

# **Mental Health of Families during Covid-19 Pandemic**

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## **ABSTRACT**

The current study examined the impact of Covid-19 pandemic on mental health of families. An exploratory study was conducted on 120 respondents from 60 families where 30 families were joint and 30 families were nuclear. The age group of respondents was 25- 50 years. Mental health inventory (Adult) by Dr. Jagadish and Dr. A.K. Srivastava, 1983 was used. The results interpreted that the mental health status of joint families was good when compared to nuclear families. However the relation was found to be non-significant. There was a significant relation between mental health status of male and female respondents. Female respondents had poor mental health compared to their male counter parts.

**Keywords:** *Mental health, Joint families, Nuclear families, Gender Differences, COVID - 19.*