

Impact of COVID-19 on Mental Health of Employed Women Residing in Delhi-NCR, India: Mediating Role of Working From-for Home

Vanshika Beri*

**Department of Psychology, Amity Institute of Psychology and Allied Sciences, Noida, India*

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ABSTRACT

Women, who are “supposed” to do all their official and household work are now required to do all of it simultaneously because of lockdown amid covid-19. This paper analyzed the perceived stress and depressive tendencies among the “non-clinical population” of employed women residing in Delhi-NCR and whether “work from-for home” is acting as a mediator between the two. Further, marital status and family status were also taken into consideration. A sample of two-hundred-three responses depicted that there is a significant and positive correlation between perceived stress and depressive tendencies. Further, working from-for home significantly acts as a mediator between the two variables. Moreover, there is no significant interaction between family status and working from-for home on depressive tendencies. However, there is a significant interaction between marital status and working from-for home on depressive tendencies. These findings are highly significant because this shows how people who were earlier doing well physically and psychologically are now facing depressive tendencies because of lockdown. The implications, limitations, and future suggestions are discussed in the paper.

Keywords: Covid-19 pandemic, Work from-for home, Female gender, Family status, Marital status, Mental health, Perceived stress, Depression

Corresponding author: Vanshika Beri, Department of Psychology, Amity Institute of Psychology and Allied Sciences, Block - J2, Ground Floor Amity University Campus Sector-125, Noida, Uttar Pradesh, 201313, India, E-mail: berivanshika@gmail.com

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