



Psychological Well being of elected Female Representatives in India

Gurpreet Kaur

gurpreetdandiwal2357@gmail.com

Abstract

Women's responsibilities are evolving in new ways today, as they demonstrate a new level of dedication to both their professional lives and their families. As a result, working women experience an increased level of anxiety and tension. Women working nowadays may be observed all throughout the world, not only in India. Increasingly, the government is providing possibilities for women's education, awareness, and advancement. As a result, more and more women are taking use of these resources. Slowly, but surely, they're gaining ground on males in all walks of life. In addition to their employment duties, working women are also moms, instructors, carers for their ageing parents, and more, all of which may be quite taxing on their time and energy. In working women with small children, the increased load and duty of housework contribute to everyday inconveniences or stress, which has a significant impact on their psychological well-being. Many studies on the subject of work-family conflict are predicated on the notion that taking on numerous responsibilities leads to stress.

Key Words: Psychological, Well being, Female, Representatives, India etc

Introduction

Psychological health necessitates a self-assessment of how well one is doing in daily life. Individuals face a wide range of problems as they attempt to live their lives to the fullest and develop their unique skills. Positive self-assessment, growth and development as a person, the conviction that your life is significant, the ability to manage your life efficiently, and a strong sense of self-determination are only few of the six characteristics that make up a person's sense of well-being. The following is a list of the six fundamental components of psychological well-being: Self-determination and personal power, or freedom in life that includes obedience and compliance, is what we mean when we say "autonomy." Internalized norms and values that govern and assess one's behaviour in accordance with one's self-imposed standards of morality. It's also critical to have a firm grasp of environmental mastery, which involves being able to handle day-to-day affairs, govern external activities, make the most of the immediate environment, and pick situations that satisfy one's desires. When people are able to identify their own unique wants and desires, and are able to satisfy those needs and desires actively from their circumstances, they experience a feeling of mastery. Another factor is self-acceptance, which states that people should strive to be happy with their own selves.

Obstacles to women's entry in parliament

There are, nevertheless, a number of barriers that prevent women from entering politics. For example, a person's socioeconomic status; education; ethnicity; and culture all provide challenges. These obstacles, on the other hand, change from country to country and with time.



highlights three primary barriers to women's political engagement. Political, socioeconomic, ideological, and psychological barriers are among them. The implementation lag of the right to vote and the right to run for office, which is incorporated in the laws and national policies of most nations today, is the source of political hurdles. In order for women to have a voice in politics, they must be able to run for office. Because women are more inclined to vote for women, increasing women's candidacy helps women exercise their right to vote. A limitation on women's ability to stand for election vote prolongs the status quo of high male representation in politics and provides hurdles to the participation of women in politics.. Among the most prominent features of political barriers are the prevalence of the 'masculine model' of political life and elected government bodies, the lack of party support, the more stringent standards and qualifications applied to women, and the lack of sustained contact and cooperation with other public organisations such as trade (labour) unions and women's groups.

Mental health care in Indian villages

Community mental health workers and non-specialized health professionals are the primary providers of mental health treatment in rural India. As a result of these programmes, community health workers and primary care health professionals have been able to take on more mental health-related activities. Efforts like this have been proven effective in India and other regions of South Asia. This is similar to the District Mental Health Program's public health worker concept, which has demonstrated success in small pilot initiatives and research studies. Concerns that health personnel are already overburdened with other jobs (such as child and maternal health, immunisation chores) may have prevented these treatments and this approach from being implemented widely. Task-shifting, which is the practise of assigning jobs to less specialised health professionals or to a health worker with a different education or training, has become more common in poor and middle-income nations in recent years. Task-shifting in mental health has been predominantly done by lay health providers delivering mental health counselling or therapy. As a result, these service delivery models confront significant issues relating to capacity and the absence of sustainable funding mechanisms or incentives for lay healthcare workers, especially in light of the existing overcrowded public health system in India. It is possible that community members might identify and help their fellow citizens in rural India to improve health and reduce the treatment gap, therefore addressing concerns about professional capability, money, and sustainability.

Review of literature

(Asiedu, n.d.) studied "*The Effect of Women's Representation in Parliament and the Passing of Gender Sensitive Policies*" the right to participate in politics is recognised as such by the United Nations. Citizens have the right to participate in public affairs and governance, either directly or via representatives, and to vote in legitimate periodic elections based on universal suffrage and a secret ballot as a human right. Universal Declaration of Human Rights and International Covenant on Civil & Political Rights both include it as a principle. It was not until



1979, when UN General Assembly formally ratified CEDAW, that the issue of women's political involvement became a central aspect of international law.

(Weinberg, 2017) studied "*The mental health of politicians*" This is a good sign that some lawmakers are now beginning to understand the importance of our psychological well-being as much as our physical health—though we could say this is not nearly enough! In order for our dreams to meet the reality, we'll have to wait a long time. Certainly, we all have a role to play in our personal health and well-being, but governments that fail to consider the psychological influence of our work and social settings risk jeopardising their nation's competitiveness.

(Dandiwal et al., 2017) studied "*Psychological well-being of elected women representatives in relation to social support*" It observed that the Indian culture has a robust social support system, particularly in northern India. When it comes to raising their children, Indians are said to be very nurturing and protective of them. People's personalities are formed by their upbringing, according to the psychoanalytic viewpoint. This helps us deal with life's challenges. It was the goal of this research to investigate the link between social support and psychological well-being. Research shows that women's psychological well-being is linked to the level of social support they get. Women's engagement in society, their empowerment, and their well-being all depend on the availability of social assistance.

(Vanteemar S. Sreeraj et al., 2019) studied "*Multiple roles of working women and psychological well-being*" It discovered that friction between family and work may be avoided if workers had organisational, family, and social support. The employee will be able to perform his or her family duties more successfully and with more pleasure as a result of this assistance. Work-family conflict is favourably associated with family participation, whereas organisational commitment is adversely associated with family involvement. Research done by Ruderman et al. among female managers to evaluate the beneficial spillover of work and family domains found that engagement in a family role helped them become more successful managers. As a result, it is critical to determine how much social support a person has accessible and to evaluate its protective effect.

(Chawla & Sharma, 2019) studied "*Enhancing Women's Well-Being: The Role of Psychological Capital and Perceived Gender Equity, With Social Support as a Moderator and Commitment as a Mediator*" Psychological capital and perceived gender equality have a significant impact on employee well-being, especially for women, and the research intends to examine whether commitment mediates and social support moderates the correlations between psychological capital, perceived gender equity, and well-being. Women's well-being was shown to be more affected by perceived gender parity in the workplace than men's well-being, according to the research.

Psychological Well-being

Psychological well-being was discovered to be a highly essential and vital construct from a variety of ideas from personality development and clinical psychology. She has outlined the



many facets of psychological health. A person's level of psychological well-being requires them to self-report on how well they are doing at work and at home. Individuals face a variety of hurdles as they attempt to achieve their full potential and appreciate their unique skills and abilities. Happiness is defined as a feeling of purpose and meaning in life, a positive judgement of one's previous life, a sense of continuous progress as an individual and the ability to handle one's own life and the world around them well. Some researchers have followed the eudemonic approach and theorised that the emergence of mental health and psychological well-being is linked to good human functioning. they clearly differentiated between emotional well-being and a person's ability to perform at their best.

Conclusion

As a social, economic, and political benefit, women's political participation is a positive in itself. Democracy and gender equality are at stake. Participation in the democratic process is required by all people. Any divergence from this means that any efforts to promote democracy are merely another way of supporting the social and political norms that generated an unjust and unequal power sharing between men and women. There are unequal social policies and unjust political procedures as a consequence of this. The involvement of women in politics challenges both the power structures and relations that limit the consideration of women's concerns and interests in policy-making. A democratic benefit is the involvement of women in decision-making, which ends the male hegemony in politics. Participation in politics by women advances gender equality by uprooting systems that maintain the subjugation of women in both the private and public arena. Politics and the economy gain from the inclusion of women in politics. Increases women in the parliament, reduces corruption and better policy results, as well as encourages the inclusion of minority groups in public spaces. Economically, it views women as players in development, supports women's participation in the workforce, and stimulates economic and development progress.

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