos se buscaron a través de Google Scholar y Web of Science Scholar.

Marco teórico: El COVID-19 ha cambiado drásticamente la vida de los seres humanos, ya sea desde el punto de vista económico, físico o mental, pero ha cambiado de forma diferente la vida de las amas de casa.

Método: El presente estudio es de naturaleza exploratoria, donde varias amas de casa de la India completaron una encuesta en línea desde el 03 de enero 2022 hasta el 06 de marzo 2022 y algunas encuestas fuera de línea. Un total de 403 participantes completaron la encuesta. Se utilizó un análisis factorial para examinar los factores asociados a la salud mental de las amas de casa.

Resultados y discusión: Muchas de las amas de casa no podían darse cuenta de que estaban luchando contra diversos factores de tensión mental como la depresión, la ansiedad y el estrés. Ni siquiera podían compartir o hablar de su bienestar psicológico con ningún miembro de la familia. A partir de los datos primarios, se han determinado los cinco factores que afectan al bienestar mental de las amas de casa: Estrés emocional, Presupuesto doméstico, Amenaza de infección y tasa de mortalidad, Agotamiento debido a las tareas domésticas y Aislamiento social durante el COVID.

Conclusiones: Las amas de casa son la parte más desapercibida de nuestra sociedad y, sin embargo, son la columna vertebral de toda familia. Su trabajo, cuidado, dedicación y compromiso con los miembros de la familia siempre quedan infravalorados. Las amas de casa deben obtener las credenciales de un verdadero guerrero de la corona, ya que los miembros de la familia pueden enfrentarse a momentos tan difíciles porque las amas de casa siempre están alerta para cuidar de su familia.
1 INTRODUCTION

Due to the global COVID-19 pandemic, massive destruction was observed. Widespread infection, countless fatalities, many of which were untimely, and people lost their lives worldwide. With a rapid intensity of spread rate and death rate, WHO declared this as a global pandemic. The world has not witnessed such widespread disease in past centuries. A series of repeated lockdowns and safety protocols to minimise the spread of infection deteriorated mental health and increased uncertainty in society (Bhattacharya, S. 2020). During this challenging time, people were advised to maintain distance even at their homes, which resulted in emotional isolation, which consequently resulted in emotional stress. During this time, people suffered a lot physically as well as mentally, but whenever talking about the negative impacts of COVID (Rajkumar, R. P. 2020), usually mentioned the economic recession, the slowdown in GDP, death rate, poverty, large-scale unemployment, etc. being least bothered about the mental wellness. The world cannot forget the miseries they suffered at the time of the second wave of COVID-19; almost everyone was surrounded by some undesirable news of death, hospitalisation, the crisis of oxygen cylinders, and the non-availability of beds. People were helplessly watching the entire situation like a dummy; in almost every corner of the world, a heap of dead bodies was lying on the road, which led to mental breakdown (Wang, C. et al. 2020). Many were unable to attend the last rituals of their loved ones, which enhanced suicidal tendencies due to the anxiety and uncertainty; families suffered, and relationships breakout were also negative consequences of COVID-19 (Gunnell et al., 2020). A lot has been discussed about the mental wellbeing of working professionals and the work-life balance of working women, but very limited research has been done in the direction of the challenges faced by homemakers who have equally shouldered the responsibilities of male partners in the family. The current catastrophic situation has pretentious the emotional and psychological health of homemakers in many ways (Octaviani I. et al. 2021). The statistics cannot be ignored that COVID has affected their lives intensely by drastically increasing the workload of homemakers along with increasing mental stress. The online education of children or husband's office work from home or the protocols of home quarantine all such things have increased the workload in
addition to regular home chores (Alhas, 2020). They worked tirelessly without physical and mental rest as no one was there to take care of the mental wellbeing of homemakers.

Moreover, the working professionals may get a break on Sundays, but the homemakers cannot even imagine taking a day off from their responsibilities. In fact, they are supposed to perform additional responsibilities on weekends by fulfilling the choices and demands of family members. Regardless of the weather, climate, or their physical condition or mental health, they work round the clock. They are conditioned to be perfect in every role, whether a mother, wife, daughter-in-law, or daughter. Moreover, every challenge in the family adds a lot to their responsibility.

A woman is the backbone of every home; she is supposed to be a superwoman who can fit herself in multiple roles like handling children, taking care of her husband and in-laws (in case of a joint family in India), managing family functions, attending the guests and doing other household chores efficiently. Therefore, it is commonly said in Indian families that it does not matter if any of the family members get sick until the house lady is fit and fine as she will take care of every family member (Wala, S. F. W. 2021). Unfortunately, all such efforts and countless household chores done by houseladies are considered nothing. In traditional Indian families, the word "housewife" means doing nothing; only modifying the name from housewife to homemaker is not enough; the patriarchal mindset does not allow society to modify its thought process. Homemakers are the most ignored and vulnerable section of our society, and it is the most thankless job in the world. It is believed that homemakers are at home all the time; therefore, they are doing nothing, and their contribution to the home is zero as they are not earning anything. The present paper emphasises the mental wellbeing of homemakers during COVID-19. Usually, physical health is addressed as the most important part of life, ignoring the psychological aspect, which is equally important as physical health. A housewife should play multiple roles at home, and the current pandemic has increased the responsibilities and workload many folds. The present paper focuses on the various factors which are responsible for deteriorating the mental wellbeing of the homemakers who are tied and caged in homes due to the pandemic. The paper tries to explore the reasons for various stressors like anxiety, depression, and stress, which affect the mental wellbeing of homemakers, especially at the time of COVID-19.
2 LITERATURE REVIEW

Due to the restrictions on social gatherings and the closure of shopping malls, people feel isolated. However, the homemakers are affected differently from the men. The absence of informal get-togethers and chit-chat with the neighbours creates anger, dissatisfaction, and anxiety among homemakers. The maternal home is like strength and support to the women. Visiting parent's homes motivates homemakers a lot, as they can share their personal and family issues with their parents and feel at home with them. (Oskovi-Kaplan ZA 2020). At the time of repeated nationwide lockdowns, the house ladies could not get down to their parents' homes, nor could they attend the celebrations or even the last rituals of their relatives, which adversely affected the social relations of homemakers and made them more anxious. Children are isolated at home, and online education makes them feel lonelier as they spend more time with gadgets like mobile phones and laptops. Therefore, a high degree of involvement and engagement is needed for mothers to attend to their children and closely watch their online activities (Purohit, H. K. S.2021). Husband's work from home has eaten up the 'me time', which spiked a feeling of depression among homemakers. When it comes to managing the home budget, house ladies need to act as 'finance ministers' for their home, as they have to manage all household expenses in whatever is given to them, depending on the family's financial resources. Homemakers need to make many financial decisions based on the promotion and salary of their husbands. Whether it be related to children's education, the purchase of groceries, apparel, or even medicines, it is assumed that all such expenses must be managed within a predefined budget by homemakers. Therefore, they have to manage a strict budget based on available monetary resources. During the pandemic, organisations were bound to minimise the staff to operate at minimum cost, leading to retrenchment, job cuts, and salary cuts (Power, K.2020). Such uncertainties have disturbed the income of the household. It has shaken all future investment planning and created uncertainties related to money. The foremost stress for homemakers is to manage their children's studies in a time of crisis of resources.

Many employees, like frontline staff, health workers, and staff providing items for daily necessities, were bound to go to their workplace even during the nationwide lockdown (Tan, B. Y. et al. 2020). Due to this, the homemakers were constantly under threat that their husbands were at high risk of catching infection at their workplace or at the time of travelling (Kisana R. 2021). They lived under the fear that husbands may become a carriers of infection for other family members. The homemakers also stressed themselves, as if the infection affected them, then the entire family's routine would be disturbed, as there would be no one to take care of the
children and other family members. At the time of the first and second waves of COVID-19, all medical centres, even the educational institutes, were converted into COVID-19 treatment centres as there was a chronic dearth of beds along with oxygen cylinders. In such an infectious time, people were so scared of visiting health centres for vaccination because they thought they might catch the infection if they visited any such place (Hoffman, J. 2020). COVID has affected not only physically but emotionally and psychologically, too. Many physical and financial uncertainties surrounded the people. People were engulfed with bizarre activities like the closure of shopping malls, the multiplex being locked, restrictions over movement and gathering of crowds, and schools and offices operating from home; such quirky activities never happened for centuries. There was no source of entertainment for children and family members.

All such things affected the homemakers adversely as this is the only MI time available with them when their children and husband are out for work. This is when they can pursue their hobby and give time to themselves (Ping, M. F 2022). Such time was eaten up by additional responsibilities to be fulfilled by homemakers during the time of the pandemic. In the absence of any household help, additional work in purchasing groceries and daily necessities has become a challenge for them due to panic buying (Agrawal and Yadawar 2020). Despite working relentlessly, family members do not even recognise the homemaker's efforts. Commonly, it is perceived that all such household chores are routine responsibilities of homemakers, which they are supposed to fulfil without expecting any support or appreciation from husbands or other family members, which causes the homemakers to drown emotionally.

A drastic change in the functions and responsibilities of homemakers affected their sleeping and eating patterns, making them somatic and unhealthier, raising their stress levels (Sagar, S. K 2022). It is very challenging to handle children, especially when they have no entertainment source; it disturbs their routine day cycle, resulting in mental fatigue. COVID has remarkably increased the level of anxiety and depression among homemakers as all the members are at home, maintaining cordial relations among family members and extra nutritional care for children and senior citizens increased the burden of responsibilities and functions of homemakers many times (Ueda, M. et al. 2021). The first wave of COVID has affected people psychologically with news of the nationwide lockdown, but the second wave affected people emotionally, too, with a sudden spike in the number of deaths. Restriction over movement in the room, very little or no contact with loved ones apart from in-laws, no time to pursue any hobby and all-time staying at the home of all family members has disrupted the relations among homemakers and their male counterparts; it has increased the level of anxiety among family members (Pierce, M. 2020). Many homemakers became victims of domestic violence as their
male counterparts are always at home (WHO 2020); they have suffered from emotional abuse, which is approximately 96% during the pandemic (Sediri, S. et al. 2020). Another reason which came into highlight is the frustration among male counterparts because of the uncertainty of a job or out of a job, financial crisis. The husbands started blaming their wives for not managing the home budget wisely in such a catastrophic situation, thus resulting in suicidal tendencies among homemakers.

Another reason for mental stress among homemakers came into the picture is the pressure to have a baby during the time of lockdown (Zaigham, M 2020). Many of the homemakers were pressurised by their in-laws that as their husbands were at home and other family members, the newborn baby could be cared for easily, so they must plan a baby during this time (Malik S). However, it is a burden for homemakers to plan a baby for such an ambiguous and negative time when they are already occupied with multiple household chores. Such pressure is in line with the 'Transactional model of stress. As per the model given by Lazarus and Folkman (1984), how much pressure individuals can experience depends upon the evaluation of two stages. In the first stage, the situation was examined, and it was decided whether it was harmful or not; if yes, then the resources were evaluated in order to cope with the situation. If people do not have the resources to meet situational demands, it leads to stress. Social media and news channels also contributed to increasing anxiety and stress among homemakers as these digital platforms were flooded with only the number of fatalities, infected patients, and other negative news. To avoid the possibility of spread of infection, the homemakers need to put extra effort into family members as they have to continuously engage young members in activities within the house to ensure social distancing from society in order to maintain social distancing and cleanliness (Galea, S. et al. 2020). Such additional work makes the homemakers more tired and exhausted. The homemakers are overburdened as they are juggling between routine household chores and the additional hygiene-maintaining protocols. Usually, the homemakers are considered unpaid workers who work round the clock for family members and dependents; such a critical duration of the pandemic is consuming more energy and time of homemakers in taking care of elder family members (Chauhan, P. 2021). Many researchers have addressed that such 'acts of care' as care economy, managing everyday life along with raising children by homemakers is counted as unpaid workers. In addition, The International Labour Organisation (ILO) calculates that, on average, women worldwide perform 4 hours and 25 minutes of unpaid care work every day compared with 1 hour and 23 minutes for men (Pozzan and Cattaneo 2020). When it comes to ensuring the emotional wellbeing of not only children but husbands and elderly family members, the responsibility is
being taken care of by homemakers. If they are working outside, they can be treated as paid workers, but not in the case of taking care of children and home. The Theory of Conservation of resources explains that if more resources are lost than replenished, it may lead to burnout. Homemakers are losing energy, time, and effort more than they regain, as all channels of replenishing resources are stopped during such a pandemic. During the lockdown, husbands, children, in-laws, and every member was at home, increasing household chores; even the housemaids were also unavailable (Yoosefi Lebni, J 2021). The purchasing of groceries, the work of laundry, online education of children, and even the charging of the husband's mobile and children's laptop is supposed to be done by house ladies as this is a patriarchal mindset of Indian society that such works belong to female part because it is perceived that homemakers do nothing except relaxing at home.

2.1 RESEARCH GAP

The research gaps identified through the extensive literature review are as follows: Firstly, many researchers have given due attention to the mental wellbeing of working professionals during the challenging phase of COVID-19. The employees suffered a lot emotionally as well as mentally at the time of COVID. Even though many researchers focused on the hardships suffered by working women, unfortunately, they ignored the most important pillar of everyone's home: homemakers. Therefore, the present paper concentrates on a forgotten, much ignored, and least talked about stakeholders in a home, i.e., homemakers. Secondly, the prior studies have used a DASS scale to measure the level of depression, anxiety, and stress among homemakers; this is the first time factor analysis methodology has been employed to discover the factors and also to rank them in the order of their impact on the psychological health of the homemakers.

2.2 CONCEPTUAL FRAMEWORK

Undoubtedly, COVID-19 has affected every aspect of life, whether social, economic, or psychological. The family members are locked in their homes, increasing a woman's chores. The authors explored various factors which are responsible for increasing the level of mental stress among homemakers during the time of COVID-19. Based on available literature, the researchers have found various stressors like social isolation, home budget, the threat of infection, emotional factors, and burnout, which are depicted in Fig. 1.
Figure 1

Factors affecting the mental wellbeing of homemakers at the time of COVID-19.

3 METHODOLOGY

The study was conducted from 03rd January 2022 to the 6th of March 2022. A Google form was created and circulated on different online platforms such as WhatsApp groups, Facebook, the Common Society kitty group, and e-mails. The homemakers who were not in touch with social media were inquired through offline mode. All the participants gave their consent before answering the questions. The data was analysed with the help of SPSS v 21. Factor analysis was conducted to make inferences and explore the factors affecting homemakers' mental wellbeing during COVID-19.

Sample: A structured questionnaire was prepared to carry out the study. A Non-probability purposive sampling technique was employed. The form was circulated to nearly 470 homemakers, of which a total of 403 Indian homemakers completed the survey. A region of Delhi, NCR, was selected as this is the place where a diverse population is found.
Tables 1, 2, 3, and 4 show the Socio-Demographic Profile of Respondents.

### Table 1
**Age of the respondents and the number of their children.**

<table>
<thead>
<tr>
<th>Number of children</th>
<th>Age of the respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
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</tr>
<tr>
<td></td>
<td>57</td>
</tr>
<tr>
<td>One</td>
<td>34</td>
</tr>
<tr>
<td>Two</td>
<td>37</td>
</tr>
<tr>
<td>More than two</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>128</td>
</tr>
</tbody>
</table>

### Table 2
**Age of the respondents and the type of the family.**

<table>
<thead>
<tr>
<th>Type of family</th>
<th>Age of the respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joint family</td>
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<tr>
<td></td>
<td>0</td>
</tr>
<tr>
<td>Nuclear family</td>
<td>53</td>
</tr>
<tr>
<td>Total</td>
<td>53</td>
</tr>
</tbody>
</table>

### Table 3
**Age of the respondents and their qualifications.**

<table>
<thead>
<tr>
<th>Qualification of the respondents</th>
<th>Age of the respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upto Intermediate</td>
<td>18-25</td>
</tr>
<tr>
<td></td>
<td>41</td>
</tr>
<tr>
<td>Graduate</td>
<td>34</td>
</tr>
<tr>
<td>Post graduate &amp; above</td>
<td>46</td>
</tr>
<tr>
<td>Total</td>
<td>121</td>
</tr>
</tbody>
</table>

### Table 4
**Age of the respondents and their years of marriage.**

<table>
<thead>
<tr>
<th>Years of marriage</th>
<th>Age of the respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upto 5</td>
<td>18-25</td>
</tr>
<tr>
<td></td>
<td>39</td>
</tr>
<tr>
<td>5 to 10</td>
<td>62</td>
</tr>
<tr>
<td>10 &amp; above</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>101</td>
</tr>
</tbody>
</table>
3.1 STATEMENTS

After considering all prominent points of the study, a thorough literature review was carried out to identify the various factors affecting the mental wellbeing of homemakers at the time of COVID. The following statements were prepared.

**Social Isolation (SI)**
- Protocols of COVID-19 affected my social life;
- In the absence of the physical presence of my household help, I find it difficult to complete household chores;
- I feel saturated in my household chores as I do not get a chance to venture out socially.
- Not visiting my parent's house adversely affected me;
- The online education of my children has isolated them, which in turn consumes more of my energy;
- No frequent informal meetings adversely affected my relations with neighbours.

**Home Budget (HB)**
- Fear of job cuts/layoffs may hamper children's education plans;
- The husband's appraisals/promotions are delayed even after working so hard;
- Salary reduction has disrupted my budget balance;
- Salary cuts have disturbed my investment planning;
- Threat of Infection and Death Rate (TOI);
- I get stressed due to the threat of getting infected as to who will take care of my dependents;
- I remain worried for my loved ones as I may become a carrier of infection for them;
- I remain in constant fear of my husband's getting infected while travelling for work;
- I feel tense after hearing the statistics on the death rate;
- I feel anxious about getting infected if my family visits the health centre for COVID-19 vaccination.

**Emotional Stress (ES)**
- There is uncertainty around me due to panic buying;
- The current situation is very challenging for the family's survival (physically/financially);
- I feel nobody acknowledges my efforts in spite of managing double work;
- I have mental fatigue due to the sudden increase in the amount of work;
I feel emotionally drained from my never-ending work;
I got tense due to the infobesity over social media and news channels;
I became scared due to the pressure to plan a baby, preferably in this period;
Staying at home always leads to more fights, thus distressing relationships;
Distressed relationships have increased domestic violence;
Prevailing mental fatigue makes me suicidal;
I feel depressed due to the non-support of my husband;
Working in this crisis drastically changed my eating habits and sleeping patterns, causing health problems and, in turn, increasing my stress level.

**Burnout (BO)**

- I feel stressed out as my dependents demand to be on my toes every time;
- Due to the overlapping of kid's studies and household chores, my routine life balance gets disturbed;
- I feel exhausted from my multiple works;
- I feel used up due to maintaining hygiene protocols at home;
- I am dead on my feet at the end of the day;
- I feel less attracted to taking out 'me time';
- I have trouble taking care of my stakeholders.

### 4 RESULTS AND DISCUSSION

Factor Analysis was employed to explore the factors affecting the mental wellbeing of homemakers during COVID-19. Factor analysis is a statistical technique used to condense many variables into fewer variables based on the similarity in the observed variables (Kachigan, 1991). The Kaiser-Meyer-Olkin was conducted to measure the adequacy of samples, and it was found to be 0.981 (Tabachnick & Fidell, 1996). Bartlett's Test of Sphericity was found to be significant (p < .001). Principal component analysis (PCA) selecting varimax was used to extract the factors for maximum variance in the data (Hair et al., 2006).

This study caters to a multiple-criteria approach encompassing eigenvalue and percentage of variance to draw out fewer factors. Refinement of factors was done by removing two low communality items (6th item- "Affecting relationship with neighbours" and 19th item- "Sudden increase in the amount of work"), due to which the amount of explained variance
increased slightly from 62.13% to 64.262%. No communalities below the 0.04 standard were ensured (Costello & Osborne, 2005).

The factor loading pattern was examined to identify variables having no loading and cross-loading. Two items show no loadings (24th item- "emotional stress due to domestic Violence and 25th item- "Stress leading to suicidal tendency"). Further, one item (15th item- "Anxious of getting an infection during vaccination in the centre") with cross-loadings was uninvolved (Anderson and Gerbing 1988; Yoo and Donthu 2001). All these refinement procedures led to a reduction of 29 items. The final result displayed five factors having an eigenvalue > 1. The percentage of variance criterion was considered to retain the factors, which explained 68.431 percent of the variance.

From Table 5, it has been interpreted that Factor 1 includes the 16th, 17th, 18th, 20th, 21st, 22nd, 23rd, 26th, and 27th items, which accounts for 29.218% of the variance (eigenvalue 6.175), factor 2 comprises of 28th, 29th, 30th, 31st, 32nd, 33rd and 34th item for 18.151% of the variance (eigenvalue 5.755), similarly, factor 3 have (eigenvalue 4.341)comprises of 7th, 8th, 9th, and 10th items for 10.572% of the variance, Factor 4 consists 11th, 12th, 13th, 14th, and 15th items with variance explained 6.110% and eigenvalue 2.922 and last factor 5 own 1st, 2nd, 3rd, 4th and 5th item explaining 4.38% of the variance (eigenvalue 1.136). This study established the reliability using Cronbach's Alpha for all five factors derived from the Statistical analysis of data. Analysis extracted five factors with Cronbach's alpha values of 0.913, 0.836, 0.805, 0.781 and 0.776, respectively. All values of Cronbach's alpha are greater than 0.7; hence, the scale is reliable and acceptable (Nunnaly, 1978).

Table 5

Factor Analysis

<table>
<thead>
<tr>
<th>ITEM NO.</th>
<th>ITEM</th>
<th>CRONBACH ALPHA</th>
<th>FACTOR 1</th>
<th>FACTOR 2</th>
<th>FACTOR 3</th>
<th>FACTOR 4</th>
<th>FACTOR 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>There is uncertainty around me due to panic buying</td>
<td>0.913</td>
<td>0.784</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>The current situation is very challenging for the family's survival (physically/financially).</td>
<td>0.854</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>I feel nobody acknowledges my efforts in spite of</td>
<td>0.738</td>
<td></td>
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<td>Statements</td>
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<tr>
<td>20</td>
<td>I feel emotionally drained from my never-ending work.</td>
<td>0.829</td>
<td></td>
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<tr>
<td>21</td>
<td>I got tense due to the infobesity over social media and news channels.</td>
<td>0.727</td>
<td></td>
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<tr>
<td>22</td>
<td>I became scared due to the pressure to plan a baby, preferably during this period.</td>
<td>0.712</td>
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<tr>
<td>23</td>
<td>Staying at home always leads to more fights, thus distressing relationships.</td>
<td>0.778</td>
<td></td>
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<tr>
<td>26</td>
<td>I feel depressed due to the non-support of my husband.</td>
<td>0.876</td>
<td></td>
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<tr>
<td>27</td>
<td>Working in this crisis leads to health problems, in turn increasing my stress level.</td>
<td>0.613</td>
<td></td>
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<tr>
<td>BURNOUT</td>
<td>I feel stressed out as my dependents always demands to be on my toes.</td>
<td>0.684</td>
<td></td>
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<tr>
<td>29</td>
<td>Due to the overlapping of kid's studies and household chores, my routine life balance gets disturbed.</td>
<td>0.761</td>
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<tr>
<td>30</td>
<td>I feel exhausted from my multiple work.</td>
<td>0.745</td>
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<tr>
<td>31</td>
<td>I feel used up due to maintaining hygiene protocols at home.</td>
<td>0.652</td>
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<tr>
<td>32</td>
<td>I am dead on my feet at the end of the day.</td>
<td>0.888</td>
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<tr>
<td>33</td>
<td>I feel less attracted to taking out 'me time.'</td>
<td>0.725</td>
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<tr>
<td>34</td>
<td>I have trouble taking care of my stakeholders.</td>
<td>0.739</td>
<td></td>
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<tr>
<td>HOME BUDGET</td>
<td>Fear of job cuts/layoffs may hamper children's education plans.</td>
<td>0.805</td>
<td></td>
<td></td>
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<tr>
<td>7</td>
<td>The husband's appraisals/promotions are</td>
<td>0.764</td>
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<td></td>
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<tr>
<td>8</td>
<td></td>
<td>0.891</td>
<td></td>
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</tbody>
</table>
delayed even after working so hard. 0.707

Salary reduction has disrupted my budget balance. 0.769

Salary cuts have disturbed my investment planning.

<table>
<thead>
<tr>
<th>THREAT OF INFECTION AND DEATH RATE</th>
<th>0.735</th>
<th>0.846</th>
<th>0.715</th>
<th>0.621</th>
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</thead>
<tbody>
<tr>
<td>11 I get stressed due to the threat of getting infected as who will take care of my dependents.</td>
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<tr>
<td>12 I remain worried for my loved ones as I may become a carrier of infection for them.</td>
<td>0.781</td>
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<tr>
<td>13 I remain in constant fear of my husband’s getting infected while travelling for work.</td>
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<td></td>
<td>0.715</td>
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<tr>
<td>14 I feel tense after hearing the statistics on the death rate.</td>
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<td></td>
<td>0.621</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>SOCIAL ISOLATION</th>
<th>0.674</th>
<th>0.816</th>
<th>0.665</th>
<th>0.891</th>
<th>0.756</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Protocols of COVID-19 affected my social life.</td>
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<tr>
<td>2 Without my household help, I find it difficult to complete household chores.</td>
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<tr>
<td>3 I feel saturated in my household chores as I do not get a chance to venture out socially.</td>
<td>0.776</td>
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<tr>
<td>4 Not visiting my parent's house adversely affected me</td>
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<tr>
<td>5 The online education of my children has isolated them, which in turn consumes more of my energy</td>
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</tbody>
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4.1 DISCUSSION

The present study highlighted that the most prominent factor affecting the mental health of homemakers at the time of the pandemic is emotional stress, followed by mental and physical burnout, the next stressor is home budget, then the threat of catching infection and lastly, social isolation. A relationship among the five factors affecting the mental wellbeing of homemakers was established. They are arranged as per their order of impact on the psychological wellbeing.
of the homemakers; the most prominent factor is emotional stress, followed by mental and physical burnout; the next stressor is home budget, the threat of catching the infection, and social isolation. The findings propagate that emotional stress is the prominent stressor affecting homemakers' mental health (Ho CS 2020). In the absence of emotional support from counterparts, juggling between routine household chores and additional home responsibilities due to the pandemic has created turbulence in the level of depression, anxiety, and post-traumatic stress disorder (PSTD) among homemakers (Jalnapurkar I, 2018). Nearly about 40% of homemakers reported infobesity of negative news over social media (Gao et al., 2020), which creates anxiety and stress. Physical and psychological violence has also increased during the pandemic (Women, U. N., & World Health Organization 2020), which adversely affected their personal relationships. About 47% of the homemakers were pressurised to have a baby during the time of the pandemic, which also spiked emotional stress among homemakers. The most astounding element of this factor is that "emotional stress due to domestic violence and "Stress leading to suicidal tendency" items were dropped during the factor analysis. The reason might be the homemakers' non-acceptance of suffering (Sediri, S. 2020).

As per the study, the next crucial factor that distresses the mental health of homemakers is burnout. Approx 80% of the homemakers reported that they are overly exhausted and tired due to the non-availability of maids as they are supposed to take care of their husbands and children along with dependents; even the tea and coffee need to be served to their rooms by the homemakers (Megatsari, H. 2020). The present study unfolds the third stressor for homemakers managing home budgets. As per the report of OECD, the pandemic situation has witnessed the highest rate of job crisis since the great depression. Even the unemployment rate in urban areas rose to 24% during the period of April-June 2020. Such financial uncertainties are a huge challenge for homemakers, creating psychological stress (Malik, S. 2020). The next factor revealed by the current study is the threat of catching the infection; the people were working under the risk and threat of catching an infection while travelling and at the workplace. Approx 92% of the housewives of frontline employees accepted that they remained under constant mental stress (Sauer, K. S. 2020) and that if their male counterparts caught the infection, then it may transfer to family members. The last factor that affects the mental wellbeing of homemakers is social isolation. Nearly 83% of homemakers reported that the protocols of nationwide lockdown had affected social relations adversely. The social circle of working women is different; they can even chit-chat with their colleagues and friends, but as far as homemakers are concerned, their maternal home is more like a social circle to them, and during
this pandemic, everyone were caged into our homes (Oskovi-Kaplan, Z, 2021). This raised their level of anxiety and depression among them.

5 CONCLUSION

Whenever someone talks about fitness, the first thing that stands out is related to physical fitness. Psychological wellness, a crucial part of the holistic fitness of the human body, tends to be ignored. Physical fitness is required to perform a task, but psychological fitness is equally important to remain motivated to perform the task. At the time of lockdown, the household chores increased remarkably, which augmented the physical and mental pressure on homemakers. The mental fitness of homemakers is equally vital to that of working professionals. It is evident from the above discussion that the recent pandemic has had a negative impact globally; it has equally affected the homemakers mentally. Ironically, after so much commitment, dedication, and a die-hard attitude, a woman remained unnoticed. The psychological impact is more prominent than the physical, as physical damage or injury can be cured with the medication, but mental wellbeing leaves embark prolonged. After carefully examining the various factors affecting the mental wellbeing of homemakers, it has been unveiled that their lives have changed dramatically during the volatile pandemic. From online education of children to husband’s work from home and taking care of dependents affected them badly, not only physically but mentally too, by snatching away their MI time. The family members can face the pandemic phase at home just because of the homemakers. Everyone has time to relax and enjoy themselves at home except homemakers, who are supposed to work 24*7 round the clock for their loved ones. They are the true Corona warriors who worked day and night unconditionally to nurture, protect, and support their families. Our prime responsibility is to take care of our true fighters; they require a word of appreciation for their selfless dedication and utmost commitment towards their family and home. Even recognition for their genuine work from their loved ones can be a token of gratitude for them. A word of empathy can do wonders for their mental wellbeing and reboot their soul.

5.1 LIMITATIONS

The present study was retrospective and was conducted at the time of the second wave of COVID-19. The study does not cover such homemakers who were uneducated and unfamiliar with the online platform. A very small number of homemakers were covered with
the help of an offline mode of data collection to ensure social distancing norms. It is recommended that similar studies be conducted on the different geographical areas of our country. The researchers advocate that the perspectives of homemakers on their mental wellbeing belonging to developed countries can also be considered in future research.

ACKNOWLEDGEMENTS

The authors are grateful for the comments and suggestions from reviewers that helped improve the quality of the manuscript. Rui Dias is pleased to acknowledge the financial support from Instituto Superior de Gestão (ISG) [ISG - Business & Economics School], CIGEST.

REFERENCES

Agrawal S, Yadawar S. (2020) Locked down and anxious, more and more Indians are making panic calls, seeking therapy. The Print. https://theprint.in › Health [Last accessed on 2020 the 04th of May].


