

## Domestic Work is also Work.



Photo by [Ketut Subiyanto](#) from [Pexels](#)

A woman is constantly working. It would seem as though the phrase, working woman is redundant and repetitive. Have you heard the common misconception that she is a housewife, she doesn't work? Well, that statement is incredibly wrong; domestic work is work, and women bear the brunt of unpaid work worldwide without due recognition from members of society, their spouses, and kids. The pursuit of domestic workers has increased globally in recent years as the burden of housework can be daunting and demanding.

Cooking, cleaning, ironing, and caring for the kids are time-consuming and strenuous tasks that most people would preferably outsource. As a result, domestic staff has increased vastly in popularity. According to the ILO, there are at least 67 million domestic workers over the age of 15 worldwide, contributing substantially to the working population and the economy.

If you consider a cook, chef, dry cleaner, or nanny a member of the working population, why don't you consider a housewife a member of the working class? The role of a housewife encompasses a nanny, chef, dry cleaner, caregiver, and many more. Living as a housewife is a full-time job with no breaks, no off days or holidays, and no remuneration. It is far from an easy job, but these women are not appreciated enough because society does not recognise it as a formal job. Women across all socioeconomic classes are victims of the negatives of unpaid work. Nevertheless, women in lower socioeconomic classes often bear the brunt of unpaid work

with low hours of sleep, stress, and exhaustion as they do not have the financial capacity to employ domestic staff and professional child care.

Homemakers often receive backlash and are considered idle and lazy, with the wrong notion that they loiter around all day lounging and relaxing indoors. Unfortunately, insensitive partners do not recognise the magnitude of a housewife's job. When they complain about the stress of housework and a homemaker's job, they get unsympathetic responses such as You have been home all day; why are you tired? Or You don't work, why are you stressed?

According to a report carried out by the I.L.O Globally, women perform 76.2 percent of total hours of unpaid care work, more than three times as much as men, thus putting the working woman at a disadvantage in her career as she has to multi-task performing paid work, where she receives remuneration and revenue and unpaid work, which is time-consuming and stressful. Most times, domestic work hinders her paid work, leading her to make sacrifices such as quitting her job or career or leaving a higher-paid demanding job for a lesser one to attend to household duties and care, leading to a wider gender gap in the working population.

A Housewife's job is far from a degrading traditional role of a lazy woman; it is a full-time job that requires tolerance, patience, time management, planning, multitasking, and innovation. These are skills that are easily transferable to a successful business or career.

Occasionally Housewives or working women can find themselves burnt out and depressed; here are six tips to help maintain your sanity.

1. **Me-Time:** Find a hobby or activity that you enjoy that takes you away from the stress of working all the time. You require some much-needed ME time away from noisy, rambling kids getting on your nerves at every given opportunity. Have your quiet time for you and you alone to maintain your sanity. You can take a nap, watch a movie, listen to music, take a stroll, drive or sip some wine.
2. **Enjoy yourself:** It is essential to find an outdoor activity to prevent you from being indoors every day; it is easy to find yourself disconnected from the outside world without a social life, depressed and gloomy. Ensure you go out occasionally with friends, dress up, apply some makeup, let loose and enjoy good company, conversations, and exercise.
3. **A clear schedule:** Without a clear schedule, you might find yourself falling apart; plan your activities from hour to hour to prevent feeling overwhelmed and stressed out. You can make use of a meal planner, food timetable, and to-do list.

4. **Start something on the side:** You can use your free time by learning a skill, a side job, or a business; it's always a good idea to earn some extra income you will be proud of that won't stress you or demand too much of your time.
5. **Involve your partner and kids.:** Your partner needs to be involved in running the affairs of the home. So let them take care of you too. Make sure your kids are engaged in house chores to reduce stress and the burden on you. Occasionally take a step back and let them take over house chores and duties, it will enable them to appreciate the work you do, and maybe your kids will be less messy.
6. **Outsource if you can:** If a housewife's job becomes too overwhelming and you realise you can no longer cope, outsource some parts of your job; the work of a housewife encompasses so many roles, you can decide to outsource some job functions to ease the stress.