

BURDEN OF UNPAID CARE WORK: AN INDIRECT STRIKE ON WOMEN'S RIGHTS

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Abstract:- *Care work, both whether paid and unpaid contributes to the wellbeing, economic growth and social development of a nation. Unfortunately, there is unequal burden of this unpaid care work spread in the family across gender and class. Thus it makes the physical and mental health and wellbeing of the primary care providers out of the balance. Therefore some emergency measures are required to recognize this unpaid care work, find its correct magnitude and various factors and influence them. This paper examines the importance of the recognition of unpaid care work and measurement method.*

Key Words: *Women rights, unpaid care work, Policy implications, GDP*

I. Introduction

Care is essential for economic development of the country and well being of our societies, today women put up with a large number of responsibilities for unpaid care than men. Prevailing gender norms mean that women and girls undertake the bulk of unpaid care work in comparison to male such as child care, looking after older family members, caring for the sick, preparing food, cleaning, and collecting water and fuel and much more. The socially prescribed and entrenched gender roles that symbolize women and girls as care providers demoralize their rights, limit their opportunities, capabilities and choices, and so impede their empowerment. The large amounts of time spent by women and girls on unpaid care restrict their participation in civil, economic and social spheres and in public life too.

Despite all this, unpaid care work is largely invisible in our public policies, whether in relation to planning, implementing or the outcomes. The impact of development policies is reduced or compromised when unpaid care concerns are not recognised and addressed. There is number of evidences about the extent of unpaid care work that women and girls do, and its contributions to both the economy and human development outcomes is not given any recognition. Care continues to be invisible in policies and programs both in terms of their aims and their implementation.

II. Review of Literature

Vaus, Gray, and Stanton (2003) examined the magnitude of unpaid work performed by older population in Australia. It is estimated in the study that Australians aged over 65 years contribute almost \$39 billion per year in unpaid caring and voluntary work and, if the unpaid contribution of those aged 55 to 64 years is included; this contribution rises to \$74.5 billion per annum.

Lewis and Shorten (1987) analyzed the gender pay gap from time use data and finds that men's labour market advantage can be explained in terms of women's lower and interrupted labour market.

Francavilla et al. (2011) uses the Italian and Polish time use surveys and finds its magnitude using both the opportunity cost and the market replacement approaches. The results showed that in Italy the number of people performing family care work is higher due to the larger population. However, the huge difference in the value of unpaid family care work, exceeds in Italy the value of Poland by about eight times.

Giannelli, Mangiavacchi, and Piccoli (2012) estimated the size and value of unpaid family care activities in Europe. Monetary values of unpaid domestic work obtained by applying together the opportunity cost and the market replacement approaches and it was found that the contribution of the unpaid care to the European GDP was between percent 17 to 31.6 percent.

Medeiros, and Costa (2007) drawn attention to the gender inequalities in the allocation of time for paid and unpaid activities in Bolivia using time use data from 2001 household survey. Using decompositions of the inequality in the distribution of total time spent at work, the study concluded that gender plays an important role in determining the proportion of paid to unpaid work done by individuals.

Thi Thu and Efrogmson (2008) studied women's contribution to the economy through their unpaid work in Vietnam using opportunity cost. The conclusion drawn that what is not valued monetarily tends to not be valued, and by applying a monetary value to the contribution of women's unpaid work, the perceived value of their contributions to society will be increased and taken into consideration in national policies.

George et al. (2009) tried to estimate the extend of contribution by women towards the nation's economy and social development through unpaid work and report that the women typically work 16 hours a day on both paid and unpaid labour and most women have no leisure time. It is

concluded that both men and women recognize the women's household activities constitute an important work, but fail to grasp its true economic value.

Jain (1996) grabs attention into many inadequacies of the gender development index and gender empowerment measure presented in the HDR 1995. It was recommended that to disaggregated analysis of house work and relates it to various demographic and socio economic determinants to identify the nature of participation and involvement of time and energy, for index building and programmed support. **Chakraborty (2013)** highlighted the need of integrating time in public policy. She remarks that the available gender (inequality) index so far had not integrated time use statistics in its calculations.

III. Objectives of the Study

The paper focused on investigating the types of unpaid work carried out by women and their opinions about the value of such work, as well as the issues whether or not women have any leisure time.

1. To assess the Awareness of Women Rights in India.
2. To assign a reasonable estimate of the economic value of women’s unpaid work.
3. To suggest the strategies for the recognition of unpaid care work.

IV. Research Methodology

This paper is basically descriptive and analytical in nature. In this paper an attempt has been made to analyze the burden of “Unpaid Care Work” on Women and Women Rights in India. The data used in is purely from secondary sources.

V. Present Scenario of Un-Paid Care Work in India

Interferences of Unpaid Women Work: The main Problems that were faced by women in past days and still today up to some extent:

1. Gender discrimination 2. Lack of Education 3. Female Infanticide 4. Financial constraints 5. Family Responsibility	6. Low Mobility 7. Low ability to bear Risk 8. Low need for achievement 9. Absence of ambition for the achievement
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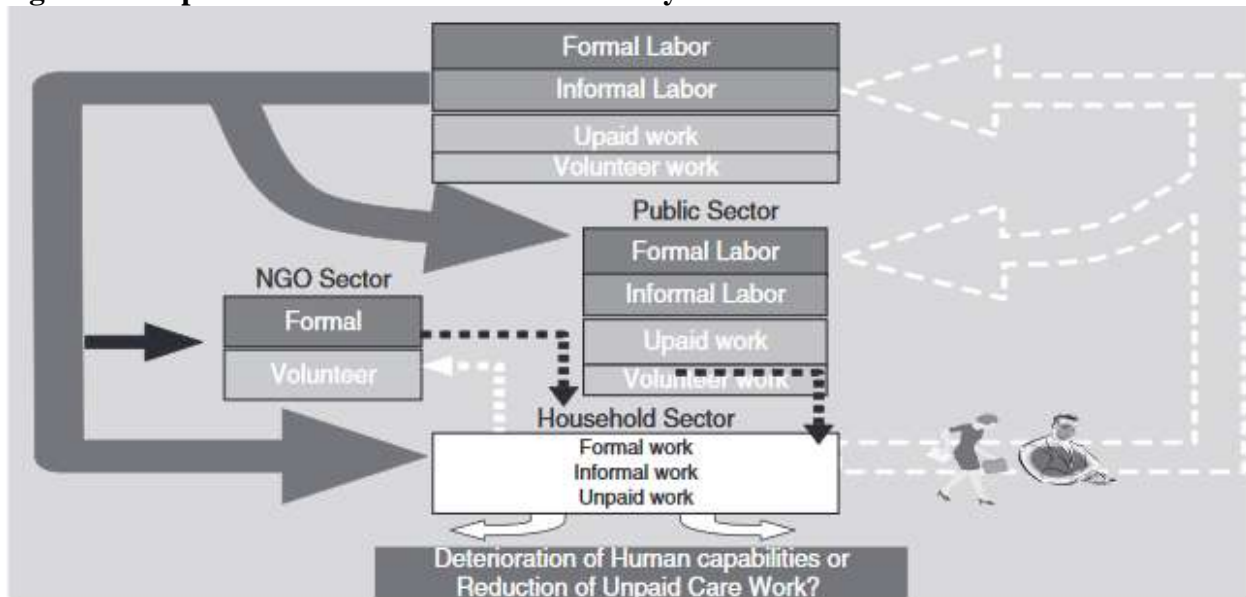
Need for Women Awareness: Women are underprivileged in many areas

1. Decision Making Power	4. Access to Employment
2. Freedom of Movement	5. Exposure to Media
3. Access to Education	6. Domestic Violence

VI. Un-Paid Care Work and Macro-Economics

In the study it is worth noting that, traditionally households have been presumed to supply labor to the business sector in return for income, which they either consume or save. This, as feminist economists pointed out that households are also linked to the rest of the economy through their production capacity so far as they produce goods and provide services through unpaid work. Excluding the no monetized part of the economy is even more problematic for developing countries where fully marketised activities comprise a small fraction of the economy. The three aspects are highlight here: (a) the fact that GDP should be expanded to include the value of economic unpaid work; (b) the link of unpaid work to the marketised part of the economy; and (c) the link of unpaid work to state provisioning of public goods and service delivery.

Figure II. Unpaid Works and the Macro economy



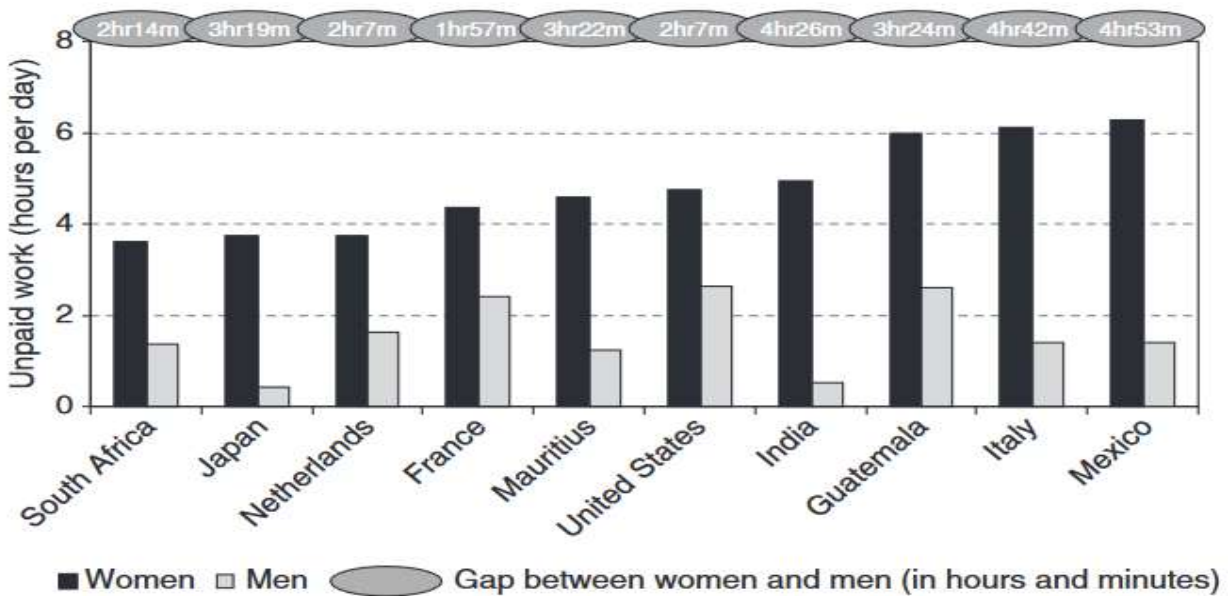
Source: Original graphic design is from E. Gomez Luna, “Unpaid Work and the System of National Accounts,” Conference on “Unpaid Work: Gender, Poverty, and the MDGs,” The Levy Economics Institute of Bard College, October 3–4, 2005.

VII. Interaction of Paid and Un-Paid Care Work & Role of the State

Unpaid local work positively affects a state's financial plan. Unpaid residential work is regularly the kind of work that a state would accommodate its nationals if relatives were not as of now

accommodating their family. This incorporates things like tyke care, senior consideration, therapeutic consideration, and sustenance. Since these things are being given by an unpaid household laborer, the state does not have to consume assets to give its natives these administrations. In this manner, unpaid household work can diminish the measure of cash a state must spend to generally give these administrations. Note, in any case, that when a state cuts care administrations for the youthful, old, wiped out and incapacitated, the weight of this consideration is commonly set on female relatives, which means diminishes in a state's spending on consideration can negatively affect female investment in the workforce.

Figure III. Time spent on unpaid work: chose creating and OECD nations



Source: Antonopoulos, 2008, p. 9.

As supported by Aslanbeigui and Summerfield, when slices to social uses are experienced ladies and kids endure the most, especially amid monetary emergencies. They contend that slices to medicinal services, training and pay weakness ladies in the long haul and push them further into neediness and in this manner increasingly dependent on the state.

Social insurance approaches spread things like restrictive and unlimited money exchanges, nourishment and money for work projects, and social exchange's projects - kid bolster stipends, seniority benefits, widow annuity and so forth. Early youth improvement strategies spread things like crèches, instruction projects and wellbeing/sustenance/vaccination programs. For us, a

fruitful strategy is one that joins unpaid consideration into its points, plan, execution and assessment.

VIII. Links between unpaid care work and women's economic empowerment

Women's economic empowerment is as about labour force participation, as it is about the choice to work, the choice of sector, location and working hour. A broader notion of economic empowerment comprises both the market economy where women participate in the labour market, and the care economy which sustains and nurtures the market economy. There is a strong links between women's economic empowerment and the amount of time they spends on unpaid care work. Women in the paid labour market may not also be able to adequately substitute for their care responsibilities, and therefore the care and human development outcomes of both the women, and those being cared for, may be compromised. Finally, women and girl's income from paid work may be eroded by the need for substitute care, which defeats the very objective of economic empowerment. Unpaid care work also impacts on the type, location and nature of paid work that women and girls can undertake.

But who cares when women take on paid work? As many working mothers often find it difficult to combine paid and unpaid work, they frequently depend on older women and children, usually daughters, to care for smaller children, with adverse impacts on their education, health, and leisure. Often, they will spend their income on substitute care for their families, limiting their economic empowerment.

IX. Effect of Un-Paid Care work

The effect of Un-Paid Care work can be seen on the most of the areas but the present study mainly focused on the three aspects such as:

1. Effect on the women

American Time Use Surveys (ATUS) demonstrate that women invest unquestionably more energy doing unpaid work than men. Women are investing less energy in the workforce and, along these lines, getting lower wages to the family. Since women are customarily accepted to get less salary than men, women are disheartened from putting resources into training and

aptitudes. This further settles in women into household unpaid work, making a cycle of social standards that is hard to break and compounds sexual orientation disparity.

Table 1: Average hours spent on unpaid care work

Average hours per day spent in selected activities by sex and day, 2016 annual averages										
Activity	Average per day, total	Average per day, men	Average per day, women	Average per weekday, total	Average per weekday, men	Average per weekday, women	Average per weekend day, total	Average per weekend day, men	Average per weekend day, women	
Personal care, including sleep	9.58	9.34	9.80	9.31	9.05	9.56	10.21	10.03	10.38	
Eating and drinking	1.17	1.15	1.16	1.12	1.15	1.09	1.29	1.26	1.31	
Household activities	1.82	1.38	2.24	1.69	1.20	2.15	2.14	1.81	2.45	
Purchasing goods and services	0.76	0.63	0.89	0.71	0.56	0.86	0.87	0.79	0.95	
Caring for and helping household members	0.52	0.34	0.69	0.54	0.34	0.74	0.47	0.35	0.58	
Caring for and helping nonhousehold members	0.21	0.19	0.23	0.21	0.19	0.24	0.21	0.20	0.21	
Working and work-related activities	3.61	4.39	2.80	4.60	5.58	3.67	1.26	1.54	1.00	
Educational activities	0.49	0.45	0.53	0.60	0.55	0.65	0.23	0.22	0.24	
Organizational, civic, and religious activities	0.32	0.29	0.36	0.24	0.23	0.25	0.52	0.43	0.60	
Leisure and sports	5.13	5.51	4.77	4.58	4.87	4.31	6.43	7.04	5.86	
Telephone calls, mail, and e-mail	0.16	0.12	0.19	0.17	0.13	0.20	0.14	0.10	0.17	
Other activities, not elsewhere classified	0.22	0.18	0.27	0.22	0.16	0.27	0.24	0.23	0.25	

Note: Data refer to persons 15 years and over.

Regardless of whether women do enter the workforce, they are normally still considered responsible for most of the local unpaid work at home. This wonder of working an entire day in the workforce and after that get back home and complete an entire day of unpaid local work is known as the double burden. The double burden contrarily influences women since it gives them less time to spend in the workforce, bringing about men committing more opportunity to the workforce, and, accordingly, likely getting advanced over ladies.

2. Effect on the children

Statistics showed that many children, predominantly in poorer countries and households, are forced to contribute to the unpaid domestic work. Because unpaid domestic work is traditionally the role of women in many societies, the burden of unpaid domestic work falls particularly on young girls who are forced to drop out of school to assist with the unpaid work within their households.

3. Effect on the economy

The monetary estimation of women unpaid work is excluded in GDP or national income accounting indicators. Thus, the imperceptibility of women work makes investigating the connection among family units and work markets troublesome.

Unpaid work adds to the economy by creating important goods and services. This permits other family unit individuals, just as the women who manage the double burden to enter the workforce and add to the general economy by means of paying employments. Therefore, Indira Hirway contends argues that unpaid domestic work should be considered economic production rather

than consumption. Unpaid work also affects the labor supply of the economy because fewer women are entering into the workforce due to their domestic unpaid work duties.

X. Valuation of Unpaid Care Work (UCW)

There are three different ways to measure the value of unpaid domestic work: the opportunity cost method, the replacement cost method, and the input/output cost method.

- **Opportunity cost method**

It measures the value of unpaid domestic work by calculating the amount of money unpaid domestic workers could be making if instead of doing unpaid work they were working in home. For example, if a former female attorney is now a stay-at-home mother conducting unpaid domestic work, the value of an hour of unpaid domestic work is the hourly rate she could make if she were working as an attorney.

- **Market replacement cost method**

The replacement cost method measures the value of unpaid domestic work by calculating the monetary cost of purchasing that service instead. For example, to value unpaid child care, look at the cost of hiring a nanny, or to value the cost of cooking a meal, look at the cost of eating a similar meal at a restaurant.

- **Input/output cost method**

The input/output cost method measures the value of unpaid domestic work by calculating the monetary value of the economic goods and services produced by unpaid domestic work and how much these goods and services would sell for in the open market.

XI. Suggestions

Based on the observation and findings the following recommendations are made with a view to enabling a change in policies, laws, and conventional mindset related to all forms of gender discrimination and non-recognition of the economic value of household work.

1. To the Government

The Government is advised to introduce appropriate policy reforms aimed at changing the methodology and practices related to the System of National Accounting (SNA) with the objectives of incorporating women's household work into calculations of GDP. To achieve this goal, the government should initiate coordinated and concerted policies and programs to change

attitudes, values, perceptions, and practices to enhance the overall status of women in society and to end all kinds of gender discrimination and in equality. These innovations are likely to help in saving both time and workload of the housewives. A series of interactions, debates, discussion programs, seminars and workshops on the economic valuation of women's domestic work should be organized to sensitize planners, policymakers, NGOs and government officials and academics so that they are able to integrate this issue into government's plans, programs and financial accounting and calculations. The reassessment of unpaid work done by housewives from this angle will also assist economists and planners to have a more realistic picture of the economy.

2. To NGOs

One of the findings of the present study is that most women involved in household work experiences a range of inequities. Women are paid less than men for the same hours of work. NGOs and INGOs could work to address discrimination, to encourage men to play an important role in household work, and to raise the perceived value of women. Setting up day care centers for children as well as for the elderly at the community level is recommended to ease the housework burden on women.

3. To Women's Organizations

Women's organizations should give priority to developing strategies and programs aimed at promoting the economic value of domestic and informal work performed by women, such as special programs on women's legal rights and women's issues, in addition to the regular programs such as literacy, income generation, and agriculture in order to enhance the knowledge and confidence of women. Women's organizations can also play a key policy role in highlighting the importance of the household work performed by women and the need to acknowledge its economic value in national decision-making. The formation of associations is recommended to bring women together and enhance their confidence and capacity to address the issues that they face.

4. To Research Institutions

Research institutions and universities are advised to initiate studies on critical issues such as women's overall economic contributions, including those made through household work. Neglect of this issue has resulted in unrealistic economic policies, programs, and projections.

Researchers and students should be encouraged to conduct studies on these hitherto neglected issues. To get a realistic picture of women's economic contribution through informal economic and unpaid domestic work, a national level study is strongly

XII. Conclusion

The gender disparity exists in India in unpaid care work. Women are more likely to engage in unpaid care work than men. Which have no economic value hence not treated as work at all. The economic value can be ascertained on the basis of opportunity cost and replacement cost. The women are needed to be empowered in terms of equal opportunities and decision-making authority. The unpaid care work should be equally distributed between men and women for better empowerment and national development.

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