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Editorial

The basic and most important unit of the society has been the family from the beginning. For the empowerment and development of the country, first of all it is necessary to pay attention to the moral, social, economic and cultural dimensions of basic institutions like family. Balanced development of the family is very important for the development of the society. Therefore, if we want to have a complete and balanced development of the country, then we need to lay maximum emphasis on the basic institution called family. It is necessary that we should not make any discrimination between son and daughter in the family and we must explain this to our sons and get them involved in their activities. Even today, those who belong to the old belief believe that a woman cannot get any freedom, she cannot go anywhere alone, she cannot roam anywhere alone, but today's youth refuse to accept these values.

Some people also say that the importance of the walls in the house, the same importance is given to the education of the boys in the society. But how is a house made? Who are in the base of the house? The base of the house is our daughters, our girls, that means they are related to the roots. If our root becomes weak in the society, then our house or house cannot be strong at all. There is a need to understand this social context in reality.

The extent of favoritism is reached when we see discrimination in small tasks. Some people think that a girl is someone else's wealth, what job she should do. That's why some parents discriminate between boys and girls and this discrimination is visible somewhere in our behavior, in feeding and dressing. This is sheer injustice. God has given the same brain to boys and girls and today girls are proving it by bringing better results.

Girls stay at their parents' house for only a few days, so it is our duty to pay deep attention to their education, upbringing, only then we can fulfill the concept of a strong society. God has made us the trustee of our children so it is our duty to treat all members equally with full justice because both boys and girls have same power, same soul. So we should give them equal opportunities for development.

The basic objective of women empowerment is the development of women and communication of self-confidence in them. Women empowerment is important for the overall development of the society. Empowerment of women is the most important social phenomenon because they are the creators. If you empower them, make them strong, encourage them, it is better for the society. Women and men are the basis of creation and human society. Both complement each other. These are the wheels of the chariot of life by which the journey of life runs

smoothly. The role of both has been equally important for stability in family and society. The basis of change and development in a society depends on the mutual interaction of men and women, walking step by step and equal mobility of both. A chaotic situation is created in social life when any one side lags behind. The history of mankind is witness to this that where women have been neglected, the development of the society has been stunted. The role of women in creation of creation, education of children, upbringing of family is much more important than that of men, thus her position becomes central in the society. Therefore, without the progress of women, there can be no upliftment of mankind and society. As far as India is concerned "Yatra Naryastu Pujayante Ramante Tatra Devta" means where women are worshipped. The deities reside there. With this ideal any Indian woman can feel pride in comparison to the western woman. The ideal of learning in Saraswati, the ideal of wealth in Lakshmi, the ideal of valor in Durga, the ideal of purity in Ganga, even the ideal of creation in the form of Jagad Janani we find only in India.



Professor Akhilesh Shukla
Chief Editor

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Impact of COVID – 19 Pandemic on Perceptions towards Physical and Mental Health

•Bhavna L. Gajera

Abstract- *The Covid 19 pandemic is a major health crisis that has changed the life of millions globally. The pandemic had affected to everyone globally. This paper analyzes how perceived vulnerability to the COVID – 19 pandemic is associated with women's perception of their health. Due to this pandemic people had coped with the restrictions of the lockdown, leaving them to their fears, insecurity and isolation. On the other hand, due to afraid of this pandemic women are highly concentrated toward their mental as well as physical health. These perceptions would contribute to personal physical and during the pandemic.*

Keywords- *Covid-19, Pandemic, Perceptions, physical health, Mental Health*

Introduction- Covid -19 has resulted in an increase in known risk factors for mental health problems. There are so many actors which affected mental health. The covid 19 pandemic has led to dramatic social and economic changes in daily life. In extreme cases people may suffer from depression characterised by low mood, tiredness, pessimism, poor sleep and appetite, feeling helpless, guilty and hopeless with a gradual reduction in work output.

Statement of the Problem- It is important to catch the research problem. Present study was commenced with the following title:

Impact of COVID - 19 Pandemic on Perceptions towards
Physical and Mental Health

Objectives- The objectives of the study provide a direction to research and researcher also. On the basis of the objectives, researcher carried out data collection, data analysis, drawing interpretation and conclusion of the research. Research processes are dependent on the objectives. The objectives of the study are as follows:

1. To know the impact of COVID - 19 Pandemic on Perceptions towards Physical and Mental Health.

Research Questions- The study starts with the following questions:

1. Does Covid – 19 pandemic have any impact on women's perception towards mental health?
2. Does Covid – 19 pandemic have any impact on women's perception towards physical health?

Variables Included in the Study- There are some variables related to the

research. It is necessary to identify these variables to know the relations between them. Following is the detail of the variables included in the present research.

Independent variable:	Covid 19 pandemic		
Dependent variable:	perceptions towards physical and mental health		
Controlled variable:	Year	:	2022-23
	Area	:	Rajkot city
	Gender	:	Women

Scope of the Research- The scope of research of the present study was related with so many fields, which are given below-

1. Education
2. Mental Health
3. Research
4. Physical Health
5. Educational Psychology

Delimitations of the Study-

1. Present study was delimited to Rajkot city only.
2. Present study was delimited to academic year 2022-23 only.
3. Present study was delimited to women only.
4. Present study was delimited to age group of above 30.

Limitations of the Study- Every research has some limitations. In the present study may be social and economical factors would be affected, but the present study was limited to the impact of covid - 19 only.

Type of Research- The type of present research was qualitative research according to its implementation form.

Population- Women whose age of above 30, who had suffering from Covid - 19 and lived in Rajkot city during the academic year 2022-23 were selected as population.

Sampling- To fulfil the purpose of the study total 50 women were selected as a sample. Convenience sampling method was used for the study.

Research Method- The research method of present study was descriptive research method well as analytical method. Descriptive research design describes the way of overcoming the facts, problems.

Research Tool- The research is the collection of adequate, accurate, and reliable facts about the problem under investigation. Interview schedule was used as a research tool in present study.

Development of the Interview Schedule- For good communication and understanding researcher has taken prior appointments and briefly introduced the purpose of study and also discussed with them the importance of the study before conducting the personal interview. An appropriate interview schedule was developed on the basis of the formed objectives of the study and library research. The schedule consisted of different questions related with physical health and mental health in reference with covid - 19.

Data Collection- Data were collected through primary sources to obtain the objectives of the research. The data was collected through interview

schedule. Comprehensive literature reviews was also referred to analyze the impact of covid - 19 in women's perceptions.

Data Analysis and Interpretation- The result and discussion have been presented under the following research questions:

Question no. 1 - Does Covid – 19 pandemic have any impact on women's perception towards mental health?

According to respondents response women's perception had total changed after covid – 19. During this pandemic most of women suffering from stress, depression, anxiety, tension and many or disease of mental health related. Most of women said before this pandemic they had not aware about their mental health and after this pandemic they all could understand the value of mental health. Most of women regularly did asana, pranayama and meditation to increase their mental health.

Question no. 2 - Does Covid – 19 pandemic have any impact on women's perception towards physical health?

From the response analysis from the respondent's researcher have drawn the conclusion that before this pandemic women were not conscious about their physical health and they were not give much more importance to their physical health. After this pandemic women had changed their perceptions towards their physical health. They have so heavy schedule and so busy with their family and kids but they allocated some times for exercise like aerobics, dance, garaba, zumba, cycling, running etcetera. Due to this pandemic women could understand the importance of health. They understood very well how fitness helps to prevent, cure and fight against diseases.

Conclusion- This study was conducted to analyze impact of COVID - 19 pandemic on women's' perceptions towards physical and mental health.

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