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SUPER WOMEN SYNDROME

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ABSTRACT

In today's world, the term "superwomen" refers to women who strive for perfection, often sacrificing their own needs and pushing themselves to accomplish everything. They take on multiple roles, including being the breadwinner of the family, which can lead to neglecting their personal well-being and health. Despite social changes and increased opportunities for both men and women, discrimination against women still exists in certain places, affecting their mental health. Many women struggle to find ways to relieve their stress. In India, traditional gender roles dictate that women are responsible for childcare and homemaking, whereas in countries like Denmark, fathers take paternity leave and share the workload. The COVID-19 pandemic has further exacerbated the challenges for women, as they face the pressure of fulfilling their work responsibilities while taking care of their families. Nurses working in hospitals during this time have experienced high levels of stress, fear, and anxiety. The inability to balance their professional and personal lives has led to depression among many healthcare workers.

Keywords: Superwomen, Discrimination, Depression among health care workers

INTRODUCTION

Many women are naturally ambitious and self-sacrificing, often driven by a strong desire to take care of their loved ones and excel in both personal and professional realms. While these qualities can be admirable, it's important for women to maintain a healthy balance and prioritize their own well-being.

The term "superwomen" was indeed popularized by Marjorie Hansen Shaevitz in her book "Superwomen Syndrome" published in 1984. Since its publication, the book has gained popularity and has been recognized as a bestseller. The book explores the phenomenon of women taking on multiple roles and responsibilities but struggling to prioritize and distinguish between what is truly important and what can be let go. It highlights the pressure and expectations placed on women to excel in all areas of life. It resonates with many women who face the challenges of juggling various roles, including being homemakers and professionals in different sectors. This book helps women to recognize the significance of setting priorities, delegating tasks, and taking care of their own physical and mental health. By understanding what truly matters and focusing on essential aspects of their lives, women can navigate the demands and expectations more effectively, leading to a healthier and more balanced lifestyle. ^[1]

In 1965 the national organization for women are formed is an American feminist organization in this organization helped enable the following victories:

- The women educational quality act
- Equal credit opportunity act
- The pregnancy discrimination act
- No fault divorce became legal in 50 states

In 1982 although the equal rights amendment to the United States constitution failed, the feminist movement had a powerful effect nonetheless. Today more of the women can Bachelor's degree than men half of the ivy league presidents are women and the number of women in government and traditionally male dominated fields have dramatically increased in 2010 the women surpassed men for first time in American work force and that's where it all began .the second move of feminist movement gave women opportunity they had before.it opened doors that had been shut to them for years for some women this whole new world included more demands than they knew what to with, the pressure to all and the belief that they could. This organization can lead to undue stress ^[2]

WHAT IS SUPERWOMAN SYNDROME

It is the range of physical, psychological and interpersonal stress symptoms experienced by women who attempts to perform perfectly in multiple or conflicting roles or goes overboard in one role

WHO ARE SUPERWOMEN

All the women mothers, professionals, activist, community organizers, who is juggled multiple roles and women under pressure to excel in the schools' sports looks and relationship. Some reports show the young girls as 13 years are suffered from super women syndrome

CHARACTERISTICS

- Resistance to being vulnerable and dependant
- Determined to succeed despite limited source
- Helping others
- Supress the emotions

SIGNS AND SYMPTOMS

- Chronic fatigue
- Insomnia and sleeping disturbances
- Headaches
- Anxiety and depression
- Difficulty in decision making
- Difficulty in concentration
- In ability to relax
- Neglect personal needs

- Memory issues
- Irritability

RELATED TO STRESS FACTOR

Too much stress also produces UN healthy. The corticosteroid cortisol is important end product of one of body's major stress response systems, the hypothalamic pituitary adrenal axis. Cortisol is measured in saliva serum, urine and hair can be used as a biomarker to assess endogenous cortisol secretion associated with clinical conditions such as severe stress, depression and other systemic disease. Stress is related to illness include ulcers, migraine, headaches, high blood pressure and heart problems. ^[3]

DIFFERENT WAYS TO OVERCOME SUPERWOMEN SYNDROME

PRIORITISE THE WORK; find out the areas of your work. And chose which important one .and focus on them is. It is sure that you cannot completely your work perfectly and its okay leave some responsibilities don't take too much tension for it let it go

SELF-CARE AND SUPPORT; take care of your mental health and physical health take out time for your leisure activity. Such as you can hear your favourite music, spending time with your loved once mind relaxing exercise. And more over you should have support system build an effective relationship with people that will make you comfort during time of stress

LEARN TO SAY NO; be ready to say NO whenever it is necessary including your friend's family colleagues this will help you reduce your work load and stress

SAY BYE TO PERFECTIONISM; Rather than perfectionism focus on self-progress level. And accepting that mistakes are common it is the part of life

ALLWAS KEEP BOUNDERIES FOR WORK; This may include no to the request and demands and set the limit for work and will protect to your time and energy and it will reduce the stress level

EXPRESS YOURSELF; we should learn to express our feeling belief and thoughts this will help you relieve the stress

ASK HELP FROM PROFESSIONALS; Don't hesitate to seek guidance from mental health professional. if you feel that you are having negative effects of superwomen syndrome. this will help you to come out from problems

DELEGATE TASKS; don't take too much work of completing all task by yourself. Ask help from your friend's family and colleagues and delegate the work to them.

HAVE A GOOD CONNECTION WITH GOD; do prayer daily and reading the spiritual books, meditations yoga these all will help you to relax your mind and it gives strength for your mind

SET ACHIEVABLE GOALS; First of all you should make a list of all important areas of your life that could be your family, friends, community etc. Draw a circle and divide it like pie chart according to how much each area is taking up of your life check it does it match up with how you wanted to live your life set realistic goals for your life always it will help you to come out from the problems and live happily

CONCLUSION

To effectively manage the challenges of the "superwoman syndrome," it is crucial for women to prioritize their own health and well-being. One way to do this is by consciously setting aside quality

time every day solely for themselves, rather than constantly focusing on the needs and demands of others. This dedicated time can be spent engaging in activities that bring joy, relaxation, and rejuvenation, such as reading, exercising, practicing mindfulness, or pursuing hobbies.

Moreover, it is essential for women to pay close attention to their physical and mental health. They should regularly assess their well-being and seek professional help when needed, rather than neglecting any signs of discomfort or illness. Consulting healthcare professionals, such as doctors, therapists, or counselors, can provide valuable guidance and support in maintaining a healthy lifestyle.

It is important for women to understand that their own health is a priority, and neglecting it will ultimately hinder their ability to fulfill their various roles effectively. By taking proactive steps to address their well-being, women can not only prevent serious health issues but also improve their overall quality of life. Self-care and self-preservation should be viewed as essential components of being a capable and empowered woman.

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