



WORK, LIFE AND FAMILY BALANCE IN COVID-19 TIME

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ABSTRACT (COVID-19) infection has rapidly and broadly spread countrywide which is the main cause of an exponential outbreak in patients with infection. Health care workers who are working on the front line straightway involved in the diagnosis, prevention and treatment of patient with covid-19. Till now, more than 300 front-line workers have died of fatigue and at the same time, too much fatigue may also increase incidence of depression. These are at higher risk of developing stress, depression and other mental health problems. There are different strategies to balance work in our daily life and also there are different strategies that organization can adopt. So COVID-19 has resulted in an immense workload on frontline workers.

KEYWORDS : COVID-19, nurses, work-life balance,

The outbreak of the novel coronavirus disease (COVID-19) infection has rapidly and broadly spread countrywide which is the main cause of an exponential outbreak in patients with infection. Our First-line medical workers and scientists played an important role in combating against the COVID-19 epidemic.

COVID-19 transmission from one person to another and the exponential increasing number of death could bring out their agitation and fear of being infected. Health care workers who are working on the front line straightway involved in the diagnosis, prevention and treatment of patient with covid-19. These are at higher risk of developing stress, depression and other mental health problems. These factors will increase the anxiety and direct them unwillingness to work. A study done in Wuhan, China where it is demonstrated that frontline health workers, nurses, women are susceptible to stress, anxiety, depression and fatigue. The study concluded that there is high incidence of insomnia, anxiety among the nurses who are fighting against covid-19.(1)

An online survey has also been done in which it is found that a large number of participants shows anxiety (44.6%), depression (50.4%), and insomnia (34.0%) for the duration of COVID-19. (2) When dealing with other emergencies staff nurses also show impairment of mental health. Till now, more than 300 front-line workers have died of fatigue and at the same time, too much fatigue may also increase incidence of depression. Poor mental state will affect frontline staff's decision-making, attention, and execution, which would hinder the fight against the COVID-19 epidemic and might even cause permanent physical and mental injury to frontline personnel. As these events are occurring, to prevent these all there is a need to make balance in work as well as in the life of these frontline workers. Hospital leaders can make possible to improved work-life balance (WLB) for the hospital nurses by means of using tools which are already in place(4). Bringing work and free time into balance to live their life for the fullest.(5) As per this review there are some points suggested for all the front line workers in order to balance their work and life as well as at the organization level specially during this COVID calamity.(3)

Different strategies to balance work and life

1. From your daily life take time for activities whatever person likes i.e. yoga, meditation, running, gardening, talking to your loved ones dancing, painting.
2. Make sure you will take time for your family. Spend most of the time with kids surrounding you. Share your thoughts with elders and must listen to them also. Talk to your friends daily if they are far ten go for virtual meetings. Ensure you must interact with people who loves you and you must love them back.
3. Daily fix 30 to 40 minutes for exercise in which one is comfortable and also those exercise which can increase energy level and alertness. Make possible you increase your skills and stay always happy whatever job are you in.(5)
4. Make sure that one must have all the Updates about covid-19 information and also follow the protocols related to it.
5. Do not bring your work to home. Try it that you should complete in your workplace.
6. Always share positive health talk with everyone. Make sure to avoid those people who are always talk negative. Don't put any stress on yourself for thinking about one situation. Make sure you always feel optimistic about the situation whatever is coming.
7. One should make notes about the things you are thankful for on

everyday basis or every other day. This may help you to be more positive towards life

8. reward yourself always in small extents whenever you do a good job or accomplish a task. It will boost up your confidence .
9. Make sure you always stay focused of what you are doing. Set your aim and try to accomplish that.
10. Discuss any problem with your loved ones who can solve your problem or take some positive solution about that.(6)



FIGURE 1 Represents contributing factors of stress during COVID 19 among nurses

Different strategies an organization can adopt

Organizations are accountable to provide a favorable environment to work in. It is certainly the responsibility of organization to provide optimistic and strong work environment to their employees. Always motivate the staff because motivated staff always give their best in any work situation. Make sure there will be fair rotation of Nurses to non COVID and COVID areas of hospital, where provision of suitable quantity and quality of personal protective devices and communication of various protocols related to COVID 19 to all, decrease the hours of working, meditation sessions must be there on job, regular breakdowns, positive support in terms of gratitude, awards, bonus must be added.

CONCLUSION

COVID-19 has resulted in an immense workload on frontline workers. There are different strategies which one can use to reduce the stress and workload like talking to your loved ones, meeting with friends, not taking work at home etc. nurses and organization must work together to make sure that there should be positive environment in workplace and people work together and maintain work and life balance.

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