



SHANLAX

INTERNATIONAL JOURNAL OF ARTS, SCIENCE AND HUMANITIES

(A Peer-Reviewed-Refereed/Scholarly Quarterly Journal Globally Indexed with Impact Factor)

Vol. 5 Special Issue 4 March, 2018 Impact Factor: 2.114

ISSN: 2321-788X

UGC Approval No: 43960

Two Day National Seminar on
GENDER DISCRIMINATION AND VIOLENCE AGAINST WOMEN
ISSUES AND CONCERNS

23rd & 24th March 2018

Sponsored by

NATIONAL COMMISSION FOR WOMEN
New Delhi

Organised by

PG & RESEARCH DEPARTMENT OF SOCIAL WORK



SREE SARASWATHI THYAGARAJA COLLEGE

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Pollachi – 642 107, Coimbatore Dist, Tamil Nadu



Ln.T.Sethupati

Secretary

Sree Saraswathi Thyagaraja College (Autonomous)
Pollachi, Tamilnadu

Social Work practice is quite distinctive from other professions in its approach of assisting clients to function optimally within their environments.

Women in India face lots of social issues and problems all through the life which are big challenge and struggle for them right from cradle to grave. Female infanticide is the most common practice of killing girl child in mother's womb in the rural Indian society. Women in India are considered as burden for their parents and husbands as they think that women are here only to spend and consume money in whole of their life without their share and contribution.

Another common problem for women is sex discrimination which they face from their birth and continues till their death. Illiteracy, lack of proper education, house cares, rape, sexual harassment at workplace, etc are some of the other big issues for the women in India. However, a lot of positive changes have occurred in the status of women as the number of educated women folk is increasing in the country.

Women in the Indian society have to go extra mile than men to prove on themselves to be par with men. People in the middle ages considered women as key to destruction so that they never allowed women to go outside and participate in the social activities like men do. Still in the modern age, women have to face many more problems in their daily life and struggle a lot to establish themselves and strengthen their career.

My hearty congratulations to the PG & Research Department of Social Work, for having organized a two day seminar on 'Gender Discrimination and Violence against Women: Issues and Concerns' sponsored by National Commission for Women, New Delhi and for compiling the research presentations of the seminar in the UGC notified International Journal, thereby initiating a small step for a great leap. I wish the program a grand success !



Rtn.S.Venkkatesh

Chairman

Sree Saraswathi Thyagaraja College (Autonomous)
Pollachi, Tamilnadu

In the ancient Indian society women were adored and worshiped as goddesses. However in the middle age, the status of women had gone down to a great extent. Women are considered in the society only to perform certain duties like bringing up children, caring every family member, and other household activities. There are old and traditional faiths of people prevailing for years that men are for the field and women are for the heart. Now-a-days, women are breaking all the barriers of social boundaries set against them in the society. They are getting ahead and are enjoy equal of status in almost all fields of human activity because of being financially independent and empowered through state laws.

Earlier, women were facing a lot of problems because of male dominated, patriarchal social system, or practice of old traditional faith and belief. Earlier women practiced only traditional roles like child bearing and child rearing. In the modern world, where women status has been improved considerably, still they are facing problems. They have to perform both family and professional responsibilities without the help of their husbands. In some cases, the condition of women becomes more embarrassed when they get tortured by their family members instead of getting help. Sexual harassment is more common at homes as well as in the work place. They have to suffer a lot in their daily life to enrich their career as well as keeping their family relationships.

I am so happy that the PG & Research Department of Social Work has brought out a special edition journal with the papers presented in two day seminar on 'Gender Discrimination and Violence against Women: Issues and Concerns' sponsored by National Commission for Women, New Delhi on 23.03.2018 & 24.03.2018 at STC. My best wishes and congratulations to the department for selecting an appropriate topic for healthy discussion which may throw light upon the crucially relevant issues and enlighten the student community.



Lion.M.A.Vijayamoghan

Vice Chairman

Sree Saraswathi Thyagaraja College (Autonomous)
Pollachi, Tamilnadu

Earlier women were facing problems like child marriage, sati, parda pratha, restriction to widow remarriage, widows exploitation, devadasi system, etc. However, almost all the old traditional problems have disappeared gradually from the society but new issues have cropped up. Women are continuously facing many problems even after having self-confidence, individuality, self-respect, personality, capacity, talent, and efficiency more than men. They are facing problems in their daily life even after they are given equal rights and opportunities by the Constitution of India.

Violence against women: Women are getting affected by the various violence almost every day which is disrupting the society. Women are the victims of violence at huge level every day because of increasing crimes against them. Gender discrimination: Women are considered as weaker section of the society than men and given less importance. There are also discrimination of power and work between men and women because of the patriarchal familial system and male chauvinism in India. Gender discrimination affects women in the areas like nutrition, education, health care, decline of female population, job, public life, etc.

Problems of female education: The percentage of women education is low in India especially in the rural areas because they are discouraged to pursue higher education. Problems related to unemployment: Women are getting more problems in search for suitable work. They become more prone to the exploitation and harassment in the work places by their superiors or dominating persons.

Dowry system is another major problem in the society which is increasing day by day. Women are ill-treated, man-handled, disrespected, tortured and suffer other cruelties (violence, murder and suicide) because of dowry assured at the time of marriage. It causes degradation of status of women to a great extent.

My hearty congratulations to the PG & Research Department of Social Work for having conducted a two day seminar on seminar on 'Gender Discrimination and Violence against Women: Issues and Concerns' and also bringing out all the selected papers into a journal publication which would help enrich the domain knowledge of all the stake holders. I wish the faculty and students for organizing a seminar on a very sensitive issue.



Dr.V.Venkateswaran

Principal

Sree Saraswathi Thyagaraja College (Autonomous)
Pollachi, Tamilnadu

A woman is seen in the society as a subject of ridicule and mockery if she is involved in love matters or inter caste love marriage. Women face a lot of challenges because of the existing patriarchal society, child bearing and family care roles, deep rooted cultural norms, etc. Women in India do not have equal access to autonomy, mobility to outside world, social freedom, etc. Some of the problems faced by the women are because of their domestic roles and responsibilities, cultural and social stigma attached to the gender.

Problems like feticide and female infanticide, dowry and bride burning, domestic violence, disparity in education, child marriages, inadequate nutrition, sexual harassment, domestic violence and status in the family, Property rights are in the rise. On such a situation the department has organised a two day NCW sponsored national seminar on 'Gender Discrimination and Violence against Women: Issues and Concerns', which is very important and appropriate topic at this junction to enlighten the lives of affected women.

I congratulate the organizers for attracting a wide range of papers from experts in their fields and wish all speakers and delegates a most informative and enjoyable seminar. Also I take this opportunity to congratulate the faculty and the students for their commitment and involvement in the socially relevant issues and organizing a seminar of this kind.



Dr.G.Anbuselvi

*Associate Professor and Head, Seminar Organizing Secretary
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Dear Readers, Scholars and Colleagues,

PG & Research Department of Social Work of Sree Saraswathi Thyagaraja College wholeheartedly welcome you all to the Special Edition of this most appreciated Journal brought out on our seminar theme 'Gender Discrimination and Violence against Women: Issues and Concerns'.

A woman is seen in the society as a symbol of sex and who should always play second fiddle to the whims and fancies of the never bending males and husbands. They face a lot of challenges from the multifarious roles she has to play. They do not have equal access to freedom to move and enjoy social freedom as compared to men. Traditionally, an Indian woman had four fold status-role sequences. These were her role as a daughter, wife, housewife (homemaker), and mother.

The woman in modern times is entering into certain new fields that were unknown to the woman of yester years. They are actively participating in social, economic, and political issues as they obtain today. The women of the present generation have generally received higher education than the women of the preceding generation. There have been far reaching consequences in the economic status of their families due to the women empowerment process.

The women themselves desire that their status and position in society should rise higher. Though a proper climate for such a change is still wanting, yet there have been many structural and statutory provisions for the improvement of their position. The traditional status and roles of women are breaking up and new role-sets based on achievement, independence and equality are gradually coming up.

As Organizing Secretary, I am indeed most delighted to be given this opportunity to chair this important seminar and also for being a Special Editor of this issue. On behalf of the seminar Organizing and Editorial Committee I extend my warm welcome and appreciation to every author for his/her contribution and I am quite confident that the empirical papers will give insights and open up research avenues on the themes related to gender discrimination and violence related to women.

Thank you to all. My very best wishes once again.

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DOMESTIC VIOLENCE: AN EXPLORATORY STUDY OF WOMEN'S LIVED EXPERIENCES



Nibedita Roy

Research Scholar, Centre for Social Medicine and Community Health, Jawaharlal Nehru University

Abstract

Though violence is a universal phenomenon across society (karlekar,1998), lived experience of violence differ from context to context. Therefore, one needs to critically analyse the context in which women experience violence in the so called “safe havens” on everyday basis. In spite of the extensive literature on domestic violence and contemporary debate on marital rape, there is a scope to address this issue because although there were many rules and regulations to curb violence against women, yet the problem itself is so complicated that more empirical work is essential. Life of women especially in contested spaces like slums are more challenging as it is not only the domestic violence but also the

structural violence of poverty and hunger which shapes their daily life. Drawn from 20 case studies of ever married women living in slums of Delhi, the paper attempts to highlight the lived experiences of women dealing with violence on regular basis. On the basis of their narratives, this paper aims to underline the perception of domestic violence among the women. In conclusion, the paper attempts to elaborate on what can be done to ensure the safety and security of women experiencing domestic violence from the experiences of the field.

Keywords: domestic violence, women, patriarchy, lived experiences

Background

Violence against women is one of the global problem. All society witness some form of violence, however, there may be variation only in terms of trends and patterns of violence. Due to the inconsistency in defining domestic violence, it's difficult to obtain the actual figures of data about the prevalence of violence. However, the existing figures are sufficient to provide an approximate estimation about the prevalence of domestic violence. According to global estimates of WHO, every 1 out of 3 women experienced violence by their spouse at least once in their lifetime. The NFHS-3 data also suggest that every three married women interviewed between the age group of 15 to 45 said to have experience either physical or sexual violence.

Though violence is a universal phenomenon across society (karlekar,1998), lived experience of violence differ from context to context. Therefore, one needs to critically analyse the context in which women experience violence in the so called “safe havens” on everyday basis. In spite of the extensive literature on domestic violence and contemporary debate on marital rape, there is a scope to address this issue because although there were many rules and regulations to curb violence against women, yet the problem itself is so complicated that more empirical work is essential.

Life of women especially in contested spaces like slums are more challenging as it is not only the domestic violence but also the structural violence of poverty and hunger which shapes their daily life (Report-2003).

Objectives

To explore the perception of domestic violence among the ever married women in slums of Delhi. To also highlight the suggestions and recommendations to address the issue of domestic violence

Methodology

This is a qualitative study based on both primary and secondary data. The primary data includes in-depth interviews of women living in slums of Srinivaspuri, New Delhi. Secondary information were gathered from the representatives of different institutional agencies who takes.

Findings and Analysis

Perception of Domestic Violence as Physical Abuse

Depending on the kind of experiences one has, a home can be a place of terror and insecurities. Different women have different perception of violence. The most common interpretation of domestic violence is marpeet/hatapai i.e. physical abuse including slapping, hitting, punching, pulling hair and kicking. Another common response regarding their understanding of domestic violence was physical and mental abuse because of dowry. From the study, it has been found that there were only a few women who consider sexual abuse as violence but the rest consider it as their duty.

Justification for Domestic Violence

Almost everyone involved in the informal discussions and interviews agreed that conflict has been an integral part and parcel of every household. A group of women have drawn an analogy: '*ager kuch bertan ek sath rahte hain, to wo bajtei hain*' means 'if a few utensils were kept together, it's bound to make noise'. So, they try to sort out the issue within the four walls of the household.

In informal conversations with the women, they accepted that some form of physical violence and verbal abuse is acceptable. They argued that before marriage too, their parents and other elder family members use coercive means as a way to discipline them. Thus, they also punished in the form of '*mar lagana, daat lagana, roktok karna*', i.e., physical and verbal abuse and restrictions. So, after marriage they believed that there was no harm in continuing with such practices for family's welfare. Experiencing abuse since childhood and socialise in that manner internalize violence as a normal behaviour in their marital life too. However, they also believed that extreme form of violence should not be tolerated and they should take help of the nearby police chowki or whosoever was available.

Why Women Live with Violence

Women were constrained by various factors which compel them to be in an abusive relationship. The reasons includes, notion of honour of the family, socio-economic insecurities, insecurity related to the future of the children, insecurity with the self- self-blaming. The interview with 20 women shows that there is little imagination for any better life, even after they decide to come out of the abusive relationship. Thus, of 20 women, only one women could get the divorce and also got remarried.

Suggestion and Recommendations to Address the Issue of Domestic Violence Women

Though there were various recommendations to stop domestic violence in different forums, in this section the recommendations were given on the basis of the findings of this study to address the issue of marital violence.

The institutional agencies should look at the issue of marital violence more seriously and sensitively without trivialising it as 'normal' as people from all the sections of society need to take initiative to reach out to those who experience abuse. There should better inter-

departmental linkages for both primary and secondary prevention. Efforts should be taken to work on the causal factors related to violence in collaboration for primary prevention. Once a woman come for treatment, after proper screening, they should not only inform the other department (informally, incase the women doesn't want) but also make sure that women are aware about the available options, they can approach for support in the future. Also, better training should be provided to the health care provider both at the institutional level as well as the community level such as Doctors and Nurses and ANMs to tackle the issues of violence against women in a domestic relation so that the level of impact of those trainings were evident. Also, the women constable and police should be more sympathetic to women who undergo violence. Proper screening should be done by the health institutions, both in public and private to reach out to the more and more women who approach them.

More emphasize should be given in order to address the mental health needs of the women who were abused. Proper rehabilitations not only of the abused women but also of the children who witness violence, should also be ensured. Better alternative means of livelihood should be available in order to facilitate abused women to make a rational choice, along with safe shelters for women who walk out for the house. Speedy trial to claim for justice needs to be ensured in practice too. Awareness regarding what can done to challenge the issue of domestic violence should be made available to population. At community level, the anti-domestic violence campaigns like Bell Bajao should reach to more people so that the dilemma of what recourse should be taken by the neighbours can be break. However, the efforts shouldn't be restricted to the male neighbours only. Fellow women from neighbourhood on intervene who share the same experiences.

In the context of slums, where the social welfare services are primarily provided by the NGOs. There priorities of these NGOs were set as per the funding available to them. Thus, there was a gap between the needs of the women and the programmes run by the NGOs. Thus, in field in which this study was conducted, most of the NGOs work for education of the children or at best, vocational training centres for women. There were very less programmes or initiatives to attend to the issues such as domestic violence prevention, women's safety, and access to clean drinking water which shapes the overall health of the women.

The mahila panchayat introduced by DCW, through NGOs which used to address the issues related to women is no more functional in that locality. There were some women who found the role of mahila panchayat helpful, there were many who were not aware about it and even though they were aware they were not confident to approach. Thus, even mahila panchayat as an egalitarian space for every women needs to approach critically. Efforts should be made to make all these kinds of forums such as Mahila Panchayats more functional. There should be proper incentive to be passed from time to time, to motivate those community workers to carry forward their duties. Apart from strengthening the support systems, attempts should be made to ensure the empowerment of the women- not only in economic empowerment but also decision making power in a positive direction.

As the restrictions on women's mobility are placed with the argument that the public places in urban areas were not safe. Therefore, a culture of early marriage or stopping her formal education was prevalent practice, as reported in another study by Young Lives and NCPDR(2017). Thus, the safety of women both in private and public areas need to be ensured. Pre-marital counselling and courtship should be made integral part of the practices before marriage. Though recent initiatives were started to provide services like pre-marital counselling of both the couple,

more needs to be done to raise awareness about its availability, which sensitise both men and women to treat women with respect and as equal partners not subordinate. In order to address the issue of domestic violence in slums, household insecurities due to lack of income and also due to the insecurity of being a part of informal sector and unemployment of the husbands, resulted in the anxiety among the husband for failing to carry out the responsibilities also need to be addressed with proper policies, as this leads to alcoholism and wife beating out of their own low self-esteem and thus there is also a need to understand the issues of masculinities. Efforts should be made for ensuring that the diaddiction counselling centres readily available and approachable for the women who feel that their husbands need help.

Conclusion

Historically speaking, there were many changes in the lives of women but there is still a long way to go. Most importantly, one must question patriarchy which is engrained in our society through cultural norms and values and traditions. Women must be in a position to use her own agency to challenge the patriarchy. To address the inter-generational transmission of violence from one generation to another, there must be a change in the socialisation process of the children. Attempt should also be made to tackle violence not only at the level of household but also at the level of the structure. Thus, the intervention should also be both at the level of household and the society at large. Women who were subjected to abuse should be encouraged to speak about the experiences and should be treated with respect and dignity and should not further tortured and morally judged. Socialising at an early age and educating both the boys and girls against violence and motivating them not to tolerate or inflict violence on anyone would probably be helpful in addressing the issue of violence.

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COMMON LIVELIHOOD GROUP- A COMPLEMENT FOR WOMEN EMPOWERMENT - A CASE STUDY



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Abstract

If you want something said, ask a man; if you want something done, ask a woman.” - Margaret Thatcher.

In the total population of the world, women population holds 50%. Being holding half of the population status they have every right to be treated equally with men in all aspects of life also in the society. Empowerment of Women includes the developing and strengthening the social and economical authority of women. It is nothing but a feasible environment where there is no bias on gender and extending equal rights in society and in the working environment.

Empowerment is now to an increasing extent perceived as an affair by which the one's without influence add larger control over their lives. It includes power to, power with and power within.

“Economic empowerment of women always results in the development of family and community”. This is true and it is taken as a key policy for the Government and other agencies and development planners in designing the project with an objective of reducing the poverty. The Tribes are ethnic groups of people of a land or region. They are widely restricted to economic and social

backwardness and it is one of the significant problems in our country. Tribes can be treated as the poorest among the poor. They are not being brought into the mainstream of contemporary Indian development process. Poverty, ignorance, illness (and abuse are a few of the complex issues that occupy the lives of tribes. The limited access to education, health and nutrition, chance to gain skill and training, employment opportunities, easy credit, market technology and information pushes the lives of the tribes chaotic.

This qualitative case study is set out with an objective to assess how the Tribal women who became members of SHG, who are able to generate income by empowering themselves and rose as a common livelihood group through effective resource utilisation. More over the sole objective is to find out how the women especially the tribes are empowered to accelerate the benefits, livelihood promotion initiatives the capacity development activities which make them to become entrepreneur.

Keywords: *Livelihood, Empowerment, Entrepreneur.*

Introduction

Women Empowerment can only be seen as a unique strategy as it is a part of an inclusive approach to promote social or legal changes to facilitate women. At last, empowerment is a vibrant relationship between attainment of domestic skills and overcoming outside barriers to accelerate resources. It is very tough to measure women's capacities to land up a decision that influences everything from themselves, family, community, society, to markets. The very issue of women empowerment arises because of the stark reality that women are still marginalised and sidelined from the mainstream as a use-and-throw commodity. Empowerment of women involves many things, economic opportunity, property rights, political representation, social equality, personal rights and so on.

The significant role of women in the interests of the family is being recognised slowly. As the socio-economic growth of the community has a through link with the empowerment of women,

the development programmes for women are given larger consideration. The shove now is to make sure that effective participation of women in sustainable development of the community.

Present scenario of women development adopts strategies which comprises of four different areas during planning of development programme. They are Empowering strategies, Employment and income generation, Welfare and support services, other enabling measures. These are framed with an intention of increasing the economic status of rural women through micro credit which results in livelihood promotion and ends up in Entrepreneur development.

The qualitative case study is set out with an objective to measure the extent of the poor tribal women to become entrepreneurs by way of continuous empowerment, capacity building initiatives and livelihood promotion activities through poverty alleviation programmes. An in-depth discussion had with the Women involved in entrepreneur activities in order to understand how the empowerment level and continuous capacity building activities leads women to become a member of the Common Livelihood Group.

Conceptual Definition

Livelihood

A livelihood is a means of making a living. It encompasses people's capabilities, assets, income and activities required to secure the necessities of life.

Empowerment

Empowerment, being a multi-dimensional social process that facilitate people expand control over their own lives. It is a process that fosters power in people for use in their own lives, their communities and in their society, by acting on issues they define as important.

Entrepreneurs

A person who workout project by organizing a venture to take benefit of an opportunity and, as the decision maker, decides what, how, and how much of a good or service will be produced.

Lessons Learnt through Earlier Poverty Alleviation Programme

Due weightage was given on Micro credit activities rather than on livelihood promotion initiatives. The micro credit institutions were failed to invest on micro enterprises. The selected focus on wedded women failed to add the other important sections of the rural community like youth, destitute, disabled and most vulnerable the tribes. The Self Help Groups mostly involved in small and usual economic activities many times failing to reach to meet out the recurring expenditures and marketing of the product is a big issue for their products. The access to economic assistance under various Govt. Schemes has been very inadequate. The Self Help Groups has grown alone without any official connection with the Village Panchayats.

Pudhu Vaazhvu Project -A project for Poverty Reduction

The Tamil Nadu Government has identified the prime goal of rural development as to improve the quality of life of the rural people by alleviating poverty through an integrated instrument to address all the dimensions of poverty through empowerment, self-employment and wage employment programmes. For reducing rural poverty, organizing the rural masses into self-help groups and the establishment of micro-enterprises, training, credit linkages, market support etc are given priority. Strengthening of Gram Sabha, the governing body of village assembly, as an agency of social audit and to review the implementation of rural poverty reduction programmes

are also done to bring more participation and attention. As a special strategy for developing women and children and empowerment of women, self-help groups have been formed and strengthened.

Pudhu Vaazhvu Project has been designed to address the above concerns and bridge the gaps in the existing poverty reduction initiatives. The project builds on the strong foundation laid by Mahalir Thittam and other schemes in social empowerment and attempts to focus on economic empowerment of poor women and other disadvantaged.

Poverty Alleviation Strategy

Any successful poverty alleviation strategy has various distinct elements. The first element is that it is necessary to identify the poor and know what their characteristics are. The Second would understand the reasons and the factors that cause poverty. When we are able to know who are poor and the causes of poverty it is possible to determine it is easier for the development planner to design a set of specific policies to improve the living conditions of the poor. Effective strategy to improve the living standards of the poor require measures to accelerate growth through capacity building as well as those which directly enhance their immediate consumption entitlements.

The other strategies are:

- Bringing in to fold the 'left out' poor including the ultra poor, women and other vulnerable groups into Self Help Groups and bring them in to the process of sharing the benefits, decision making and providing special assistance for disadvantaged sections, such as STs and disabled.
- Promoting linkages and partnerships with VPs (local governments), credit and financial institutions and corporate sector
- Facilitating organisational development of Self Help Groups into strong livelihood federations that are institutionally viable and financially sustainable through capacity building, skill support, marketing, technology transfer and promotion of higher investment per family.

Common Livelihood Group (CLG)

Based on the experience gained from the implementation of the programmes, Pudhu Vaazhvu Project advocates the formation of Common Livelihood Groups (CLGs) to aggregate these small livelihoods for support services at village level. These groups will help the rural producers to increase their 'incomes' through cost reduction resulting from economies of scale, increased price realization from enhanced bargaining power and effective risk management through better access to technology, information, peer support systems and market instruments.

Materials and Method

Aim and Objective of Study

The sole objective of the research is to find out how the tribal women are empowered to accelerate the benefits of the Government programme as a part of poverty alleviation initiatives through livelihood promotion through their active participations. It has the additional objectives like:

- To promote livelihood through continuous capacity building initiatives could be a successful approach in poverty alleviation.
- To study how Continuous support and repeated thrust will empower the disadvantaged to become decision making authorities.

- To portray the present scenario of the social status of the tribe and to suggest various inclusion strategies for development planners.
- To study how the skills of an individual/group can be developed with necessary support will empower them to become an entrepreneur(s).

Purpose of the Study

The purpose of this study is to describe the how the disadvantaged people (a section of the society) especially the tribes who has an important role to plan their development needs through continuous empowerment and capacity building initiatives which results in the livelihood development making them an entrepreneur.

Settings

This study was carried out in the villages where Pudhuvaazhvu project successfully implemented and among the tribal community who have received the benefits and the tremendous changes happened in the socio economical status as an entrepreneur of the Irula tribes.

Case Study Method

The researcher used descriptive design and used case study method which a qualitative analysis to collect the data. The research includes one case study to back up the concept more clearly. Open-ended questions were asked about their life status, their income level, and the project activities and the intervention of the project for their lively hood developments.

According to H. Odum, “case study method is a technique by which individual factor whether be it an institution or just an episode in the life of an individual or a group is analyzed in its relationship to any other in the group”.

Case Study

“ThamaraiKuppam Agriculture Producers Common Livelihood Group” The village ThamaraiKuppam is situated in Ellapuram Block of Tiruvallur District. There are about 75 Irula Tribal families are living and most of them are Agriculture coolies and some of them working with the rice mills as daily wage labourers. The Government of Tamilnadu started the Pudhu Vaazhvu project activities in Tiruvallur District. As per the project guidelines, if there are more than 50 tribal families residing in a particular village panchayats, there should be one Tribal Livelihood Sub Committee formed and financial support will be given for their livelihood development activities. For the Special Village Poverty reduction committee, Rs. 600000 /- released in order to give individual assistance. 7 SHGs were formed using the female members of the household.

Such a way in ThamaraiKuppam Livelihood Subcommittee formed and provided with a financial support of Rs.600000 as first instalment and 400000 as second instalment to the Women SHGs to involve themselves in Micro credit and micro enter prise activities as a part of their livelihood promotion activities. All the groups have provided with the training to run the SHGs. All the groups were provided with a Revolving fund of Rs.30000/- each and Rs. 40000/- as economic assistance loan.

In the mid the villagers have got a land of around 25 acres form the Forest Department for undertaking agriculture activities during their ancestors period. The families have enjoyment right and paying tax for the same. 42 families have divided the land. Due to poverty they were not able to cultivate it and hence it was kept as barren land for more than 30 years. The 42 families were

gathered and all the women were in the SHGs. A meeting was conducted to initiate agriculture activities by process the land viable for agriculture. The members came forward to own the initiative. A Common Livelihood Federation was formed and the Pudhu Vaazhvu Project supported the community to undertake land processing activities and a bore well was dug for irrigation. Soil test camps organised through convergence. Agriculture Department joined hand in the new initiative by way of providing seeds and other implements under the subsidy scheme. They members were given loan through the SHGs they belong to initiate some agriculture activities from the Livelihood corpus fund.

All the 42 Women are full time involved in agriculture. They trained in crop rotation, crop management etc by the agriculture department. Through the tribal welfare Department, they are provided with free goats. Under Pudhu Vaazhvu Project, as a part of the Sustainable Agriculture initiative, the families are provided with a backyard Poultry. Through the support of the officials and self motive, these poor women are able to negotiate in the market for best price for their “**ThamaraiKuppam Agriculture Producers Common Livelihood Group**”. Now the 42 women beneficiaries are very happy that they have repaid all the debts and they are entrepreneurs and they feel proud that they are raised their family status from agriculture coolie to agriculture land owners.

Findings

- The poverty alleviation Programme can only be succeeded if it is people cantered and need based.
- The tribal women participate more if they are given priority and their needs are addressed.
- Organising these people is easier since they have a common purpose and interests.
- Livelihood promotion is the best strategy for poverty alleviation as far as the tribal people are concerned.
- Developing their skills, financial linkages and marketing tie ups will make them to do wonders.
- Continuous capacity building and empowering initiatives will make any programme sustainable.
- Access and control of the resources make the women/ community to improve their ownership tendency.

Conclusion

The livelihood promotion of their choice is the best option for uplifting these tribal families from poverty. Continuous empowerment and capacity building initiatives will bring the entrepreneur in the tribal women. But there are other areas also need the intervention of the social/development workers and also for policy makers. Equality with the other sections of the community Political empowerment and Awareness on educating the female children.

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IMPACT AND PROBLEMS ASSOCIATED WITH WHATS-APP USE AMONG COLLEGE GIRLS STUDENTS



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Abstract

The study on impact and problems associated with whats-app use among college students is a descriptive study focused on the problems arises in time management or time usage, problems in work completion of daily and self- tasks, sensitive issue related problems, affecting academic involvement and performance, problems in family, possibility of moral corruption, problems in friends circle, merits and disadvantages. It was conducted at government hostel, Trichy where in 154 girl students are residing constitute the universe, among them 50 respondents were selected by simple random sampling. The data were collected by using a self-prepared questionnaire. The study has revealed that

despite being an essential medium of communication, it has an adverse impact on the lifestyle of youth. They may receive misleading information and concentration is more on gossips which will negatively impact their life. Emphasis must be given to the useful side of this application. Youths are spending more time on whats-app rather than spending quality time with their family members. Hence quality time must be shared with family and friend has to be insisted by the family and friends circle. They should also try use whats app for constructive purposes.

Keywords: Whatsapp, impact, problems and adolescents.

Introduction

The world is dynamically changing due to the advancement in the mobile technology. These days it is almost impossible to avoid the presence of mobile applications or called Mobile Apps. Most of the People can praise the various mobile applications that they use in their everyday lives. Several people are heavily dependent of the usage of such applications for their day to day activities. WhatsApp is one among the major changes in mobile apps communication in the recent past, it's uses are growing very fast on mobile phones and also on the computers.

WhatsApp has been around for a short while however its regular updates have been improving its functionality since its release date. Some of its features are also updated recently after initiating this online survey, hence these feature could not be addressed appropriately. Mainly WhatsApp was started to interchange SMS with a cross-platform feature. If you have got unlimited text, it's still helpful. WhatsApp uses mobile network data or local area network to send and receive messages. In addition to text communication, users can also send pictures, video and audio media messages easily. Since the Smartphones became common,

Massimi, Harper, Rubens & Morris (2014) is of the opinion that Multi-method study involving 140 individuals (between 20 and 60 year olds) in Spain, found that WhatsApp was commonly adopted for convenience in communication and cost benefits. They also concluded that the effects of WhatsApp use on social relationships included a sense of belongingness, as well as a secured and committed bond. However, some of the major limitations of these studies included sampled age groups were quite diverse and thus the results could not be generalized.

Devi and Tevera (2014) is of the opinion that Found that both Facebook and WhatsApp were commonly used for academic communication and information sharing. **Johnson Yeboah &Georg Dominic Ewur Takoradi Polytechnic,Ghana (2014)**conducted a research to find out the Impact of whatsapp (application of social networking) messenger on academic performance of youth and data was collected from 550 students of territory institutions of Ghana. The result indicates that whatsapp has negative impact on the study of youth. It engendered procrastination related problem, error of spellings and grammatical construction of sentences. Therefore it is difficult to balance simultaneously the online activities and academic performance with whatsapp.

Church and de Oliveira , Quan-Haase and Young (2013) is of the opinion that as social media have diffused widely in society, with estimates of nearly one in four people worldwide using them , researchers have opted to understand the human experiences they mediate, and the factors that drive their widespread use. This is increasingly important as we witness users migrating across communities while we lack a clear understanding of the reasons that drive those transitions. Facebook, ranked as the most successful online community, and the 2nd most visited website 1 globally, has recently seen an out flow of users with increasing reports of negative experiences resulting from its use, especially among teenagers.

Bere, Gimeno & Ewur(2012) is of the opinion that in general, a number of studies have demonstrated that WhatsApp was widely adopted by individuals as it allowed better accessibility and ease of communication offering real-time messaging, empowerment, sense of belongingness and sociability, enjoyment, quick information-sharing and cost benefits.

Methods and Materials

Aim of the Study

“To know the impact and problems associated with whatsapp use among college students”.

Objectives of the Study

- To study the pattern of whatsapp usage.
- To assess the social and psychological impact of whatsapp among under graduate girl students.
- To find out the problem areas of whatsapp usage.

Research Design

Descriptive research design has been used in this research; descriptive research is concerned with describing the socio demographic characteristics along with the problem and impact of whatsapp among college students.

Universe and Sampling

The universe of this study constituted the women students of the government hostel for women in Trichy. The data were collected from the students from various departments such as arts, science, engineering, diploma. There are 154 students there, among them 132 students were using whatsapp application. Hence the 132 students constituted the universe of this study. From them 50 respondents were selected randomly by using lottery method.

Tools for Data Collection

The researcher used self- prepared questionnaire with both close ended and open ended questions for data collection.

Findings and Discussion

Findings Related to Socio-Demographic Variables

Exactly half (1/2) of the respondents are 19 years old. 38 % of them are in the age of 18 years and the remaining 12% of the respondents are 20 years old. All the respondents are females. 14% of respondents are studying arts based education and, 84% of respondents studying science based courses and the remaining 2% of respondents are studying Technical Education. 38% of their respondents' father's occupation is business. 36% of their mother's are home makers. 60% of respondents are from nuclear family. 40% of respondents are having their annual income is below one lakh & ¼ of the respondents do part time job along with their students. 8% of respondents having one sibling,

Findings Related to Problems Arises in Time Management or Time Usage

32% of the respondents spent more than 6 hours using whatsapp & 68% opined that they spend less than 6 hours whatsapp use. The average time of 6 hours is calculated by the response given by the respondents. 90% of them express that time spending for whatsapp is always during their relaxation time. 48% of people expressed, that they could not live without whatsapp. It shows their dependency on whatsapp. ¾ of respondents are considered, whatsapp as their important source of entertainment and the remaining respondents felt that it is not for entertainment purpose. Majority of the respondents are well vessed in whatsapp typing.

¾ of respondents felt , that they are wasting their time with whatsapp & ¼ th of them not felt like that became there are lots of very useful features in regular whatsapp use like social awareness, mass easy communication, be in touch with whatsapp circle. 88% of respondents spent more time with their friends.

Findings Related to Problems in Work Completion

¾ of the respondents opined that they did not find any difficulty in their daily work due to whatsapp. 12% of the felt good about using whatsapp and they felt more socialized due to whatsapp usage.

½ of respondents felt that they have more preference towards whatsapp in turn it reduce their involvement in studies. 48 % of the respondents did not find any disturbance in studies due to whatsapp. 12% of respondents found, break in daily work because of whatsapp use..

Findings Related to Problems in Morality

½ of the respondents felt that it is very safe when using whatsapp as media for communication & ½ of them felt it is unsafe and the information disclosed and photos and videos shared through whatsapp may be misused and there are high possibilities for such attempts. 70% of respondents felt they don't get hurt while fixing their photo as DP. 72% of respondents felt, they don't get hurt by whatsapp message & 28% felt, they felt hard with the messages which are sensitive and harmful. They also expressed that abusive, violence oriented and cruel pictures and photos create psychological disturbances and long lasting effects. 1/3 of the respondents felt that social media like whatsapp is essential for the present day life for fast forward messaging, social network and for socially active life. But majority (70%) of the respondents rejected that doctrine. They felt that there can be active life without whatsapp. It is a technological requirement which is useful but at the same time it cannot the essential requirement of every one's life in general.

48% of the respondents are blocking the unknown persons contact, 30% of them delete the unknown persons & 22% are not considering them. But almost all the respondents have a kind of

fear towards unknown numbers especially when they receive sensitive information or photos. 12% of respondents felt, that they lost their self respect, some times due to whatsapp usage while receiving disrespectful and hurting comments and they did not feel like that.

Findings Related to Sensitive Issues

Majority of the respondents expressed that they did not receive any wrong or negative comments through whatsapp on their status updates and the remaining 16% of the respondents experienced wrong comments to their status posts. These respondents usually feel very bad when they do not receive any comments also.

¼ of the respondents felt, videos from whatsapp affect them mentally, the sensitive cruel videos have impact on the psychological conditions and little more than ¾ did not affected by the unwanted videos.

Findings Related to Educational Problems

½ of the respondents felt that their studies get affected by whatsapp and it leads to poor academic performance. Little more than ½ of respondents opined that exchange of academic information like sharing study materials, informative videos with their classmates through whatsapp is very useful to them. 60% of respondents accepted that they are using whatsapp during their class hours. They are also of the opinion that using mobile phone and whatsapp during the class hours is totally wrong.

54% of respondents are accepted, whatsapp is as a supportive tool for education it exchanges all kind of information and not giving much emphasis on education and academic specific information.

Findings Related to Family Issues Due to Whatsapp Use

30% of respondents felt that whatsapp will increase family bonding. 52% of the respondents created a group for their family members and exchange information pertaining to family matters. 24% of the respondents experienced problems with their relatives due to whatsapp messages & videos. The problems arising out of whatsapp communication among the whatsapp family group member are mainly due to unwanted photos, videos and irrelevant / indecent text messages. 82% respondents share links through whatsapp. 8% respondents received indecent photos and videos in their family group

20% of the respondents have health issues like head ache, fatigue, eye strain, tears on eyes and loss of sleep and 80% respondents not have any such health issues.

Findings Related to Problem in Friends Circle

14% respondents do not contact their friends as they have regular frequent whatsapp communications. Hence whatsapp communication in turn affects the direct contact with the friends of the respondents and they are not bothering about the direct contact as they are very active in whatsapp. 64% of the respondents have strong bond with their friends through whatsapp.

Findings on General Merits or Advantages

54% respondents accepted that whatsapp in useful in their day today. 48% of the respondents agreed with the privacy policy and trust it. 70% respondents don't allow others to access their whatsapp and even sometimes they won't allow others even their family members/parents to use their mobile.

Findings on Demerits or Disadvantages

20% of the respondents affected physically due to the over use of whatsapp like strain in eyes, hand pain. 48% of the respondents feel that mental health issues are possible due to over use whatsapp like the dependency on whatsapp, cruel thoughts and quarrel in family together affect the peace of mind. 28% of the respondents experienced quitting from whatsapp after facing sensitive problems. Those who are drop from groups are mainly due to exchange of unnecessary communications, negative comments, contradictory opinions and conflicts end up with quarrel.

Conclusion

The study has revealed that despite being an essential medium of communication, it has an adverse impact on the lifestyle of youth. They may receive misleading information and concentration is more on gossips which will negatively impact their life. Emphasis must be given to the useful side of this application. Youths are spending more time on whats-app rather than spending quality time with their family members. Hence quality time must be shared with family and friend has to be insisted by the family and friends circle. They should also try use whats app for constructive purposes.

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GENDER DIFFERENCE IN RESILIENCE AMONG YOUNG ADULTS



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Abstract

Resilience is the capacity to recover quickly from difficulties or toughness. Empirical evidence reveals the beneficial aspects of resilience with remarkable contribution in interpersonal relationships, success in work and personal life, managing stress, improving personality and many more positive Behavior patterns. The objective of the study is to see the gender difference in resilience among young adults. The sample

comprises 50 male and 50 female collected through the survey method of data collection. Convenience sampling technique will be used in the study. The tools used for this study are Connor Davidson Resilience Scale (CD - RISC). Data collected will be statistically analyzed using T- test. Results of this study would help us understand the existing gender difference in young adults.

Keywords: *Convenience, Resilience, Empirical.*

Introduction

Resilience is the ability of an individual to bounce back from an adversity. This trait is not a universal one which is common to everyone. Resilience is said to be relative and depends on the individual and their life experiences. Largely an individual who has undergone and overcome stressful or traumatic life events are said to be more resilient. Reasonably such an individual would have developed an inherent ability to solve problems effectively and find solutions easily. Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress - such as family and relationship problems, serious health problems or work place and financial stressors Research has shown that resilience is ordinary, not extraordinary. People commonly demonstrate resilience. For example the response of many Americans to the September 11, 2001 terrorist attacks and individuals' efforts to rebuild their lives.

To be resilient does not evidently state that the particular individual will not undergo trauma or stress. But instead implies that even if the individual goes through stress or trauma they will be able to handle it effectively or with quick wit. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone. Developing resilience is subjective to an individual. People do not react the same way to traumatic and stressful life events. An approach to building resilience that works for one person might not work for another.

There may definitely be variations in the degrees of resilience due to cultural differences. A person's culture might have an impact on how they communicate feelings and deal with adversity. As there is a vast variation in culture when it comes to resilience, every individual can develop resilience through various modalities from various cultural ways.

Gender difference is the term applied to the typical differences between men and women that is often specific to a particular culture where domains as careers, communication, health, social awareness and orientation to the environment are seen.

The protective factors for psychological resilience, concluding that parenting style is just one of many factors affecting resilience. They also consider parental educational level, socio-economic status and home environment (organized vs. disorganized) as strong influences in the development of a child's psychological resilience. Many researchers have developed conclusions using Baum rinds' categorization of parenting styles. The type of relationship, as well as the type of person in the relationship, play big roles in the development of resilience. Science has proof for gender differences in resilience. Women are better at worrying. Women produce only about half as much serotonin - a neurotransmitter linked to depression - as men do and they have fewer transporters to recycle it, according to Karolinska Institute research. As a result, women tend to worry more. That's not always a bad thing, as women might then possess an enhanced ability to foresee problems and plan how to handle them (Lopez and Snyder, 2009).

A resilient individual is said to be self sufficient and has the ability to make their own decisions and stand by them if they believe that the solution is effective. To be resilient is not a stereotypical role assigned to one particular gender. People from any gender can develop the ability to be resilient which is directly in relation to their diathesis and environmental stressor.

Need for Study

Societally, women are expected to possess resilience due to the assigned gender roles. As Resilience is subjective we wanted to study the gender differences in resilience among young adults.

Review of Literature

Seo JY et al., (2017) studied the Resilience of males with Probable bipolar depression (PBD) that can be strengthened and compared it to that of males with Probable unipolar disorder (PUD). PBD group become significantly more resilient that participants with PUD after 5 weeks. This study indicates that interventions strengthen resilience needed to be developed for males with PBD and that such interventions are more effective for males with PBD than PUD.

Caraman Morano, (2010) examined the Resilience and coping with trauma does gender make a difference. The study also explores the role of gender within the context of the stress, Appraisal, and coping model. The findings suggest that there are limited differences between male and female survivors in terms of perceived resilience, self reported and perceptions of other survivor's resolution of Erikson 's life stages. Gender difference did manifest in survivor's primary and secondary appraisals of their own experiences and in the types of coping skills they employed.

Dorota et al., (2006) examined risk and resilience in relation to emotional abuse. Research has identified numerous child and family factors that may increase the risk of emotional abuse occurring and has also identified numerous ways in which an experience of emotional abuse predicts later psychosocial functioning. Factors that may determine risk and resilience in children who experience emotional abuse were discussed. These include predisposing factors such as early care giving experiences; precipitating factors such as the frequency , intensity and duration of the abuse ; factors intrinsic to the child such as working models of the self and others , internal or external attributions , behavioral and coping strategies , self esteem , and disposition; external factors such as school and availability of supportive relationships.

Stacey et al., (2004) examined the mediating role of cognitive and social resilience in the domestic violence - anxiety relation. Meditation is tested on a sample of 100 impoverished women from the women’s health outcomes in urban and rural Environments. Regression analysis and structural equation modeling provide consistent support for the proposed model: poor women’s violence experience impairs support and self esteem, which in turn influences their anxiety levels. Results demonstrate the dynamic role impaired resilience may play in the violence process, highlighting implications for research, practice, and policy at the nexus of violence and poverty.

HC Waxman, SL Huang (1997). The study tries to address the problems of Latino students by drawing on two distinct and emerging theoretical framework a) educationally resilient students and b) classroom learning environment. The authors compared the motivation and learning environment of 60 resilient and 60 non resilient. Results are in relation to educational resilience.

Methodology

Hypothesis

H1: There will be a significant gender difference in resilience among young adults.

Research Methodology

The study was an Ex-post Facto Research design using convenient sampling method. The sample size was 50 male and 50 female. The data was collected using Connor Davidson Resilience Scale (CD -RISC), developed by Connor Davidson (2003).

Variables

- Independent variable: Resilience
- Dependent variable: Gender

Tools Used

Connor Davidson resilience scale CD-RISC: The scale consists of 25 items and was developed by Connor Davidson. It uses a 5 point Likert scale.

Reliability: The reliability coefficient of the CDRISC was 0.89. The internal consistency alpha values of the 4 factors were: $\alpha=0.80$ for factor 1, $\alpha=0.75$ for factor 2, $\alpha=0.74$ for factor 3 and $\alpha=0.69$ for factor 4.

Validity: Construct validity was demonstrated.

Scoring: Each item is rated on a 5 point scale, ranging from 0= not true to all, 1= rarely true, 2= sometimes true, 3= often true, 4= true nearly all the time.

Interpretation: Higher scores reflecting greater resilience.

Statistical Analysis

Table 1: Gender differences in resilience among male and female

Variable	N	M	SD	t
Resilience in female	50	63.86	15.56	-2.4*
Resilience in male	50	71.16	14.84	

*p< 0.05

The table shows that gender differences in resilience among young adults. Hence, the Alternative hypothesis- “**There is a significant difference in gender difference in resilience among young adults**” is accepted. From this study it is inferred that men are higher on resilience when compared to women. This result is supported by a previous research study which suggests that

tough minded women are likely to do better in their university studies than men with similar characteristics of Resilience (John Allan & Jim Mc Kenna).

Limitations

- The study relied on convenience sampling method, which include only the population with the knowledge to read and understand English.
- The sample size was small for generalization.

Suggestions for Future Study

- Resilience in specific aspects of life can be studied in varied age groups and in specific target groups.
- The study can be done in a larger population for more generalized results.
- Currently the study was done Ex post facto but it can be done in an experimental setting with a control group so that even illiterate people can participate in it.

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IMPACT OF LIFE SKILL TRAINING AMONG WOMEN WITH DISABILITY IN HIGHER EDUCATION



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Introduction

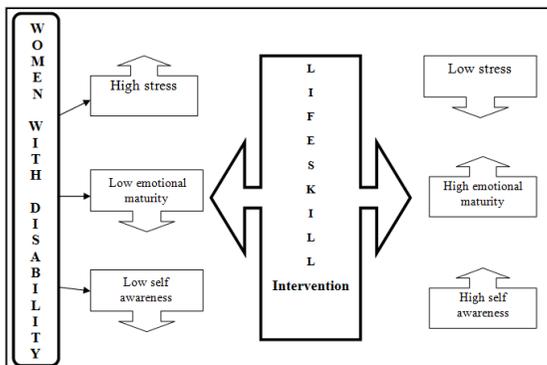
Women with disability are more likely to be the victims of all vulnerability. The unemployment rate among disabled women in developing countries is visually centum percent. It is not only enough to find out the problems of the challenged people but it is also more essential that the present political and educational scenario must design a curriculum with some special model of training which will equip the women with disability to meet the demands of life in a more effective way. Life skill education is an approach that functions as an instrument to empower women with disability to translate knowledge, attitude and values into actual abilities. Also, it helps them what to do, when to do and how to do it

Self-awareness is a psychological state in which people are aware of their traits, feelings and behavior. If an individual is high in the level of self awareness, definitely it will increase their strength and reduce their weakness. Many individuals have failed to have awareness on their self there by they are not able to control their emotions properly but given place for stress in their life to act in a worst way. To have good knowledge about world around us is important, but to have knowledge on one's own self is also equally important to overcome the tribulations in life. Hence with this notion the researcher has started her journey to frame a new module on life skill training for women with disability in higher education. Particularly three cores in life skills has been focused, self awareness coping with emotions and stress.

Aim of the Study

The aim of the study is to find out the impact of life skill training on the self awareness, emotional maturity and the stress management among women with disability in higher education.

Frame Work of the Study



Objectives of the Study

1. To find-out the level of Self- Awareness, Emotional maturity and the Stress of the respondents before life skill intervention
2. To find out the impact of life skill training on the key variables viz., Self awareness, Emotional maturity and Stress
3. To find out the significant relationship among the key variables

4. To find out the association / relationship between personal variables and key variables and the life skill intervention.
5. To find out the significant difference between personal variables and the key variables.

Research Hypothesis

- Life skill training has no positive impact on the self-awareness, Emotional maturity and level of Stress
- Self Awareness, Emotional Maturity and Stress have no significant relationship among themselves.
- Personal variables namely age, education, number of siblings, percentage of disability, type of disability, parent's education are not influencing one's own self awareness or emotional maturity or level of stress.
- Personal variables have no significant difference with all the key variables.

Research Design

Since it is an intervention study on life skill training for differently abled women, experimental research design has been adopted by the researcher.

Pilot Study

In order to find the feasibility of life skill training for women with disability, the researcher visited Rajiv Gandhi National Institute for Youth development in Sriperumbudur and discussed with the faculty members of life skill department regarding the training for women with disability in higher education and purchased the manual on enhancing life skills for the normal individuals.

For the purpose of conducting life skill training for the women with disability in higher education, Avinashilingam Deemed University for Home Science and Higher Education for women in Coimbatore was approached and necessary permission was obtained by presenting the project proposal in the Institutional Human Ethical Committee of Avinashilingam University.

Universe of the Study

Women with disability in higher education in Coimbatore are the universe of the study

Sampling Procedure

Since it is an intervention study the researcher wanted to conduct life skill training for women with disability. Special education department of Avinashilingam deemed University for Home Science and Higher Education for women in Coimbatore has been selected for the data collection. The total number of women with disability who are studying in the Avinashilingam University was 30, which include 22 students with visually impairment, 4 with hearing impairment and 2 each with loco motor and 2 learning disability. All the 30 students were in different discipline such as B.A English Literature, B.A.Tamil Literature, B.A. Economics B.A. History, B.com. and M.A. Tamil. All the students have been taken as samples for the pre data collection, Intervention and also for the post evaluation. Hence census method has been adopted for the study

Tools Used for Data Collection

Self Awareness Scale (SAQ) developed by Davpid A, Kolb (1976). Emotional Maturity scale developed by Singh.Y and Bhargava, M. (1988). Perceived Stress Scale developed by Sheldon Cohen (1988) has been used as tool to measure the Self Awareness, Emotional maturity, and

Stress of the Respondents. For the intervention part the researcher has framed a new life skill module to conduct training on Self Awareness, Emotional Maturity, and in the Management of Stress.

Life Skill Intervention

Life Skill Module for differently abled individuals has been prepared by the researcher. The module contains for the introduction of life skill (2 hours), and other session includes Self Awareness (2 hours), Emotional Maturity (2 hours) and Stress (3 hours). Totally ten activities was conducted. The total duration was nine hours. Each day one activity was focused. Activities like Group games, Group discussion, Role play, Awareness classes and relaxation exercises. The main four of the training was to increase the Self Awareness and Emotional Maturity and to reduce the stress.

Major Findings Related to Post Intervention

- More than half (57 percent) of respondents are belong to the age group of 18- 20 years.
- Majority of the (87 percent) of respondents are studying Under Graduation.
- Nearly $\frac{3}{4}$ th (70 percent) of the respondents are visually impaired.
- About half (43 percent) of the respondents are having 61-80 percentage of disability.
- Half of the (50 percent) of the respondents are having one sibling.
- The T- test was applied to find out the significant difference between the pre and post intervention of life skill training with regard to the scores of the self-awareness, Emotional maturity and the Stress. The t-value scores indicated that there is significant difference in the scores of stress (t- value is 7.462 and the $P < 0.05$), the emotional maturity (t- value is 11.402 and the $P < 0.05$) and the self awareness (t- value is 13.373 and the $P < 0.05$) before and after the life skill intervention. Hence it can be concluded that life skill training has an impact on the above mentioned variables
- By applying **Karl Pearson's** correlation it was found out that there is a significant relationship between the key variables i.e., self awareness, emotional maturity and the level of stress after the life skill training. The r value is -1.00 which indicates there is a negative relationship between the level of self awareness and the level of stress. Similarly it was also found that there is significant relationship between emotional maturity and self awareness, and between emotional maturity and stress. Hence we can conclude that the life skill training has increased the level of self awareness and emotional maturity and reduced the level of stress among the respondents.
- **ANOVA** test was applied to find out the difference between the key variables and the personal variables namely, age, family structure, education of parents and it was found that there is significant difference between the variables.
- **ANCOVA** test results showed that the age groups have significant association with all the key variables before and after the intervention of life skill training.
- **Multiple regression** tests clearly conveys that, among the independent variables age, family income, percentage of disability, and number of siblings only age of the respondents is the predictor of stress, emotional maturity and self awareness.

Discussion

Self awareness is called the mother of all skills and also the most difficult skill. It is a thinking skill, a social skill and a coping skill. Persons with disability should be trained in all these skills in order to fight against all the problems which hinder their success. In the year 2014, a study was conducted by A,Vernosfaderani in the department of psychology, Social welfare and rehabilitation sciences universities and special education revealed that, life skill training is effective for enhancing the self esteem of hearing impaired students in inclusive schools. The present study also brought the fact that there is a significant difference among all the key variables namely Self-awareness, Emotional maturity and level of Stress before and after the intervention of life skills training for differently abled women in higher education. Another study on “Impact of emotional maturity and self confidence and stress of adolescents” by Geeta S. Pастey, points out that, impact of emotional maturity and self confidence of adolescents have better ability of managing, directing and controlling themselves in each and every action. In this study also the researcher brought out the fact that increased self awareness will have an impact in the attainment of emotional maturity and the management of stress.

Conclusion

The study proves that life skill training has an impact on the level of emotional maturity, self awareness and managing stress among women with disability in higher education. Educational qualification alone will not enable women to overcome their negative traits. They need to equip themselves in life skills to meet the demands of everyday life. The social work is a unique profession; always adds value to the human life. It works on a greater philosophy of dignity and worth of the human being. Concept of social work strongly points out that, though women with disability have many disadvantages, their self is a great asset with which they can make their life fruitful not only for themselves but also for others. With the help of social work methodology and techniques we can take this life skill training as one of the important ingredient to add flavor, fragrance and taste in the life of physically challenged people.

STUDY ON “THE PROBLEMS FACED BY THE UNWED MOTHER DURING TEENAGE PREGNANCY”



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Introduction

Teenage pregnancy, also known as adolescent pregnancy, is pregnancy in females under the age of 20. Unwed mother during Teenage pregnancies have become a universal public health issue which is not only the concern of present society but in existence from the past because of their observed negative effects on perinatal outcomes and long-term morbidity. Teenage stage is a stage for learning and also to develop but instead due to the pregnancy at the early age their life has been ruin in terms of education or from other social activities. In developed countries, teenage pregnancies are associated with social issues, including lower educational levels, poverty, and other negative life outcomes in children of teenage mothers. Teenage pregnancy in developed countries is usually outside of marriage, and carries a social stigma in many communities and cultures. By contrast, teenage parents in developing countries are often married, and their pregnancies welcomed by family and society. However, in these societies, early pregnancy may combine with malnutrition and poor health care to cause medical problems. This study examines the magnificence of the problem faced by the unwed mother during teenage pregnancy and its relationship with the Socio Demographic Profile in present scenario.

Objectives of the Study

The following are the objectives of the study.

- To study the Socio- demographic profile of the respondents
- To find out the relationship between socio - demographic profile of the respondents and problems faced by the unwed mother during teenage pregnancy.

Methodology

Descriptive Research design was used for the study. The researcher has selected forty five respondents using snow ball sampling method. The respondents were between 14- 19 years of age from Tura, WestGaro Hills, Meghalaya”. The likert seven point scale was used to measure the level of problems faced by the respondents during teenage pregnancy. The percentage analysis was used to depict socio - demographic factors and correlation test was used to present the relationship between the socio - demographic factors and problems faced by the respondents during teenage pregnancy.

Analysis and Interpretation

Percentage Analysis

The following table presents the socio - demographic factors of the respondents. 2% of the respondents are 14 years of age.7% of the respondents are under the age of 15 years. 11% of the

respondents are under the age of 16 & 17 years respectively. 24% of the respondents are under the age group of 18 years and the remaining 44% respondents are under the age group of 19 years.

96% of the respondents are Christians, 2% of the respondents belong to Muslim and Hindu religion respectively. 24% of the respondents have studied below 10th standard. 16% of the respondents have studied 10th standard. 53% of the respondents have studied 12th standard and the remaining 7% respondents have studied degree. 29% of the respondents' monthly expenses were up to Rs. 500. 71% of the respondent's monthly expenses is between Rs. 501 and Rs. 1,000.

31% respondents have heard about teenage pregnancy through their friends. 13% respondents have heard about teenage pregnancy through their siblings. 16% respondents have heard about teenage pregnancy through their parents. 13% respondents have heard about teenage pregnancy through other sources and the remaining 27% of the respondents do not know about teenage pregnancy.

9% respondents' mothers are employed. 16% respondents' fathers are employed and earning for family and the remaining 64% respondents' both fathers and mothers are working for family. 7% of the respondents' parents monthly salary is up to Rs. 8,000/= and the remaining 93% respondents' parents monthly salary is above Rs. 8,000.

Table 1 Socio -Demographic Factors of the Respondents

Factors		Number of Respondents (%)	Factors		Number of Respondents (%)
Age	14 years	1 (2%)	Parents Working	Mother	4 (9%)
	15 years	3 (7%)		Father	7 (16%)
	16 years	5 (11%)		both	29 (64%)*
	17 years	5 (11%)	Parents monthly Salary	Up to Rs. 8000	3 (7%)
	18 years	11 (24%)		Above Rs. 8,000	42 (93%)*
	19 years	20 (44%)*	Houses of living	Own house	2 (4%)
Religion	Christian	43 (96%)*		Living with parents	39 (87%)*
	Muslim	1 (2%)		Relatives house	3 (7%)
	Hindu	1 (2%)		Rental house	1 (2%)
Educational Qualification	Below 10 th STD	11 (24%)*	House Type	Hut	1 (2%)
	10 th STD	7 (16%)		Thatched	1 (2%)
	12 th STD	24 (53%)		Tiled	10 (22%)
	Degree	3 (7%)		Cemented	24 (53%)*
Monthly Expenses	Up to Rs. 500	13 (29%)		Katcha	9 (20%)
	Rs. 501 to Rs. 1,000	32 (71%)*	Getting amount from parents	Yes	30 (67%)*
	Above Rs. 1,000	0		No	15 (33%)
Heard about teenage Pregnancy	Friends	14 (31%)*	Purpose of Expenses	Party with friends	5 (11%)
	Sibling	6 (13%)		Shopping	24 (53%)*
	Parents	7 (16%)		Hanging out with friends	5 (11%)
	Others	6 (13%)		Other exp.	11 (25%)
	Not heard	12 (27%)		* Majority	Total

4% respondents are living in their own houses. 87% respondents are living with their parents. 7% respondents are living in their relative's house and the remaining 2% respondents are living in rental house. 2% of the respondents are living in hut and Thatched type house respectively. 22% respondents are living in tiled house. 53% respondents are living in cemented house and the remaining 20% respondents are living in Katcha type house.

67% respondents are getting amount from their parents to meet the expenses and the remaining 33% respondents are not getting amount from their parents to meet the expenses. 11% respondents are spending amount for party with friends. 53% respondents are spending amount for shopping. 11% respondents are spending amount for hanging out with friends and the remaining 25% respondents are spending amount for other purposes.

Reliability Test - Interview Schedule

The Interview Schedule was designed by the researcher with help of published article and previous studies. The reliability test was conducted by the researcher to know the interview schedule is reliable for this study or not. The five point likert scale was used to measure the problems faced by the respondents. The reliability test report is presented in the following table.

Table 2 Case Processing Summary

		N	%
Cases	Valid	45	45
	Excluded ^a	0	.0
	Total	45	100.0
a. Listwise deletion based on all variables in the procedure.			

Table 3 Reliability Statistics - Assurance

Cronbach's Alpha	No of Items
.867	45

The above table shows the reliability statistics of problems faced by the respondents. Cronbach's Alpha is 86.70%, so it shows strong evidence to analysis the data for this study.

Level of Problems Faced by the Unwed Mother during Teenage Pregnancy

Likert five point scale was used to measure the level of Problems faced by the respondents during teenage pregnancy. Ten variables were formulated by the researcher to measure the problems faced by the respondents. The scores were entered in MS Excel and uploaded to SPSS for correlation analysis.

Table 4 Level of Problems Faced by the Unwed Mother during Teenage Pregnancy

Sl. No.	Level of Problems faced by the unwed mother during teenage pregnancy	Number of Respondents	%
1	Low	3	6
2	Medium	11	25
3	High	31	69
	Total	45	100
Mean : 38.687 ; SD : 2.941, Minimum Score : 21.00 Maximum Score : 43.00			

The above table shows the level of Problems faced by the respondents. 6% respondents felt low level, 25% respondents felt medium level and the remaining 69% respondents felt high level of Problems during teenage pregnancy.

The Relationship between the Independent Variables and Problem Faced by the Unwed Mother during Teenage Pregnancy- Correlation

The independent variables are taken to find out relationship with Problem faced by the unwed mother during teenage pregnancy. The independent variables are Age (X1), Religion (X2), Educational Qualification (X3), Monthly Expenses (X4), Heard about teenage Pregnancy (X5), Parents Working (X6), Parents monthly Salary (X7), Houses of living (X8), Type of House (X9) Getting amount from parents (X10), Purpose of Expenses (X11) and Problem faced by the unwed mother during teenage pregnancy (X12) are taken and presented the relationship in the following table.

Table 5 Correlation with Independent Variable with Problem Faced by the Unwed Mother during Teenage Pregnancy

		X1	X2	X3	X4	X5	X6	X7	X8	X9	X10	X11	X12
X1	Pearson Correlation	1											
	Sig. (2-tailed)												
	N	45											
X2	Pearson Correlation	.0421	1										
	Sig. (2-tailed)	.641											
	N	45	45										
X3	Pearson Correlation	.845**	-.067	1									
	Sig. (2-tailed)	.000	.248										
	N	45	45	45									
X4	Pearson Correlation	-.648**	-.074	-.124	1								
	Sig. (2-tailed)	.000	.154	.053									
	N	45	45	45	45								
X5	Pearson Correlation	-.075	.668**	.000	.521**	1							
	Sig. (2-tailed)	.258	.042	.927	.000								
	N	45	45	45	45								
X6	Pearson Correlation	.547**	-.005	.467*	-.558**	-.641**	1						
	Sig. (2-tailed)	.000	.811	.047	.000	.000							
	N	45	45	45	45	45	45						
X7	Pearson Correlation	.632**	-.558**	.491**	-.557**	.647**	.045	1					
	Sig. (2-tailed)	.000	.002	.000	.001	.003	.284						
	N	45	45	45	45	45	45	45					
X8	Pearson Correlation	.674**	-.008	.581**	-.636**	.821**	.214	.841**	1				
	Sig. (2-tailed)	.000	.922	.000	.001	.006	.103	.000					
	N	45	45	45	45	45	45	45	45				
X9	Pearson Correlation	-.614**	.654**	-.828**	.214	-.684**	-.022	-.844**	-.618*	1			
	Sig. (2-tailed)	.003	.000	.001	.065	.000	.941	.000	.022				
	N	45	45	45	45	45	45	45	45	45			
X10	Pearson Correlation	.398	.665**	.047	.668**	.424	.141	.624**	-.228	-.684	1		
	Sig. (2-tailed)	.641	.000	.641	.000	.254	.651	.004	.247	.421			
	N	45	45	45	45	45	45	45	45	45	45		
X11	Pearson Correlation	.984**	-.457**	.658**	.558**	.055	-.284**	-.085	-.674**	.055	.674**	1	
	Sig. (2-tailed)	.000	.020	.000	.000	.394	.000	.684	.000	.266	.000		

	N	45	45	45	45	45	45	45	45	45	45	45	
X12	Pearson Correlation	.846**	.723**	-.547**	.927**	.956**	.684**	-.587*	.899**	.045	.667**	.047	1
	Sig. (2-tailed)	.000	.001	.000	.000	.512	.000	.017	.000	.341	.000	.289	
	N	45	45	45	45	45	45	45	45	45	45	45	45

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

The age (.846), religion (.723), monthly expenses (.927), heard about teenage pregnancy (.956), Parents Working (.684), Houses of living (.899) and Getting amount from parents (.667) have positive and significant correlation with the respondents at 1% significant level.

The educational qualification (-.547) has negative and significant correlation with the respondents at 1% significant level. The Parents' monthly Salary (-.587) has negative and significant correlation with the respondents at 5% significant level.

Findings

The following are the findings of the study.

- Majority (44%) of the respondents fall under the age of 19 years.
- Majority (96%) of the respondents are Christians.
- Majority (53%) of the respondents have studied 12th standard.
- Majority (71%) of the respondents monthly expenses are between Rs.501 to Rs.1000 per month.
- Majority (31%) of the respondents were aware of teenage pregnancy through their friends.
- Majority (64%) of the respondents' parents are working.
- Majority (93%) of the respondents' parents' monthly salary is above Rs.8,000 per month.
- Majority (87%) of the respondents are living with parents.
- Majority (53%) of the respondents are living in cemented house.
- Majority (67%) of the respondents are getting amount from their parents to meet the expenses.
- Majority (53%) of the respondents are spending amount for shopping.
- The age (.846), religion (.723), monthly expenses (.927), heard about teenage pregnancy (.956), Parents Working (.684), Houses of living (.899) and Getting amount from parents (.667) have positive and significant correlation with the respondents at 1% significant level.
- The educational qualification (-.547) has negative and significant correlation with the respondents at 1% significant level.
- The Parents' monthly Salary (-.587) has negative and significant correlation with the respondents at 5% significant level.

Recommendations and Suggestions

The researchers presented the following recommendations and suggestions based on this present study.

- Every School should introduce a subject on Sexual Health for teenage children.
- Awareness on importance of sex education should be organized in such a manner that all female teenagers are covered.
- Parents have an equal responsibility to make their children understand the importance and usefulness of sex education.
- Training, Seminar & workshop on sex education should be primarily given to parents.

- Schools should give sex education differently for both boys and girls so that the students will be comfortable to share their problems related to sex, and can clear their doubts.
- Parents need to play an important role by interacting with their children.
- Teenagers should be fully educated about the consequences of teenage pregnancy.
- Peer counseling programs should involve older teens, who encourage other kids to resist peer and social pressures to have sex.
- Adolescent Training with emphasis on life skill education should be given pertaining to sex, sexual choices, sexual health etc.

Conclusion

It is concluded from the above study that teenage pregnancy results due to the lack of proper guidance from family or from the environment of the teenage victim. As a result of teenage pregnancy the adolescent female is unable to continue her studies further. This in turn ruins her self-confidence and she becomes desperate. A feeling of hopelessness and a very low self-esteem conquers her. These characteristics in fact has a very bad impact, both on the teenager as well as her family. Ultimately it affects the entire family. Therefore teenage pregnancies have to be avoided as it causes a negative impact both physically and morally on the victim. Educational institutions, parents, families on the whole and the society at large has to rise upto the situation, offer sex education compulsorily to adolescent boys and girls. All adolescent females should be made aware of the harmful effects of teenage pregnancy. It is also need of the hour for the law makers of our country to enact laws protecting the interest and the life of young victims both consensual and in rape cases to enhance termination of pregnancies in deserving cases. Law has to be flexible considering the nature and circumstance of such cases depending upon the magnitude of the problem. This measure alone would control and curtail the occurrence of teenage pregnancies. Occurrence of teenage pregnancies would only portray the ignorance of the society. Hence it is the responsibility of one and all of us to see that female adolescents are given sex education and made aware of the bad implications of teenage pregnancy.

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SPOTTING ELEMENTS OF FEMININE INCLINATION IN 'RAVIVARMA' PAINTINGS



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Abstract

Raja Ravivarma is a subject of analytical study even today as a painter who holds current relevance in Indian history for his sheer individuality and eminence achieved through his renowned paintings.

Thematic analysis could be used as an effective method of psychological research to spot elements of feminine inclination from Ravivarma's paintings; such an analysis is extended upon the epic stories portrayed within the paintings too. Peer reviews are utilized in analysis to establish a valid generation of information from the data.

An inductive or bottom up way of analysis is adopted to identify themes from the data in relation with the concerned purpose of research.

Both the manifest and latent themes qualitatively studied for the same; by considering the various facts like the characters, their mode of dressing, body language, facial expression and the Epic story background of paintings. As an artist, Ravivarma's personal life is not a study matter of this particular research; even though the socio-cultural background that formulated Ravivarma as an artist is relevant in figuring out the aims. While analysis the paintings, freedom of a spectator is being adopted for maintaining objectivity.

Keywords: *Feminine Inclination- Woman centric stains woman supportive thoughts and scenes.*

Introduction

Today, fast-forward from the days of the kings and monarchy, the painter Ravivarma remain an un sinking sunbeam on the horizon of the world of painting; it is not only that genuine works of art withstand the torrential times, it is also for the man Ravivarma whose creative, bold resistance to the times as well as the relevance and loftiness of his paintings that ramified beyond the entity as mere art forms.

A study of the works of Ravivarma on these lines can reveal different aspects of his personal life, among other things. Beyond that, a factual study of his art analyses the works in the context of transformation brought about in the attitude towards womanhood and on Indian culture as a whole.

The objective of the study is to unravel the woman centric strains of Ravivarma's paintings by virtue of thematic analysis. The study is limited to the extent of unearthing the pro-woman and woman supportive thoughts and scenes in Ravivarma's paintings, sidelining the discussions and concomitant perplexities encompassing the topic of feminist perspective.

The study also tries to identify the roles played by Ravivarma in the process of social-reformation as an artist; particularly in enhancing the self esteem of Indian women.

Review of Literature

In 1992 kerala lalitha kala academy had published a book entitled "Ravivarma" written by Vijayakumar Menon. This could be considered as a comprehensive description about the life and art works of Ravivarma. It explicitly describes the cultural and historical backgrounds of the creation of Ravi Varma paintings along with the other influences that occurred in the course of his journey. Vijayakumar Menon proceeds by juxtaposing the elements of feministic perspective, the

system of matriarchy, the painter's royal family background and his dexterity in Puranas and 'atakadhas'. The text which has been counted as modern critique of Ravi Varma paintings functions as a leading light in identifying the artist in feminist perspective.

Method

By considering the various facets like the characters, their mode of dressing, body language, facial expression and epic story background the objective of the study is endeavoured to achieve. Conjointly, the personal interests of Raja Ravivarma as a painter, his tastes, imaginative power and his attachments are also dug in by way of the process of thematic analysis. The process of thematic analysis starts with the selection of materials. 15 oil paintings of Raja Ravivarma had been selected purposefully. The material selection was a multistage process; in which experts from the field of art and photography were consulted.

Results and Discussions

Painting 1: Female Gypsy Singer sitting by the road side with her three children which depicts the story of an ordinary mortal compelled to shoulder the burden of a family in the absence of a man. Raja Ravi Varma reaches out to the self sustaining women and children beyond palaces. The painting "gypsies" is an indicator of Ravivarma's extended works beyond the colourful curtains of royal life. The gypsy mother is venting out her sorrows through her song. In the absence of a male parent this self reliant lady is taking care of her three children. The background of this painting reminds the shelter less lives of people. Even in such conditions the baby lying in its mother's lap seems healthy and fatty. This explains how good the mother take cares her children. The faces of the boy and the girl represent their individuality and stages of development. The immature shaven headed boy in self contentment idles away time scratching scabs. The girl between childhood and thoughtful girlhood sits staring at bleak future. A feminine partial attitude is manifest in the visual representations.

Painting 2: Imprisoned lady holding a dagger. This painting deserves consideration as a predominant one when observing in the light of feminine perspective. The dagger held close to the least of the lady portrayed with expressions certain revenge taken and also of pride becomes a symbol of her audacity. Raja Ravi Varma upholds her, self respect by portraying her attired in a sari, a symbol of nobility, even though she in a prison. In a society where dagger and jail are considered monopoly of men even today, the painter illustrates the lady in a bygone century. It is the point of view of a context taken from the inside of a prison that keeps the painting apart. In a sense, it calls on the viewer identification with the situation, that we call prison. As such, the painting shares with the viewer the longing for freedom instead of sympathy or mercy. Her uncombed hair stands a symbol of independent stance.

Painting 3-5: Story of *Sakunthala* through various stages from birth to attainment of heaven is well represented by Ravivarma. The posture of the luring *Menaka* interrupting the celibacy of *Viswamitra*, the poster of the naked thoughtful and self drained *Viswamitra* here begins the *Sakunthala* scenario. Clad in a red sari with dotted white flowers and hair adorned with white garland, the gently portrayed celestial nymph *Menaka* sits beside the naked and gloomy sage after accomplishing her mission as an embodiment of gratification. The depiction represents the victory of woman as well as the discomfiture of man. Then on, by the time of birth of *Sakunthala* the worry of *Viswamitra* grows manifold. By trying to cover his face with left hand and through the negating right one he absolves himself of the responsibility of nurturing the infant *Sakunthala*. *Menaka* in unwavering posture, hair implanted and dressed in a white sari tries to entrust

Viswamitra the duty of fostering the child. It is possible that Raja Ravi Varma picked the thread of the painting from the episode of *Viswamitra's* predicament and consequent abandonment of the child in the forest. The painter questions the prevalent social injustice of burdening women with child upbringing. The climax scene of *Sakunthla's* story illustrated by Ravivarma as *Apsaras Menaka* taking her daughter *Sakunthala*, while she was pregnant and discarded by King *Dushyantha*. This portrays the crucial timely act of a mother to protect her daughter in a crisis situation.

Painting 6: *Sita* taken by Goddess Earth the scene depicting the final journey of *Sita* releasing herself from this world and into the hands of her mother *Bhoomidevi* and the picture of the shocked Rama entails further analysis of Ramayana. The partially occupied seating of Rama in his dais and loosing grip over *Sita* leads Rama up to the heights of helplessness. Two adolescent boys are left with their father to be further nurtured.

Very similar pattern of events are being portrayed by Ravivarma in both of the above mentioned epic stories; safeguards by mothers and parenting responsibility left to father only.

Painting 7- 8: Story of *Harischandran*. Ravivarma portrays two contexts in the *Harischandra* story. One is that of the gentle, honest person who is compelled to sell his dear wife and son unable to payback his debts. The child in this scene extends his hands to the mother, when forcefully pulled away. The other is that of the indifferent *Harischandra* the crematorium grounds man demanding money from *Taramati* who is waiting in distress for want of money to cremate her one and only son. Ravivarma doesn't focus the truthfulness of the much honoured *Harischandra* instead how such attitudes made him a failed, helpless and powerless person and how his family suffered. Such contexts are repeated in the paintings of Ravivarma. *Menaka* returning with her daughter and Goddess earth taking *Sita* from *Sreeram's* court are similar types.

Painting 9: *Mohini and Rugmangada*. Lord *Vishnu* Sends *Mohini* the celestial enchantress down to earth to test King *Rugmangada's* devotion to him by beguiling him with the *apsaras*. The mythological context portrayed is her ordering *Rugmangada* to slay his only child *Dharmangada* for continuing his worship ceremony to lord *Vishnu*. Totally helpless *Rugmangada* stands devastated with left palm close to his chest and a sword in the right looking at the skies unable to take a decision. *Sandhiavali* the mother acquiesces in the lap of her mother, unable to witness the scene. *Mohini* enacts the entrusted role beautifully. Ravivarma's brush adds elegance to the moment of victory of *Mohini* while condemning *Rugmangada* to slay his own child. Ravivarma presents before us the inadequacies of *Rugmangada* in contrast to the cleverness and quick wittedness of *Mohini* through the dramatic scene is to end auspiciously in the next moment.

Painting 10: *Nala and Damayanti*. Yet again Raja Ravivarma paints a disloyal *Nala* slipping away like a thief leaving the sleeping *Damayanti* alone in wildness in the night. *Nala* is drawn as symbol of an inept individual who eventually lose his own country wealth and even wife. The innocent *Damayanti* sleeping unaware of the developments keeps alive her persona. *Damayanti*, who is able to sleep in the dense forest devoid of comforts of a palace, remains a symbol of Ravivarma's feminine partial perspective.

Painting 11: *Shanthanu and Ganga*. Having the purpose of liberating eight celestial priests (*Ashtavasuk*) from the curse to live a life in earth, *Ganga* marries *Shanthanu* with the promise not question her actions. She drowns their seven children. But the devastated *Shanthanu* confronts *Ganga* when she tries to drown the eighth child. She abandons *Shanthanu* for breaking the promise. Portray of the helplessness of a man running in, from a distress pleading not to leave

him alone. *Ganga* waving farewell with her left hand and the infant in the right retreats with gratification of fulfilling the designs of her avatar.

Painting 12: *Urvasi and Pururavas*. It is to be considered that love between the apsaras of Heaven and men on earth remained an interesting topic for Ravivarma. The story of *Urvasi and Pururavas* is such an enchanting one. *Urvasi* was allowed to live with *Pururavas* only until him seeing her uncovered. Ravivarma endows *Pururavas* the man with most pitiable of expressions bursting into tears and he cries like a child holding the tip of her sari begging her not to leave him alone soon after the first bare sight.

Painting 13: Galaxy of musicians is a record of different types of attire existed in the then India. Some play different musical instruments; while some enjoy the music. Kerala, Tamil, Punjab, Gujarat, Kashmir, Bengal, North-East and English are presented in their paintings Ravivarma successfully reproduces the women of the time and their attire. It can be assumed that the woman with a hat in the back row is an English woman. The subjugated Indian women under the British rule are presented with ample respect probably with more importance in the painting.

Painting 14: Lady giving alms, the manifested theme in this painting certainly is a sharing moment, its significance inhabitants in the socio economic status of the both characters. It was too futuristic for Ravivarma to imagine a reformed social order in which an upper class lady providing the devotions from a temple to a lower class boy. The artist finds a role for women in participating social reformations.

Painting 15: The suckling child, *Yesoda* being the step mother of Krishna is immersed in her maternal responsibility regardless of modest concerns. The left hand is safe guarding Krishna while her right hand is in a position mimicking Lord Krishna's posture (anandasayanam). This could be the best one as a mother she could assign. This is the common body language pattern Ravivarma adopted throughout his paintings. Mothers of 'post modern' Indian society still confused, searching for privacy are missing the elegance of Ravivarm's *Yesoda*.

Table 1 Representations of Male and Female Characters of Selected Ravivarma Paintings

Samples Selected	Representation of Male	Representation of Female
1. Female Gypsy singer	Immature.	Independent, anxious
2. Imprisoned lady	Absent.	Strong, firm.
3. Story of Sakunthala	Bare, embarrassed,	Modest, composed, romantic
4. Story of Sakunthala	Helpless, disturbed	Determined, stern, assertive
5. Story of Sakunthala	Absent	Caring, affectionate
6. Sita & Goddess earth	Helpless, Shocked	Stable, sad
7. Story Harischandran	Helpless,	Helpless
8. Story Harischandran	Discarded	Sad, traumatic
9. Mohini&Rugmangada	Helpless, confused	Stubborn, rude, cruel
10. Nala & Damayanthi	Tricky, irresponsible	Innocent
11. Ganga & Shantanu	Helpless, confused	Accomplished, cruel
12. Urvasi & Pururavas	Helpless, childlike	Nude, separated
13. Galaxy of musicians	Absent	Professional , amused
14. Lady giving alms	Poor	Generous
15. The suckling child.	Naughty	Nude, composed

Table 1 Concludes the core status of womanhood as better as and healthier than that of manhood in selected paintings of Ravivarma.

Major Findings of the Study

The samples collected were observably indicating pro-women approaches of the artist. The representation of male characters most of them are in a discarded or helpless and embarrassed status. Ravivarma paintings do provide an extra ordinary outlook for females; Women with elegance, pride and stature.

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Appendix: Selected Paintings of Raja Ravivarma for this Particular Study



1. Female Gypsy singer, 2. Imprisoned Lady, 3-5. Story of Sakunthala



6. Sita taken by Goddess Earth 7-8. Story of Harischandran



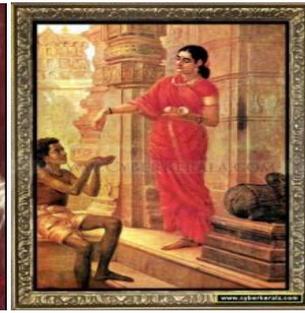
9. Mohini & Rugmangada 10. Nala & Damayanti 11. Ganga & Shantanu



12.Urvashi&Pururavas



13.Galaxy of musicians



14.Lady giving alms



15.The suckling child

A DESCRIPTIVE STUDY ON DECISION MAKING OF ELECTED WOMEN REPRESENTATIVES OF PANCHAYAT RAJ INSTITUTIONS IN TIRUCHIRAPPALLI



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Abstract

Women's participation in decision making processes is based on the self-confidence and their self-esteem. Increase in knowledge and economic self-sufficiency will motivate them to take part in all aspects of decision-making. The barriers in participation is caused by the stereotypes. This attitude results in assigning women's influence to the private circle and men's to the public sphere. The reservations, positive action and the feasible environment to improve the participation of women in decision-making forums has failed in ensuring their level of participation in such forums. Every citizen of a country both men and women have rights to take part in the policy making

government bodies of their own country. The women's empowerment and their autonomy and the improvement of their socio economic condition and political prominence are essential for the achievement of apparent and responsible governance in all areas of human life. The present study focused on the involvement of the elected women representatives in the decision making processes in gram panchayats of 4 blocks in Tiruchirappalli district.

Keywords: Participation, Empowerment, Elected Women Representatives, Panchayat Raj Institutions and Decision Making

Introduction

Involvement of people's participation in decision making political process is essential for the sustainable economic growth and social development of any country. The Panchayat Raj Institution is the traditional way of local self-governance system in India, which dates back to more than 1000 years of its existence.

Women in Decision Making in Panchayat Raj Institutions

Decision making is a process of selecting the best among the different alternatives available to them. It is nothing but an act of making a choice. Decision making is defined as the selection of choice of one best alternative. Before making decisions all the other alternatives need to be assessed from which positives and negatives are known. It helps to make the best decisions. According to Stephen P. Robbins, "decision making is defined as the selection of a preferred course of action from two or more alternatives." The elected women representatives of three tier panchayat raj institutions were also given more alternatives and choices to decide for their likelihood of participation in the local governance. The operational definition of decision making is, the decision making as perceived by the elected women representatives in the present study has been measured using the Decision Making Questionnaire by French DJ, West RJ, Elander and Wilding JM (1993).

Reservation of Seats in the Panchayats for Women

As per the provisions in 73rd Constitution Amendment, women have come forward to occupy their seats in local governance and started to demonstrate their capacities and abilities to hold such positions and fulfill the mandate of their constituency. With every local body elections,

women have been able to enlarge their representation to more than 33 per cent prescribed and reserved for them in the amendment.

Research Methodology

Main Objectives of the Study

- To understand and report the socio-demographic background of the elected women representatives to Gram Panchayats of the area under study.
- To study the involvement of elected women members in decision making.
- To study the problems and difficulties faced by the elected women representatives of Gram Panchayats.
- To suggest suitable measures for the effective contribution of women in Gram Panchayats.

Research Design

The main purpose of the study is to know the level of women's participation in decision making process that prevailed among the elected women representatives in Panchayat Raj Institution. It is also intended to understand the extent of women's decision making power in the Panchayat Raj Institutions, hence the researcher has adopted descriptive research design for this study.

Universe

The universe of the study comprised of elected women representatives of village panchayats in the 14 blocks of Tiruchirappalli district numbering 1,303. The details are as follows

Sl. No.	Name of the Block	Total Elected Members	Total Elected Women Members	Percentage of Elected Women Members
1	Anthanallur	210	80	38.09
2	Lalgudi	379	141	37.20
3	Manachanallur	312	118	37.82
4	Manapparai	200	73	36.50
5	Manikandam	186	75	40.32
6	Marungapuri	366	136	37.15
7	Musiri	273	97	35.53
8	Pullambadi	267	98	36.70
9	Thathangaiyarpuram	209	80	38.28
10	Thottiam	232	90	38.79
11	Thuraiyur	291	123	42.27
12	Thiruverumbur	174	63	36.21
13	Uppiliapuram	177	72	40.68
14	Vaiyampatti	168	57	33.92
	Total	3,444	1,303	37.83

Source: Tamil Nadu State Election Commission Report - 2012

Sample

In order to collect data, Multi-Stage Random Sampling was adopted. At the first stage, out of 14 blocks in Tiruchirappalli, 4 blocks were selected using Simple Random Sampling i.e., Lottery Method. At the second stage, from the 4 blocks elected women representatives of Village Panchayats were sampled (224) using proportionate stratified random sampling method. Hence, the sample size is 224 (66.66%).

Sl. No.	Name of the Block	Total Elected Members	Total No. of Elected Women Members	Total Members Selected for the Study	Percentage of Respondents Covered
1	Anthanallur	210	80	53	66.7
2	Manachanallur	312	118	79	66.7
3	Manikandam	186	75	50	66.7
4	Thiruverumbur	174	63	42	66.7
	Total	882	336	224	66.66

Tool Used

Decision Making Questionnaire by French DJ, West RJ, Elander and Wilding JM, in the year 1993. The internal consistencies for the scale was found to be $\alpha = 0.618$.

Analysis of Data

The data collected for the study was subjected to appropriate statistical analysis using SPSS. Both descriptive and inferential statistics was applied.

Limitations of the Study

The researcher did have some limitations. They are as follows:

- Study conforms itself to the region of selected geographical area.
- Some women did not cooperate and their responses remained partially unrevealed.
- Some of the women were afraid and hence, at the time of interview they refused to express their genuine responses.
- Some women were suspicious of the intentions of the investigator and they did not respond properly.

Analysis and Interpretation

Distribution of the Respondents by their Socio-Demographic Characteristics

	Variables	Frequency (n=224)	%
Block	Anthanallur	53	23.7
	Manikandam	50	22.3
	Thiruverumbur	42	18.8
	Mannachanallur	79	35.3
Age	Below 30	08	03.5
	31 - 40	91	40.5
	41 - 50	121	54.0
	Above 51	04	02.0
Educational Qualifications	Primary Education	105	47.0
	Middle School	100	44.6
	High School	18	08.0
	Hr. Sec. School	01	0.4
Type of Family	Joint Family	73	32.6
	Nuclear Family	151	67.4
Monthly Income	Below Rs. 5,000	42	18.8
	Rs. 5,001 - 10,000	157	70.1
	Above Rs. 10,001	22	09.8
Occupation	Business	154	68.8
	Private	51	22.8
	Coolie	13	5.8
	Home Maker	06	2.7
Member in Self Help Group	Yes	179	79.9
	No	45	20.1

From the above table it is seen that most (35.3 %) of the respondents are from Manachanallur block, Majority (54%) of the respondents are from the age group of 41 - 50 years and 47 % of the respondents have studied upto primary standard. It is also seen that majority of the respondents (67.4 %) are from nuclear family set up, 70.1 % of the respondents reported that their family monthly income falls between Rs. 5,001 - 10,000, 68.8 % of the respondents reveal that business is their source of income and 79.9 % of the respondents are having membership with local Self Help Groups.

Distribution of the respondents by their Panchayat Raj Institution Profile

	Variables	Frequency (n=224)	%
No. of times contested in local body elections	Once	153	68.3
	Twice	62	27.7
	Thrice	9	4.0
No. of times elected for local body	Once	181	80.8
	Twice	42	18.8
	Thrice	1	0.4
Reason for contesting in Local Body Elections	Self Interest	93	41.5
	Family's Completion	10	4.5
	Community Completion	60	26.8
	Women's Completion	61	27.2
Affiliation to Any Political Party	Yes	84	37.5
	No	140	62.5

The above table reveals that majority (68.3 %) of the respondents have informed that they contested first time in local body elections, further 80.8 % of the respondents reported that they were elected first time for the local bodies. Most (41.5 %) of the respondents informed that self-interest was the reason for contesting in local body elections and 62.5 % of them reported that they are not affiliated to any political parties.

Distribution of Respondents by their Perceived Levels of Decision Making

S. No.	Variables	Frequency (n=224)	%
1	Thoroughness		
	Low	140	62.5
	High	84	37.5
2	Control		
	Low	141	62.9
	High	83	37.1
3	Hesitancy		
	Low	129	57.6
	High	95	42.4
4	Social Resistance		
	Low	132	58.9
	High	92	41.1
5	Optimising		
	Low	141	62.9
	High	83	37.1
6	Principled		
	Low	159	71.0
	High	65	29.0
7	Instinctiveness		
	Low	154	68.8
	High	70	31.3
8	Decision making Total		
	Low	122	54.5
	High	102	45.5

It is evident from the above table that majority of the respondents (54.5%) have perceived a low level of decision making. With regard to its sub dimensions majority of the respondents have perceived low levels of Thoroughness (62.5%), Control (62.9%), Hesitancy (57.6%), Social Resistance (58.9%), Optimising (62.9%), Principled (71%), and Instinctiveness (68.8%).

Association between the Respondents belonging to any Political Party and their Perceived Decision Making

S. No.	Belonging to any Political Party	Decision making Total		χ^2
		Low	High	
1	Thoroughness			0.996
	Yes	49	35	df=1
	No	91	49	P>0.05
2	Control			0.001
	Yes	53	31	df=1
	No	88	52	P>0.05
3	Hesitancy			0.147
	Yes	47	37	df=1
	No	82	58	P>0.05
4	Social Resistance			0.492
	Yes	47	37	df=1
	No	85	55	P>0.05
5	Optimising			2.819
	Yes	47	37	df=1
	No	94	46	P>0.05
6	Principled			5.377
	Yes	52	32	df=1
	No	107	33	P<0.05
7	Instinctiveness			5.325
	Yes	50	34	df=1
	No	104	36	P<0.05
8	Decision making Total			4.613
	Yes	38	46	df=1
	No	84	56	P<0.05

It is inferred from the above table that, there is a significant association between the respondent's belonging to political party and their decision making and its sub dimensions namely principled and instinctiveness. There is no significant association between the other sub dimensions namely thoroughness, control, hesitancy, social resistance and optimising.

Relationship between the Age of the Respondents and their

S. No.	Variables	Coefficient Value	Significance
1	Thoroughness	0.118	P>0.05
2	Control	-0.097	P>0.05
3	Hesitancy	-0.056	P>0.05
4	Social Resistance	-0.012	P>0.05
5	Optimising	0.061	P>0.05
6	Principled	-0.063	P>0.05
7	Instinctiveness	0.105	P>0.05
8	Decision Making Total	0.015	P>0.05

Principled, and Instinctiveness.

Perceived Levels of Decision Making

It is evident from the above table that there is no significant relationship between the Age of the respondents and their perceived levels of Decision making and its sub-dimensions namely Thoroughness, Control, Hesitancy, Social Resistance, Optimising,

Inter Correlation Matrix between the Sub Dimensions of Decision Making

Variables	Thoroughness	Control	Hesitancy	Social Resistance	Optimising	Principled	Instinctiveness	D M Total
Thoroughness	1.000							
Control	0.050	1.000						
Hesitancy	0.102	0.402**	1.000					
Social Resistance	0.318**	0.140*	0.192**	1.000				
Optimising	0.298**	0.074	0.089	0.213**	1.000			
Principled	0.188**	0.233**	0.180**	0.145*	0.063	1.000		
Instinctiveness	.224	.224	.224	.224	0.134*	0.216**	1.000	
D M Total	0.617**	0.581**	0.578**	0.581**	0.475**	0.466**	0.503**	1.000

* Significant at 0.05 Level ** Significant at 0.01 Level

The finding of the above table reveals that there is a significant positive relationship between the Decision making levels of the respondents and their sub-dimensions namely Thoroughness, Control, Hesitancy, Social Resistance, Optimising, Principled, and Instinctiveness. Further it is seen that there is a significant positive relationship between Hesitancy and Control, between Social Resistance and Thoroughness, Control, Hesitancy, between Optimising and Thoroughness, Social Resistance, between Principled and Thoroughness, Control, Hesitancy, Social Resistance, between Instinctiveness, Optimising, Principled.

Major Findings

- Most (35.3 %) of the respondents are from Manachanallur block
- Majority (54%) of the respondents are from the age group of 41 - 50 years
- Majority of the respondents (67.4 %) are from nuclear family set up
- 70.1 % of the respondents reported that their family monthly income falls between Rs. 5,001 - 10,000,
- 68.8 % of the respondents reveal that business is their source of income
- 79.9 % of the respondents are having membership with local Self Help Groups.
- Majority (68.3 %) of the respondents have informed that they contested first time in local body elections
- 80.8 % of the respondents reported that they were elected first time for the local bodies.
- Most (41.5 %) of the respondents informed that self-interest was the reason for contesting in local body elections
- 62.5 % of them reported that they are not affiliated to any political parties.
- Majority of the respondents (54.5%) have perceived a low level of decision making
- There is a significant association between the respondent's belonging to political party and their decision making and its sub dimensions namely principled and instinctiveness.
- There is no significant association between the other sub dimensions namely thoroughness, control, hesitancy, social resistance and optimising.

- There is no significant relationship between the Age of the respondents and their perceived levels of Decision making and its sub-dimensions namely Thoroughness, Control, Hesitancy, Social Resistance, Optimising, Principled, and Instinctiveness.
- There is a significant positive relationship between the Decision making levels of the respondents and their sub-dimensions namely Thoroughness, Control, Hesitancy, Social Resistance, Optimising, Principled, and Instinctiveness.

Suggestions

Mere quotas and reservation of seats for women will not ensure the active involvement of women in decision making of Panchayat Raj Institutions. Educational background, patriarchal values, lack of experience, responsibilities at home, restricted access and control over their income and other resources, restrictions to public spaces and insensitive legal system are keeping the women stay away from effective involvement in decision making processes. Most of the decisions were taken in their absence and often leaving their concerns unaddressed.

To overcome these barriers and to ensure women's involvement in decision making and empowerment, certain legal provisions should be made which mandates a minimum quorum of women in every panchayat level decision making meetings and Gram Sabha meetings. Such acts of positive coercion will help women to change their perceptions about themselves and to gain a sense of empowerment and to take part in the decision making local bodies. The researcher also recommends that the Government should make necessary amendments in the law to provide for special quorum for women in such meetings to stop the proxy attendance of their male counterparts and make sure their unique contributions to the important decisions are recognized.

Conclusion

A good combination of legal provisions, government policies, advocacy and lobbying, social action and self awareness among rural women will eventually result in elected women representatives becoming part of the mainstream panchayat raj power sharing and decision-making.

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WORK LIFE BALANCE AMONG MARRIED WORKING WOMEN IN IT SECTOR AND SOCIAL GROUP WORK INTERVENTION



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Introduction

Women from the early century were much restricted in home bound activities and among those who worked were employed in factories, fields and flocks. Only a small amount of women had the entry to higher education which paved entry into different career. But this has indeed become a tough challenge for women as they have to perform a lot of duties in home and office as well. The challenge of working women to integrate, organize and balance the various struggle and actions in their different roles simultaneously puts them under tremendous pressure. Social Group Work intervention aids to reduce this work and family pressures, and helps the women to have a balanced work/family life.

Social Group Work

Social Group Work is defined as a method of social work whose purpose is the enhancement of the psychosocial functioning of individuals and improvement of their environments (Trecker, 1948). Enhancement of functioning includes both prevention and treatment. The small group is the appropriate modality of practice when a person's need can be met through interaction with others, as distinguished from help in a one-client-to-one-practitioner situation.

Group work is often spoken as character building" in its effect, and in this sense it is rather closely related to the aims of social case work. To a considerable measure, the character building results of social group work refer to the overall contributions of the process to the strengthening of wholesome living for individuals within the community, and to the nature of the activities in which such groups engage. Group work is based on the fact that all human beings have basic, common needs, including some which can be satisfied through group association.

Social Group work, therefore, is not primary therapeutic, except in a very broad sense. In the application of knowledge to the group work situation, the professional worker uses a whole variety of methods depending on the nature of the group.

Group Work - A More Productive Method

The present research has been carried out by following Social Group Work Method. While considering social group work as a method of intervention, it is meant as an orderly, systematic planned way of working with people in groups. It is a method wherein people as individuals, in groups or in a social agency setup are helped by a professional trained social worker who guides their interaction in program activities so that they may relate themselves to others and experience growth opportunities in accordance with their needs and capacities to the end of

individual, group and community development. In social group work, the group itself is utilized by the individual with the help of social worker as a primary means of personality growth, change and development. Social workers can apply this method with groups of people who have personality problems, behaviour disorders in family, schools, homes, *etc.*, (Gupta, 1998).

Purpose of Social Work with Groups

In 1964, the committee on practice of group work part of the national association of social workers proposed that group work was applicable for the purposes such as corrective treatment; prevention, normal social growth and development; personal enhancement; and citizenship indoctrination (Hartford, 1964). Common needs addressed by social work groups include amongst other reasons coping with major life transitions and the need to improve social relationships; the needs to cope with illness; and to cope with feelings of loss or loneliness.

Married Working Women as Work Groups

Work-life balance among married working women is a serious question to be interrogated. Therefore it becomes imperative to bring out the balance between work and life. This balance could be brought to them through the intervention of Social Group Work. The social group activities could be organized by forming a working group by involving women from different business organizations and from different departments.

Working groups are formed to produce a product or outcome external to the group itself. These groups seek to fulfill a specific function for the organization, community, or social movement of which they are part of. Others have used such terms as task groups, administrative groups, groups in organizations, and citizen groups to distinguish such groups from other groups whose primary purpose is to bring about change in the members themselves through the processes of group treatment or group therapy or through psycho educational experiences (Ephross and Vassil, 1998). Conscious of its limitations, the following are a few examples of working groups: Administrative groups within larger organization, Groups within advocacy organizations that represent and seek to advance the interest of particular populations, Groups within professional and multi professional organization; and Groups composed of organization representatives.

Work/Life Balance

Work/life balance, in its broadest sense, is defined “as a satisfactory level of involvement or ‘fit’ between the multiple roles in a person’s life”. Although definitions and explanations vary, work/life balance is generally associated with equilibrium, or maintaining an overall sense of harmony in life. The study of work/life balance involves the examination of people’s ability to manage simultaneously the multi-faceted demands of life. Thus, achieving balance needs to be considered from multiple perspectives.

Hudson, 2005: “Work-life balance, in its broadest sense, is defined as a satisfactory level of involvement or, fit between the multiple roles in a person life”.

Kofodimos, 1993: According to Kofodimos, work-life balance refers to “a satisfying, healthy, & productive life that includes work, play, & love.

Family-work conflict and work-family conflict are more likely to exert negative influences in the family domain, resulting in lower life satisfaction and greater internal conflict within the family. Variables such as the size of family, the age of children, the work hours and the level of social support impact the experience of Work Family Conflict and Family Work Conflict.

The need to balance these different roles simultaneously is a reality for most individuals at various stages throughout their lives, forcing women to perform multiple roles.

Multiple role-playing has been found to have both positive and negative effects on the mental health and well-being of professional women. In certain instances, women with multiple roles reported better physical and psychological health than women with less role involvement. In other words, they cherished motivational stimulation, self-esteem, a sense of control, physical stamina, and bursts of energy. However, multiple roles have also been found to cause a variety of adverse effects on women's mental and physical health, including loss of appetite, insomnia, overindulgence, and back pains.

Work life balance is more important to women than men, because women has to work with the career outside the home and has to work for their family in her home. Sociologists describe women as struggling to achieve the "male standard" at work, while trying to maintain the perfect wife and mother standards at home. While trying to achieve those standards, women are losing their balance in both work and family. This affects the person's physical, emotional and social well-being. Thus, achieving work life balance is a necessity for working women to have a good quality of life. To achieve this work-life balance Social Work intervention - Social Group Work intervention was given to the respondents. Thus the study aims at enhancing the work-life balance of the married working women in the IT sector, through social group work intervention.

The Psycho Educational Interventional Model for Work-Life Balance

Intervention theory and practice is a particularly important area of exploration within social group work - and an area where it has a great deal to contribute to the knowledge base of Social Work. The typology of group formed by the researcher is Working Groups/ Task Group, and the Psycho-educational Approach is used as the basic Intervention Strategy.

Psychoeducational groups are intended to enhance participant knowledge and behaviour change, through an emphasis on educational strategies akin to those used in a classroom (Yalom, 1995). The rationale behind a psycho-educational approach is that, with a clear understanding of the mental condition, and self-knowledge of own strengths, community resources, and coping skills, the individual is better equipped to deal with the problem and to contribute to his or her own emotional well-being. The core psycho-educational principle is: education has a role in emotional and behavioral change. With an improved understanding of the causes and effects of the problem, psycho-education broadens the person's perception and interpretation of the problem, and this refined view positively influences the individual's emotions and behavior.

Psychoeducation in social group work is theme-focused, time-limited, structured group work, with a number of characteristics such as issue specificity, goal directedness, a structured protocol that emphasises learning, a high level of leader direction, an emphasis on skill acquisition, and a time-limited duration, providing a supportive, experiential environment with education, empowerment, role modeling and skill building (Brown, 1998). Psychoeducational groups are being used routinely in social work with stressed populations as diverse as the mentally ill, sexually assaulted, women, martially distressed couples, and women in substance abuse treatment learning parenting skills (Turner, 2008).

Objectives of the Study

General Objective

To study Social Group Work as an outcome based method in enhancing the Work life-balance.

Specific Objectives

- To find out the Work life-balance among the respondents (levels of work interference with personal life , personal life interference with work and work/personal life enhancement)
- To study the benefits of Social Group Work Intervention in enhancing the Work Life Balance.
- To study the outcomes (both work and non-work related) of Social Group Work.

Research Methodology

The study was conducted with respondents' from few Information Technology firms in Chennai. The research design used was descriptive design. The sampling technique used was non-probability sampling and the method adopted was the Purposive Sampling. Questionnaire was the tool used for collecting the data. The Work life balance was measured with a 15 item scale adapted from an instrument reported by Fisher-McAuley, et al. (2003). The scale is designed to assess three dimensions of work life balance: work interference with personal life (WIPL), personal life interference with work (PLIW), work/personal life enhancement (WPLE). The final Cronbach alpha values for the three factors include .93 for WIPL, .85 for PLIW, and .69 for WPLE. A structured questionnaire was used to study the benefits of Social Group Work Intervention.

Results and Discussions

Table 1 Demographic Details

Working Hours	Frequency	%
7 - 8 hours	8	13.3
8 - 9 hours	46	76.7
10 -12 hours	6	10
Total	60	100
Children of the respondents are cared by	Frequency	%
Spouse	20	33.3
Parents	30	50
Servants	5	8.3
Crèche / day care centers	5	8.3
Total	60	100
Hinder in balancing commitments	Frequency	%
Overtime	13	21.7
Work continues from office to home	36	60
Negative attitude of the Spouse	11	18.3
Total	60	100

It is derived from the table that 76.7 percent of the respondents work eight to nine hours in a day. The standard workweek in India for most office jobs begins on Monday and ends on Saturday. Work schedule is forty eight hours per week, Sunday being rest day. Due to power shortage in some states, industrial areas have power shutdown on staggered days of the week across the state. Hence each area may follow a different rest day for industry. Almost all industries follow standard forty eight hours week. The company strictly follows the various provisions under Factories

Act on working hours in a factory that restricts the women to work for more than forty eight hours in a week or nine hours in a day. The role of children in any family is very significant. They add colour to the life's of others in the family. Majority of the respondents have children. For a mother who is also working, rearing children seems to be of higher responsible role, which adds heaviness in the roles she's performing which makes work life balance impossible. It is inferred from the table that fifty percent of respondent's parents helps in taking care of their child or children. Thirty three percent constitutes spouse and fourteen percent constitutes servants in taking care of the respondents children. Sixteen percent of respondents depend on crèches or day care centre for taking care of their children during office hours. Apart from these the table also portrays the other hindrances in acquiring balance. Sixty percent of the respondents said that they carry work from office to home, 21.7% said that it is because of overtime they are not able

to acquire work life balance and 18.3% of them said that it is the negative attitude of their spouses on their official work.

Webster (2002) in a study on “Family and Work Life balance” opined that family structures and female roles vary across countries, but overall, women continue to be the primary provider for domestic and childcare responsibilities. Aryee and Luk (1996) in a study of two hundred and seven dual earner couples in India found that men significantly identified more with the work role, had more experience in the workforce, and perceived more spouse support. In contrast, women significantly, identified more with the family role, had main responsibility for childcare, spent more time per week with the children and perceived more need for family responsive policies.

Table 2 Distribution of Work Life Balance

Work Interference Vs Personal Life	Frequency	(%)
7-14 (Manageable)	2	3.3
14-21 (Medium)	39	65
21-28 (Less Balance)	19	31.7
Total	60	100
Personal Life Interference Vs Work	Frequency	(%)
4-12(Low)	12	20
12-16 (Medium)	36	60
16-20(High)	12	20
Total	60	100
Work/Personal Life Enhancement	Frequency	(%)
4-12(Low)	6	10
12-16 (Medium)	40	66.7
16-20(High)	14	23.3
Total	60	100

The above table was studied to assess if the participants currently feels that they had a balance between work and life. The scale contributed by Jeremy Hayman was used to assess the levels of Work Life Balance. The major statements of the scale were personal life suffers because of work, job makes personal life difficult, neglect personal needs because of work, put personal life on hold for work, miss personal activities because of work, struggle to juggle work and non-work. Personal life drains me of energy for work, too tired to be effective at work, and Work suffers because of personal life, hard to work because of personal matters, Personal Life gives me energy for my job, Job gives me

energy to pursue personal activities, Better mood at work because of personal life, Better mood because of my job. It is inferred from the above table that the work interference with personal life was scored moderate (WIPL), personal life interference with work (PLIW) was indicated as moderate and work or personal life enhancement (WPLE) was also moderate among the respondents.

Table 3 Outcomes of Social Group Work

Work related Outcomes	No. of Respondents	Non-work related Outcomes	No. of Respondents
Job / Work satisfaction	28	Marital satisfaction	30
Career satisfaction	30	Family satisfaction	30
Organisational commitment	25	Life satisfaction	25
Employee turnover	20	Leisure satisfaction	21
Reduced absenteeism	28	Burnout	20
Job performance	30	Health outcomes	24
		Family performance	30

No. of Respondents = 30

Table 3 depicts the various outcomes of both Work related and Non-work related Social Group Work interventions pigeonholed as presented. It is interesting to note from the table that:

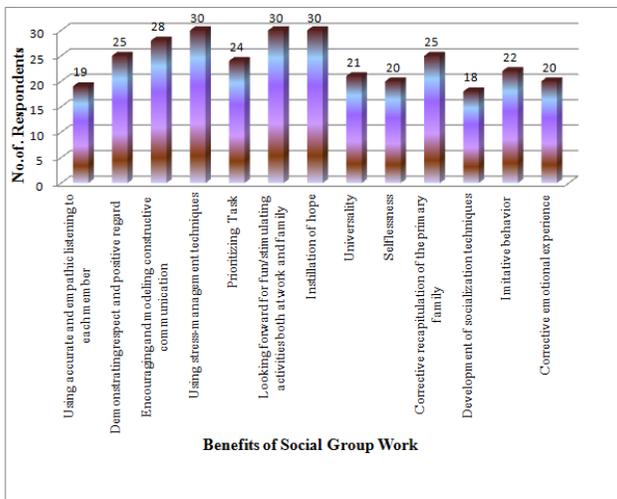
Work Related Outcomes

It is alluring to note that all the respondents studied under this category (100%) expressed satisfaction over their career, and their job performance. While 28 respondents each (93.33%) articulated satisfaction in their job/work and reduced absenteeism, 25 respondents (83.33%) opined dedication towards organizational commitment and 20 respondents (66.67%) addressed on employee turnover.

Non-Work Related Outcomes

It is exciting to note that all the respondents studied under this category (100%) had the benefit of marital satisfaction, family satisfaction, and family performance. While 25 respondents (83.33%) expressed that they had life satisfaction, 21 respondents (70%) experienced leisure satisfaction. Twenty four respondents (80%) opined that they suffered from health outcomes and 20 respondents (66.67%) endured burnout.

Fig 1 Benefits of Group Work



In order to enhance the work-life balance group work intervention was given to the respondents and thereby they had identified the following benefits of Social Group Work, which can be viewed in the above figure. The benefits are using accurate and empathic listening to each member, demonstrating respect and positive regard, encouraging and modeling constructive communication, using stress-management techniques, prioritizing task, looking forward for fun/stimulating activities both at work and family, instillation of hope, universality,

selflessness, corrective recapitulation of the primary family, development of socialization techniques, imitative behavior and corrective emotional experience.

Other Main Findings

Some of the main findings from the research are as follows:

- Almost 90%, of the respondents said that they work to meet the expenditure of taking care of dependents.
- Seventy five percent of women employees work six days in a week.
- Eighty two percent of the respondents work eight to ten hours in a day.
- Forty percent of respondents spend two to three hours with their children in a day.
- Eighty three per cent of respondents said that the change, which they anticipate on work-life balance should be complete balance or Neutral.
- Eighty Four Percent of the respondents support opinion on having work life balance for the success of the organization.

Conclusion

Employees within this recent era are reported to experience increasing issues of stress and stress related work. Because it seems they are faced with the challenge to combine various and numerous tasks and roles both at home and at the work place. At the home; they play the role of a mother and a wife amongst others, and at the work place, they play various roles based on their job descriptions. A factor that has further escalated this situation of “work and life balance” is the rapid growth of technology across the globe which has affected various organizations; both public and private businesses. Studying and putting various pragmatic measures for WLB is therefore expedient for all Organizations. Social Group work, therefore, was applicable for the following purposes: corrective treatment; prevention, normal social growth and development, personal enhancement, and citizenship indoctrination. Common needs addressed by social work groups include coping with major life transitions; the need to improve social relationships; and the need to cope with illness; and the need to cope with feelings of loss or loneliness; amongst other reasons.

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LOCUS OF CONTROL AND SUBJECTIVE HAPPINESS AMONG EMPLOYED AND UNEMPLOYED MARRIED WOMEN



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Abstract

Locus of control is the degree to which people believe that they have control over the outcome of events in their lives, as opposed to external forces beyond their control. Happiness is a mental or emotional state of well-being which can be defined by positive or pleasant emotions ranging from contentment to intense joy. The research aims at understanding the relationship between locus of control and subjective happiness among employed and unemployed married women. The age group of the sample chosen for the study will be 20-40 years. This is an ex-post facto research design and uses

survey method for data collection. It employs the Rotter-locus of control scale by Rotter (1966) and Subjective Happiness Scale (SHS) by Lyubomirsky, S., & Lepper, H., (1999). Convenient Sampling technique will be used with a sample size of 100. Pearson product moment correlation and t-test are the statistical tools used for the study. The study will help in understanding the individual difference in locus of control and subjective happiness among employed and unemployed married women.

Keywords: *locus of control, subjective happiness, employed, unemployed.*

Introduction

Locus of control is the extent to which people believe they have power over events in their lives. It is subdivided into two, internal locus of control and external locus of control. Internal locus of control is a person believes that he /she can influence events and their outcomes. External locus of control is a person blames outside source for everything. (Rotter Julian, 1950)

Happiness is a state of well-being that encompasses living a good life that is, with a sense of meaning and deep satisfaction. It is happiness is mental or emotional states of well-being which can be define by positive or pleasant emotions ranging from contentment to intense joy. Happy mental states may reflect judgments by a person about their overall well-being. (Anand P,2016)

Happiness can be defined in four aspects, free of physical sufferings, illness or disabilities; Being socially acceptable, getting along with other people, being respected and cared for, not being isolated; free of worries and hardships , being able to live a carefree and joyful life; and Possessing a healthy , normal mind , being accepted by the society.

Need for the Study

With an increase in the rate of employability among women in the recent days and with a need to strike a balance between personal life and work life, we wanted to study if employment has impact on one's happiness and the sense of control one has over life.

Review of Literature

Bharvad G (2016) did a comparative study with employed and unemployed women on psychological well-being. The research indicated the employed women's external locus of control is better than the unemployed women.

RamezaniSG., & Gholtash A., (2015) studied the relationship between happiness, self-control and locus of control. The study was explored the relationship between happiness and self control among college students. The results indicated that, happiness positively and significantly related to self control also suggested that self control is positively and significantly related to LOC.

Saricasm H (2015) examined the relationship between subjective happiness and hope among college students and concluded that students in hope are more likely to experience subjective happiness.

Alexandra, Kurt A. April, Nandani Lynt (2012) did a cross cultural study on locus of control and subjective happiness. This study focused on the differences in the locus of control and subjective well being in china and South Africa including with respect to demographical variable. Result indicated that gender as a significant relationship with locus of control in South Africa but not in china; where as china has a strong link between subjective well-being and gender.

Edsel L. Beja Jr (2012) this study revisited the issue on happiness between house wives and working wives, used the data from the year 2000 but refining the focus of the analysis. The paper found no clear evidence of a difference in the happiness between the house wife and the working wife

Methodology

Hypothesis

H₀: There will no significant relationship between locus of control and subjective happiness.

H₀: There will be no significant difference in locus of control among employed and unemployed married women.

H₁: There will be a no significant difference in subjective happiness among employed and unemployed married women.

Research Methodology

The Research design used in the study was Ex-post facto with convenient sampling method. The sample size was 74. The data was collected using Rotter's locus of control Scale (1966) and Subjective happiness scale (SHS) by Lyubomirsky, S., & Lepper, H., (1999).

Variables

Independent Variables: Locus of Control

Dependent variables: Subjective happiness, Employed and Unemployed - Married women

Tools

Rotter's Locus of Control

Rotter's LOC (1966), it consists of 29 pairs of statement. Participants are instructed to select the statement that they agree the most. The low score indicates internal locus of control and high score indicates external locus of control. Test retests reliability ranged from 0.55 to 0.83 and internal consistency ranged from 0.65 to 79

Scoring and Interpretation

The scores are calculated for all questions except question number 1, 24, 27. Each question carries one mark. High score = external locus of control; Low score = internal locus of control.

Subjective Happiness Scale

Subjective Happiness Scale was originally developed by Lyubomirsky, S., & Lepper, H., (1999). SHS is a four item scale. two items characterize the respondent themselves using both absolute ratings and ratings relative to peers and other two items are brief descriptions of happy and unhappy individuals as respondent the extent to which each characterization describes them. This scale has high reliability and validity.

Scoring and interpretation:

To score the SHS , reverse code the 4th item (i.e., turn a 7 into a 1, a 6 into a 2, a 5 into 3, a 3 into a 5 , a 2 into a 6, a 1 into a 7) and compute the mean of the 4 items.

Statistical Analysis

Pearson moment correlation was used to find the relationship between locus of control and subjective happiness and t-test was used to find the difference between employed and unemployed women in locus of control and subjective happiness

Discussion

Table 1 Relationship between locus of control and subjective happiness

**p>0.01 level

Variables	N	r
Locus of control	37	0.685**
Subjective happiness	37	

From the above table, it is inferred that the relationship between Locus of control and Subjective happiness is significant $r=0.685$, $p>0.01$. Hence the Null hypothesis - "There will be no significant relationship between the Locus of control and Subjective happiness" is rejected.

Table 2 Difference between Employed and Unemployed in Locus of Control

Occupational status	N	M	SD	T
Employed	37	10.84		1.264
Locus of Control		2.478		
Unemployed	37	10.08	2.671	1.264

From the above table it is inferred that there is no significant difference in locus of control among employed and unemployed $t(37) = 1.264$, with employed ($M=10.84, SD=2.478$) and unemployed ($M =10.08, SD =2.671$). Hence the Null hypothesis "There will be no significant difference between employed and unemployed in locus of control" is accepted.

Table 3 Difference between Employed and Unemployed in Subjective Happiness

Occupation	N	M	SD	T
Employed	37	9.89	3.281	0.457
Subjective Happiness				
Unemployed	37	9.57	2.804	0.457

From the above table it is inferred that there is no significant difference in subjective happiness among employed and unemployed $t(37)= 0.457$, with employed ($M=9.89, SD=3.281$) and unemployed ($M =9.57, SD =2.804$). Hence the Alternate hypothesis "There will be no significant difference between employed and unemployed in subjective happiness" is accepted.

This result is supported by previous research study done by Edsel L. Beja Jr (2012) which found that there is no significant difference between housewife and working women in subjective happiness.

Limitation

- The sample size is too small for generalization

- Since it is a survey study there would be possibilities of subjective bias.
- A person without English knowledge was not included in the study.

Suggestions for Future Study

- Future researchers should use a larger sample size that yield more statistical power
- Future researchers can study the internal and external locus of control.

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A STUDY ON MARGA - SCHULZE SCHOLARSHIP SCHEME FOR WOMEN WITH VISUAL IMPAIRMENT DOING HIGHER EDUCATION



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Abstract

The Marga Schulze Scholarship scheme is aimed at helping blind girls in Africa and Asia to pursue higher education. This scheme is supported by Dr. Hans-Eugen Schulze, who retired as a German Judge, who himself is a person with visual impairment, and started a significant movement towards empowering girls with visual impairment. In South India, the scheme is monitored by the UDIS Forum, situated in Coimbatore. The Christoffel Blindenmission (CBM), South Asia Regional Office (South) in Bangalore is regulating the scholarship scheme. The scheme is being implemented in five southern states Andhra Pradesh, Tamilnadu, Telangana, Karnataka and Kerala. The scheme provides a merit scholarship of Rs. 12,000/- to students undergoing graduate and Pre University Course (PUC) or Junior College (In Karnataka only), Rs. 15,000/- for Bachelor in Education (B.Ed.) and Rs. 18,000/- for post-graduate courses. The students who have secured a minimum of 60 % of marks at the plus 2 / junior college will be considered for

scholarship under the “graduation” category and the minimum eligibility for scholarship in the case of B.Ed. and post-graduate courses is 55% in the qualifying examinations. There is a provision of getting a free laptop under the scheme for the scholarship recipients who are trained in computers and qualify in the eligibility test conducted under the scheme. The author through this paper needs to portray that how an ongoing successful scholarship scheme for women with visual impairment doing higher education has taken breathtaking efforts in empowering the women with visual impairment community with their financial aids for education and also with their skill development programmes. This entire paper will reveal the details of the beneficiaries of this scholarship for the past eight years (from 2007 - 2014) and few underlying remarkable welfare provisions of the scheme.

Keywords: Higher Education, Women with visual impairment, Scholarship

Introduction

“I am Woman, Phenomenally Phenomenal Woman, That’s me.”

- Maya Angelou

Women with visual impairment are the striving and hardworking community who are in ample need for higher education in India. Education in general, that too higher education will be the greatest challenge in their life, but once achieved it assures them for a fruitful career and a dignified life. Higher education forms the foundation for progression for Women with disabilities, as it ensures right to information, enriches them to communicate with others, and enhance them to assert their rights. For women with visual impairment, higher education will be the most challenging entity in their life and it is very essential to bring out their hidden talents and to lead the most anticipated life like every other women.

Definition of Disability

According to **World Health Organization (WHO)** “Disability is an umbrella term, covering impairments, activity limitations, and participation restrictions. Impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in

executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations”.

Definition of Visual Impairment

In India, the broad definition of visual impairment as adopted in the Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation) Act, 1995 as well as under the National Programme for Control of Blindness (NPCB) is given below:

Blindness: refers to a condition where a person suffers from any of the following conditions, namely: Total absence of sight; or Visual acuity not exceeding 6/60 or 20/200 (Snellen) in the better eye even with correction lenses; or Limitation of the field of vision subtending an angle of 20 degree or worse. For deciding the blindness, the visual acuity as well as field of vision has been considered.

Low Vision: The Persons with Disabilities Act, 1995 also recognizes low vision as a category of disability and defines it as follows: “Person with low vision” means a person with impairment of visual functioning even after treatment or standard refractive correction but who uses or is potentially capable of using vision for the planning or execution of a task with appropriate assistive device”. In this study, the researcher has brought out the success of an ongoing astounding scholarship scheme which is a boon for innumerable women with visual impairment in Asia and Africa to pursue their higher education and to lay a strong foundation for their enriched endurance in the society.

About Marga-Schulze Scholarship Scheme

The Marga Schulze Scholarship scheme is aimed at helping blind girls in Africa and Asia to pursue higher education. This scheme is supported by Dr. Hans-Eugen Schulze, who retired as a German Judge, who himself is a person with visual impairment, and started a significant movement towards empowering girls with visual impairment. In South India, the scheme is monitored by the UDIS Forum, situated in Coimbatore. The Christian Blind Mission (CBM), South Asia Regional Office (South) in Bangalore is regulating the graduated from Grammar School and became a Braille teacher for war blinded people.

Dr. Hans - Eugen Schulze is a retired Judge from the Federal Courts of Germany and a man of repute. Dr. Schulze lost his vision during his early childhood but his sheer determination and willpower helped him reach great heights. He started his career as a court clerk, simultaneously getting trained in English and French. He then worked as a teacher for few years and then took up to pursuing law and held the high position of Judge in the German Federal Court of Appeals. Since 1961 he has been working on a voluntary basis for the Christian Blind Mission (CBM). There he is a consultant for juridical questions as well as for issues regarding scholastic and professional education for blind people. Since 2002 he has been an honorary member of the Mission’s Council (supervisory board of the CBM). Realising the difficulties blind women encounter to come up in life, he created a foundation named, “Marga-Schulze Foundation” in memory of his wife ‘Marga’ in 1996 and started supporting adult blind girls in Africa and Asia to pursue higher education. The objective of the scholarship is to enable blind women to live independently and later to help people like them in their respective regions /countries. This scheme is regulated through the CBM, which is one of the leading international organisations working for the welfare of persons with disabilities. The proper implementation of the scheme started in 2007 in four southern states of India which are Tamil Nadu, Kerala, Karnataka and Andhra Pradesh and also in Maharashtra. It was facilitated by UDIS Forum in Coimbatore which is a network of persons with disabilities,

professionals, parents and voluntary organizations for facilitating employment and empowerment of persons with disabilities.

The scheme provides a merit scholarship of Rs. 12,000/ to students undergoing graduate and Pre University Course (PUC) or Junior College (In Karnataka only), Rs. 15,000/- for Bachelor in Education (B.Ed.) and Rs. 18,000/- for post-graduate courses. The students who have secured a minimum of 60 % of marks at the plus 2 / junior college will be considered for scholarship under the “graduation” category and the minimum eligibility for scholarship in the case of B.Ed. and post-graduate courses is 55% in the qualifying examinations. There is a provision of getting a free laptop under the scheme for the scholarship recipients who are trained in computers and qualify in the eligibility test conducted under the scheme.

Table 1 The beneficiaries of Marga-Schulze Scholarship Scheme from 2007 to 2014 in Five Southern States (Tamil Nadu, Kerala, Karnataka, Telangana and Andhra Pradesh)

S.No.	Year	Total No. of Beneficiaries
1	2007 - 2008	55
2	2008 - 2009	76
3	2009 - 2010	75
4	2010 - 2011	61
5	2011 - 2012	67
6	2012 - 2013	68
7	2013 - 2014	89
	From 2007-2014	491

In South India UDIS Forum, a networking organization which serves for the persons with disabilities took proper implementation of the scheme in the southern states and thereby several women with visual impairment has been supported by this scholarship scheme to pursue their higher education. The above table clearly represents the passed out beneficiaries of the scheme year wise from 2007 to 2014.

Table 2 The beneficiaries of laptops under Marga-Schulze Scholarship Scheme from 2008 to 2014 in Five Southern States (Tamilnadu, Kerala, Karnataka Telangana and Andhra Pradesh)

S. No.	Year	Total No. of Beneficiaries
1	2008 - 2009	12
2	2009 - 2010	7
3	2010 - 2011	9
4	2011 - 2012	3
5	2012 - 2013	4
6	2013 - 2014	5
	From 2008-2014	40

There is a provision of getting a free laptop under the scheme for the recipients of the scholarship scheme. A computer test will be conducted for the recipients of the scholarship and if they clear the test, they will be awarded with a free laptop installed with disability friendly software called JAWS (Job Access with Sound). The II UG, III UG and II PG students are allowed to undergo the test every year. The above table represents

that 40 candidates were awarded with free laptop from 2008 to 2014.

Table 3 Table representing the Rural-Urban difference among the scholarship recipients in five southern states (Tamil Nadu, Kerala, Karnataka, Andhra Pradesh and Telangana)

S. No.	Year	No. of Beneficiaries from Rural Areas	No. of Beneficiaries from Urban Areas	Total No. of Beneficiaries
1	2007-08	41	14	55
2	2008-09	36	40	76
3	2009-10	58	17	75
4	2010-11	34	27	61
5	2011-12	44	23	67
6	2012-13	43	25	68
7	2013-14	49	40	89
	Total	305	186	491

The above table represents the Rural - Urban difference among the beneficiaries of the scholarship so far. Also the researcher feels proud to register through this study that among 491 beneficiaries 305 candidates are from rural background and 186 are from urban background. This specific aspect of this study shows that the scholarship scheme has attained its objective of enabling blind women to live independently and later to help people like them in their respective regions /countries. So through this scholarship the women with visual impairment from rural background will definitely raise the standards of living by educating and enhancing the lives of women with visual impairment in their localities especially rural places. Henceforth the rural development will be possible in South India by empowering these women.

Findings of the Study

- There were 491 beneficiaries who have successfully completed their higher education such as Under graduation (UG), Post graduation (PG) and Bachelor of Education (B.Ed.) from various colleges all over South India from 2007 to 2014.
- Among the scholarship candidates from 2008 to 2014, there were 40 students who are awarded with free laptop. Also the scheme has provisions to conduct skill development training programmes such as Leadership and Motivation training, Computer training, Communication training and also Life skills training such as use of Assistive devices, Orientation and Mobility training. So the scholarship scheme remains a boon for the women with visual impairment doing higher education in South India.
- Among 491 candidates, 305 candidates are from rural background and 186 candidates are from urban background.

Conclusion

To conclude, the author takes immense contentment and privilege in bringing the astonishing efforts of Marga - Schulze scholarship scheme for women with visual impairment doing higher education through this paper. The scheme is definitely the first of its kind to be operated in Asia and Africa and also this scholarship plays a major role in developing the women with visual impairment community in South India. In present scenario the successful women with visual impairment in South India who have been benefitted from this scholarship will definitely owe their success to this scholarship and there is no doubt about it. This paper will definitely be an eye opener for all Nongovernmental organisations in India to bring in the resources like this kind of schemes into India for the benefit of numerous people in need left unaddressed.

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EMOTIONAL ABUSE IN INTIMATE RELATIONSHIPS AMONG YOUNG ADULTS



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Abstract

Emotional abuse can happen to anyone at any time in their lives. Children, teens and adults all experience emotional abuse. And emotional abuse can have devastating consequences on relationship and all those involved. Just because there is no physical mark doesn't mean the abuse isn't real. The research aims at studying emotional abuse in intimate relationships among young adults and also to understand the individual differences among male and female. It is an ex-post facto research design and uses survey method for data collection.

The study employs Emotional Abuse Questionnaire (EAQ) by Jacobson and Gottman (1998). Convenience sampling technique will be used for data collection with a sample size of 100. The statistical tool used for this study will be T-test. The study will help in understanding the gender differences in emotional abuse in intimate relationships among married and unmarried young adults.

Keywords: *Emotional abuse, Gender difference, Young adults.*

Introduction

Emotional abuse (also called psychological abuse or aggression, verbal abuse or aggression, symbolic abuse or aggression, and nonphysical abuse or aggression. psychological/emotional abuse has been variously characterized as “the use of verbal and nonverbal acts which symbolically hurt the other or the use of threat to hurt the other” (Straus, 1979, p.77). Emotional abuse can include verbal assault, dominance, control, isolation, ridicule, or the use of intimate knowledge for degradation (Follingstad, Coyne, & Gambone, 2005). It targets the emotional and psychological well-being of the victim and it is often a precursor to physical abuse. There is a high correlation between physical abuse and emotional abuse in batterer populations (Gondolf, Hecker & Kimmel, 2002), and verbal abuse early in a relationship predicts subsequent physical spousal abuse (Schumacher & Leonard, 2005).

The term “Intimate relationship” is used here to be maximally inclusive of any romantic and/or sexual relationship between two non-biologically-related people, including dating or courtship relationship, in which the romantic partners live together in the same household (cohabiting), relationship in which two people have children in common but are no longer formally romantically or sexually involved with one another and marital relationships.

Feminist perspectives have traditionally viewed relationship violence as an expression of patriarchal oppression against women that is socially sanctioned (Lammers, Ritchie & Robertson, 2005). Alternatively, some relationships suffer from systemic male violence, which is rooted in the patriarchal tradition of men controlling ‘their’ women (Johnson, 1995).

Need for Study

In recent years the crime rate steadily increases in intimate relationship. Though crime is an extreme form of aggression, lot of relationships does face abuse in milder forms from verbal use

of language to physical assaults. Reflecting from this perspective, in our study, we would like to see the difference in emotional abuse experienced by male and female in intimate relationships.

Review of Literature

Ritchie & Robertson (2008) studied women's experience of emotional abuse within the context of heterosexual relationships from a feminist perspective. The result suggests that these women often perceived their partners to expect to be in positions of authority and to set the rules and standards in the relationship, as is commonly associated with the male gendered role. Finally, the process of how the women regained their power, either prior to or after leaving the relationship, was discussed.

Van and Kotulak (1998) studied women in physically and emotionally abusive relationships are more likely to leave their husbands because of the emotionally stress rather than the slaps, kicks and punches, according to two University of Washington psychologists. An eight -year study of 200 married couples found that slightly more than one in four involved extreme battering. The psychologists, Neil Jacobson and John Gottman, report their findings in a new book, "When Men Battered Women, New Insights into Ending Abusive Relationships.

Kenta and Waller studied the impact of childhood emotional abuse: An extension of the child abuse and trauma scale. This study explored the potential of child abuse and trauma scale CATS; to yield such a measure. The CATS was originally devised to measure the extend of adverse sexual, physical and neglectful experiences, but contains items that also reflects the construct of emotional abuse. The result states that there was some indication that the new childhood emotional abuse subscale played a more central role in anxiety and depression than did the original three subscales.

Follingstad, Rutledge, Berg, Hause & Polek studied the role of emotional abuse in physically abusive relationships. The study states that women in long term abusive relationships were contrasted with women experiencing only short term abuse. Other comparisons consisted of: women who thought emotional abuse was worse than physical abuse vs. women who thought the opposite; and women who could predict physical abuse from the emotional abuse were compared with those who could not the extent to which the women believed the men's threats and ridicule or thought their abusive behavior was justified was used as a factor to determine the impact of emotional abuse.

Simonelli and Ingram (1998) studied that men's experiences of both emotional and physical abuse in their heterosexual dating relationships. Seventy male undergraduates responded to questionnaires about their current or most recent relationship. Approximately 90% of the men reported having received at least one form of verbal aggression or other emotional abuse from their partner in the past year, and 40% reported having been the target of at least one act of physical violence from their partner. Men who reported receiving more emotional and physical abuse in their dating relationships also reported greater levels of overall psychological distress and depression. Implications for prevention programs and future research are discussed.

Methodology

H1: There is a significant gender differences in emotional abuse in intimate relationships among young adults.

Research Methodology

The study was an ex-post facto research design using convenient sampling method. The sample size was 100. The data was collected using emotional abuse questionnaire (EAQ). The statistical tool used for the study is T-test.

Variables

Independent variable: Emotional abuse

Dependent variable: Gender difference

Tools

Emotional Abuse Questionnaire (EAQ)

Emotional abuse questionnaire (EAQ) was developed by Neil Jacobson and John Gottman, experts in the field of Domestic Violence. It has 28 items assessing emotional abuse, each rated on 4 -point frequency scale.

Scoring and Interpretation: Emotional abuse questionnaire(EAQ) scores are calculated, with possible scores 1 point for every 'never', 2 points for every 'rarely', 4 points for every 'occasionally', and 5 points for every 'very often'. According to adult criteria, if the scores is between 73-94 it represent that the person is being emotionally abused and if the score is higher than 95 it represents that the person is being more severely abused than the average battered women or men.

Reliability: Test-retest reliability, which was measured through the administration of the test twice with a two week internal, has been found out to be $r = 0.76$

Validity: The adapted scale showed high reliability and good criteria validity. The scale also was reported to have good content validity.

Statistical Analysis: Independent sample T-test was used to understand the Gender difference in Emotional abuse.

Discussion

Table Gender difference in Emotional Abuse

Gender N	M SD	t
Female 50 Emotional Abuse	42.74 13.113	0.773
Male 50	45.24 18.731	

From the above table, it is inferred that there is no significant gender differences in emotional abuse $t(100) = 0.773$, with female ($M=42.74$, $SD=13.113$) and male ($M=45.24$, $SD=18.731$). Hence the Alternative hypotheses "There will be a significant Gender Differences in Emotional Abuse" is rejected.

Limitations

- Since it is a survey study there would be possibilities of subjective bias.
- Same sex couples could have different emotional abuse dynamics based upon their age.

Suggestions for Future Study

- In future research, specifying the developmental course of romantic relationship and identifying the sequence of events and factors that lead to emotional abuse is important.
- Future researches should use a larger sample size that yield more statistical power.

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GENDER EQUALITY AND ISLAM PROMOTING WOMEN'S HUMAN RIGHTS THROUGH RELIGION



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Abstract

The term "Gender Equality" can be achieved when women and men enjoy the same rights and opportunities across all sectors of society whether social, political, spiritual, economic participation, and when different behaviors, aspirations and needs of women and men are equally valued and favored. The issue of gender equality is important, relevant and current. Debates and discussions on the subject are increasing and are diverse in their perspectives. The Islamic perspective on the issue is the least understood and most misrepresented by non-Muslims and, at times, by some Muslims as well. The predominant local cultural practices in different parts of the world and the actions of some Muslims

tend to reinforce erroneous perceptions of the Islamic perspective. These problems are enhanced by the tendency to treat some juristic interpretations as if they were identical with Islam. As such, there is a pressing need to re-examine this issue in the light of the primary sources of Islam. In the backdrop of these introductory remarks the present paper would be an attempt to give a detailed perspective of Islam with regard to Gender equality. It is in this context the present paper has been analyzed.

Keywords: *Gender Equality, Islamic perspective, Women's rights.*

Introduction

It is said that Islam, though it provides women with certain rights, privileges, fails in observing equality between the sexes. The idea that Islam observes a dual standard of morality, for men and women, is based on certain non-Islamic assumptions. As a general principle, the Holy Quran addresses itself to mankind as such and not to wither one of the sexes in particular. Yet, in a social context, the Holy Quran and the Sunnah recognized man as head of the family. The Holy Qur'an says: "Men are in charge of women, because Allah hath made the one of them to excel the other, and because they spend of their property (for the support of women). So good women are the obedient, guarding in secret that which Allah hath guarded"

This does not mean that men have a license to exploit and abuse their authority. The Holy Qur'an is very particular about making men and women ethically equal in their duties and responsibilities. It is not that women are asked to be chaste and modest while men are absolved of safeguarding their chastity. In fact no other religion but Islam has observed one single standard of moral obligation for both the sexes. Justice and God-consciousness is the measuring rods for uprightness and transcendence of one person over another. Justice does not mean mathematical equality; it is providing a person his or her due. Piety is the only characteristic that makes a believing man or woman select or chosen in the sight of Allah. The point of departure for secular systems is numerical equality among human beings, whether males or females. The point of departure for Islam is their moral value.

Spiritual and Human Equity in Islam

Islam holds that woman is a human being; and she a soul similar to that of man. The Holy Qur'an says: "O people! Be careful of your duty to your Lord, who created you from a single being and created its mate of the same (kind) and spread from these too many men and women" Thus

men and women are quite in each other in their origin, their abode as well as in their place of return and are as such entitled to similar and equal rights. Islam gave her the right to life, to honor, and to property like men. She is an honorable being and it is not permissible for any one to find fault with her or backbite her. No one is permitted to spy on her or hold her in contempt due to her functions as a woman. These are the rights that both men and women enjoy, there being no differentiation against either of them.

No one can deny the fact that as human beings man and woman are equal. Both make up the human race together as its equal constituent parts. Both are equal partners in building up community life, creating and bringing about civilizations, and thus serving humanity. Both have been endowed with hearts, brains and reasoning power, and both possess feelings, desires and the other human instincts. Both stand in need of mental and intellectual training and education so that they may duly contribute to the happiness and welfare of society. In view of these facts the claim for equality is absolutely justified, and every good civilization is duty bound to afford its women also the opportunities along with men of developing these natural abilities.

The Economic Aspect

Men and women are also equal in their rights to realize their material needs in the world including similar rights to hold property and dispose of it as they should wish. They are free to mortgage it, to give it on lease, or bequeath it, sell or buy it or exploit it for his or her own benefit. The Holy Qur'an says: "Unto the men belongeth a share of that which parents and near kindred leave, and unto the women a share of that which parents and near kindred leave" "And unto men a fortune from that which they have earned, and unto women a fortune from that which they have earned".

Islam occupies a unique position is that it recognized as independent economic status of woman and gave her the right to own, use and enjoy it in her own right without any intermediary trustees or mediator. Not only this but in the most important problem of her life i.e., marriage as well her independent status was established. She could not be given in marriage without her consent; no marriage was valid unless she agreed to it. The Messenger of Allah (SAW) said: "No widow should be married without consulting her; and no virgin be married without her consent, and her consent is her silence".

Generally, a Muslim woman is guaranteed support in all stages of her life, as a daughter, wife, mother, or sister. The financial advantages accorded to women and not to men in marriage and in family have a social counterpart in the provisions that the Quran lays down in the laws of inheritance, which afford the male, in most cases, twice the inheritance of a female. Males do not always inherit more; at times a woman inherits more than a man. In instances where the men inherit more they ultimately are financially responsible for their female relatives: their wives, daughters, mothers, and sisters. Females inherit less but retain their share for investment and financial security, without any legal obligation to spend any part of it, even for their own sustenance (food, clothing, housing, medication, etc). It should be noted that before Islam, women themselves were sometimes objects of inheritance. However, Islam made it clear both men and women are entitled to a specified share of the estate of their deceased parents or close relatives. Allah says: "For men is a share of what the parents and close relatives leave, and for women is a share of what the parents and close relatives leave, be it little or much, an obligatory share."

With regard to the woman's right to seek employment, it should be stated first that Islam regards her role in society as a mother and a wife as her most sacred and essential one. Neither maids nor baby sitters can possibly take the mother's place as the educator of an upright, complex-free, and carefully-reared child. Such a noble and vital role, which largely shapes the future of nations, cannot be regarded as idleness.

However, there is no decree in Islam that forbids women from seeking employment whenever there is a necessity for it, especially in positions which fit her nature best and in which society needs her most. Examples of these professions are nursing, teaching (especially children), medicine, and social and charitable work.

The Social Aspect

The Quran ended the cruel practice of female infanticide, which was before Islam. Allah says: "And when the girl (who was) buried alive is asked, for what sin she was killed." The Quran went further to rebuke the unwelcoming attitude of some parents upon hearing the news of the birth of a baby girl, instead of a baby boy. Allah says: "And when one of them is informed of (the birth of) a female, his face becomes dark, and he suppresses grief. He hides himself from the people because of the ill of which he has been informed. Should he keep it in humiliation or bury it in the ground? Certainly, evil is what they decide." Marriage in Islam is based on mutual peace, love, and compassion, and not just the mere satisfying of human sexual desire. Among the most impressive verses in the Quran about marriage is the following: "And of His signs is: that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy. Indeed in that are signs for a people, who give thought"

The husband is responsible for the maintenance, protection and overall leadership of the family, within the framework of consultation and kindness.

Should marital disputes arise, the Quran encourages couples to resolve them privately in a spirit of fairness and goodness.

Divorce is a last resort, permissible but not encouraged, for the Quran esteems the preservation of faith and the individual's right -male and female alike- to felicity.

Associating polygamy with Islam, as if it was introduced by it or is the norm according to its teachings, is one of the most persistent myths perpetuated in Western literature and media. Islam did not outlaw polygamy, as did many peoples and religious communities; rather, it regulated and restricted it. It is not required but simply permitted with conditions.

The Quran elevates kindness to parents (especially mothers) to a status second to the worship of Allah: "Your Lord has commanded that you worship none but Him, and that you be kind to your parents. If one of them or both of them reach old age with you, do not say to them a word of disrespect, or scold them, but say a generous word to them. And act humbly to them in mercy, and say, 'My Lord, have mercy on them, since they cared for me when I was small.'" According to the Prophet Muhammad's sayings: "women are but *shaqa'iq* (twin halves or sisters) of men." This saying is a profound statement that directly relates to the issue of human equality between the genders.

The Prophet Muhammad taught kindness, care, and respect toward women in general: "I commend you to be good to women." It is significant that such instruction of the Prophet was among his final instructions and reminders in the farewell pilgrimage address given shortly before his passing away.

The Legal and Political Aspect

Both genders are entitled to equality before the Law and courts of Law. Justice is genderless. Women do possess an independent legal entity in financial and other matters.

The general rule in social and political life is participation and collaboration of males and females in public affairs. There is sufficient historical evidence of participation by Muslim women in the choice of rulers, in public issues, in Law making, in administrative positions, in scholarship and teaching, and even in the battlefield. Such involvement in social and political affairs was conducted without the participants' losing sight of the complementary priorities of both genders and without violating Islamic guidelines of modesty and virtue.

Prophet Muhammad (S.A.W) led men and women together into battle and granted Sa'eeda, daughter of Ka'b, the same share of the spoils as the men in the Battle of Khaybar. He also seated Umayya, daughter of Qays Al Ghafiriya, behind him on his camel on their way to the Battle of Khaybar after the battle was won, awarded her a medal for her outstanding courage in battle, in the same way that heroes are awarded medals today. Umayya wore this medal all her life and according to her desire, the medal was buried with her when she died.

Another example of courageous womanhood is Um Hakim, daughter of Al Harith who participated in the battle against the Romans while she was still a newly-wed bride. Her husband had been martyred before her eyes, but instead of wailing over his dead body, she seized the pole of the tent in which her marriage had been consummated and killed seven of the enemy at the archway which is still known as the Archway of Um Hakim.

Conclusion

It can be argued from the preceding discussion that Islam affirms the absolute spiritual equality of men and women, and assigns both an equal rank before God. In jurisprudential matters, Islam promotes the substantive equality of men and women, recognizes their unique strengths and capabilities, and rules accordingly protecting the rights of both.

End Notes

1. The Holy Qur'an:4:34.
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3. The Holy Qur'an:4:7.
4. The Holy Qur'an:4:32.
5. Sahih Al- Bukhari & Sahih Muslim.
6. The Holy Qur'an:4:19.
7. The Holy Qur'an:4:7.
8. The Holy Qur'an:81:8-9.
9. The Holy Qur'an:16:58-59.
10. The Holy Qur'an:30:21, 42:11, 2:228.
11. The Holy Qur'an:2:233.
12. The Holy Qur'an:4:19.
13. The Holy Qur'an:4:35.
14. The Holy Qur'an:4:3.
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A MODERN FORM OF TRAFFICKING



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Introduction

Indian society is facing lot of social problems. One among the major social problem is migration. Not only India most of the third world countries and under developed countries facing the same problem. The international labour organisation estimates that approximately 175 million migrants around the world, half of them are workers. In an era of globalization, labour migration is on the rise. Due to lack of employment opportunities in developing countries and increased demands for low wage workers in developed countries, youth, women and men are pursuing work in other countries in order to support themselves and their families back home.

People resort to migration as part of their search for meaningful livelihood option and survival with dignity as part of their wider life concerns for security and safety. When such options are not available due to poverty, drought, a reduced number of working days, inadequate development activities in rural areas, absence of alternative employment opportunity to them in their habitations, many of the people started to migrate from the place. A part of the migrating population becomes victims of trafficking.

Status of Women - Contemporary India

In India people are getting development in all fields. As per Indian constitution each and every citizens are having equal right. Indian government provides legal support in order to empower women, who are considered as weaker section. People are encouraged to send their children particularly girl children for education. Government gives 33% reservation for women in all fields in order to make them participate and this empowers the women from their limited constraint. This enable woman to get opportunities in all field based on economics, social, political aspect which encourage them to get courage and self confident. Good education leads the women to get good job opportunities. Globalization Era, people particularly women are getting good job opportunities in multi national companies and call centers. All these are positive aspects of modern India. Even today we can see gender inequality male domination and women discrimination in our society. Women trafficking is very worst practice and women face maximum exploitation and according to researcher women Trafficking is worst than sati. Women Trafficking, prostitution, flesh trade are the signal of extreme exploitation of women and young girls in Indian society.

Employment of Women

The employment of women has continued to be a problem since the early days of industrialization. It is common in almost all countries, developed and developing. India is no exception. Special provisions of Labour law exist to deal with the special problems of women workers employed in factories, mines and plantations and other establishment. According to 1981 - census 63 millions (including marginal women workers) i.e. 26% of the total labour force were

women in agricultural sectors. Out of these the number of main female workers was 45 million. The employment of women workers in modern industrial system has given rise to several problems.

Trafficking

Human trafficking often viewed as a form of human smuggling and a type of illegal migration.

There are three types of trafficking

1. Weapons trafficking 2. Drug trafficking 3. Human trafficking

These three are very harmful for countries protection. Trafficking in human has become a global business. It is a well planned network. Human trafficking involves controlling and exploiting people after transporting them to a new location, often beyond the borders of their homeland. It generating massive human rights violation, and causing serious problems for governments.

Women Trafficking

Trafficking in Human beings more so in women and children is one of the fastest growing forms of criminal activity, next only drug and weapon trade, generating unaccountable profit. Many women and children are affected by human Trafficking. Especially poor and vulnerable people are very much affected by women Trafficking.

Target and Victims

Because of absolute poverty, parents send their children for some work without having proper knowledge about that work and thus the children from poor family are trafficked. The Traffickers target the vulnerable group in the society who may be single women, widow, abandoned women or second wives through bigamous marriages, because the traffickers find very easy to traffic such people by utilizing their vulnerable weak mental status. The rural girls are not encouraged for education and these illiterate girls are the target group of traffickers, because it is very easy to cheat those innocent girls. In some families the women are breadwinners. Natural calamity forced certain family in a very pitiable condition and those family women are highly vulnerable for Trafficking. In some families there may not be cordial relationship among family members and these family girls are in the position of risk of Trafficking.

Pressure of Dowry in India

Sumangali scheme provides with the depth of dowry problem that is deeply rooted in Tamil Nadu. Though there are legal provisions like dowry prohibition act, It is still strongly rooted in the minds of people. Based on the case studies and in-depth interview conducted among the victims of sumangali scheme it could be observed that the practice of dowry has been the triggering factor that has forced them to accept this scheme. Though there are multiple reasons and causes that could be discussed. The pressure of dowry could be noted as the triggering factor.

Sumangali Scheme (Camp Coolie System)

Under Sumangali scheme (Camp coolie) Jobs are given to the young, unmarried girls, mainly between 12 and 22 years of age, for a period of three years. On completion of three years, the girls are promised Rs.30000 to Rs.50000 in bulk, ostensibly for their marriage. It is a modern way of exploitation of women by number of cotton and textile mill owners in Tamil Nadu.

History of Sumangali Scheme (Camp Coolie System)

For many years the people of Tamil Nadu had good employment opportunities in these mills. But over the past 15 years there has been a drastic change in the recruitment strategies for labour in these mills. Taking note of the economic backwardness and poverty that prevalent in the rural areas, the employers of these mills begin to recruit unmarried girls belonging to the age 12 to 22 by making them believe that they would be the given good food, safe accommodation and a reasonable pay. Apart from Tamil Nadu, girls from Assam, Uttarpradesh and other backward states have been employed in these mills. In addition to this the bulk amount that is paid at the end of the sumangali scheme in generally the period start from one year to a maximum of three years attracts the girls towards this scheme.

Current Status of Sumangali Scheme (Camp Coolie System)

The sumangali scheme has not been approved by the Government. But the private mill owners are using this as an important tool for the business development. The following is the list of the conditions of girls who work under the sumangali scheme.

- The girls are made to work 12 to 16 hours per day on an average
- Salary is not given as per the agreement mentioned during the appointment.
- Accommodation facilities are very poor. Many girls are forced to stay in one room which leads to health problem.
- The food provided is unhygienic which ultimately leads to health problems.
- Heavy work load, unhealthy food and poor sanitation in the accommodation provided, result in various health Problems such as menstrual problems, ulcer, Anaemia etc.
- The girls face a number of verbal abuses from the supervisors for committing small mistakes.
- One of the most horrible problems is that, these girls also face sexual abuse and harassment. Those who resist are threatened that they would be sent out without the payment of the agreed amount. Hence sometimes the girls are forced to be submissive as they have no other option.

Migration and Sumangali Scheme (Camp Coolie System)

Migration is a great threat for all the countries. Really migration causes various major social problems directly as well as indirectly. Migration plays a vital role in Camp coolie system. “Camp coolie” is a system which recruiting the young unmarried girls, mainly between 12-25 years of age, for a period of 3 years. On the completion of the three years the girls are promised Rs.30000 to 50000 in bulk, ostensibly for their marriage. It is a modern way of exploitation of women by number of cotton and textile mill owners in Tamil Nadu.

Living and Working Condition

Most of the girls of the sumangali scheme are from the districts of Madurai, Dindugal, Tirunelveli, Kanyakumari, Nagapatinam, Namakal, Ramanathapuram, pudhukottai etc and Assam, Uttar Pradesh like backward states. Hence they are forced to stay in hostel which located within the walls of the textile mills. A few of the hostels are located outside of the mill but close to the premises of mill. So the management can supervise the girls. Many of them interview held the view that the hostels are highly congested and there is no proper water and toilet facilities and most of the times 10 or 15 girls are compelled to share a single room which lacks of basic amenities. Among the 15 cases the whole 15 cases respondents said that they are compelled to

stay with 10 to 15 girls in a small room with their luggage. Vijaya presents, "I stayed with 13 girls in a single room. The room is very small but we are staying with our luggage in that small room. Also the same time we all cannot sleep in that room together.

Toilet and Bath Room Facility

More over there is no proper toilet and water facilities. When use the water for our purpose the warden scold us to use minimum water. 400 girls are staying in that hostel but only 10 bath rooms and 10 toilets are only available. Many of the times we cannot go to bath room because of rush. Even they won't clean the toilets and bath rooms. So most of the times bathroom and toilet are not clean. The girls stayed in the unhealthy circumstances and unhygienic place.

Food Provided by the Hostel

The mill management take 10 to 20 rupees for their food and accommodation. Foods are provided in the hostel to the girl working under sumangali scheme. Actually the food provided by the hostel is very poor. They don't give the hygienic and nutritional food to them. Due to intake of un hygienic food many of the diseases are affected the girls.

Work Related Problems

The sumangali scheme working girls are forced to work for 12 and 16Hours sometimes they forced to work throughout the day. Their working nature is standing with the machine. So the girls have to stand with a machine for a long time. The girls are compelled to work at night shifts many times. So they have to work without sleep and rest. Per shift they give half an hour break for lunch. The girls are working with the large size machines. Operating the machines also very difficult. But when the girl's joins as worker under sumangali scheme in that mill they asked to work with the machines. At the working time many of the girls are injured by the machine. Some time a severe accidents also happening.

Specific Health Problems Faced by Working Girls

The girls are faced a lot of health problems through their living and working condition. Many of the girls are getting affected by Anemia, ulcer, lungs, menstrual problem respiratory problems etc.

Health Problem Due to Food Practice

The food provided by the hostel is very poor. The preparation of food also very unhygienic. They won't give non vegetarian foods to the girls. Even they won't add vegetables in food also. So ultimately they are providing mall nutrition foods to them. So the girl's health condition is very much affecting. The girls are working in through out a day but their intake of food is very poor.

Major Problems Faced by the Girls

The girls working under sumangali scheme are facing lot of problems. The girls are facing physical abuse, verbal abuse, sexual abuses and harassment etc. Many times the girls are cheated by the mill management. Because of their family economic problem only they are going to under the schemes like sumangali. But there are also they are facing a lot of major problems.

Physical and Verbal Abuses

Many of the times the girls are physically abused by the mill supervisors, Managers or hostel wardens. In working place if the girl made any small mistake she will be beaten by the

supervisors. In hostel also it is happening. In the case of Pillai from Meenakchipatty expressed her experience her co-worker run away from the hostel. Because she was forced to work there by her parents. But she did not like to work there. So she runs away from the hostel one night. The mill supervisors found her in a bus stand and brought her to hostel. Then the supervisor, warden and manager are beaten her in front of all the hostel girls at night. Then morning they called her parents and before them also beaten that girl and send her with parents.

In working place the girls are verbally and sexually abused by the management staffs. When the girls made small Mistakes are come late to work for 5 minutes the supervisor scolded them with bad words. Among 15 case studies all are verbally abused by the mill supervisors and managers. Through the verbal abuse the girls are psychologically affecting. It is their dignity problem.

Sexual Abuse and Harassments

The girls working under sumangali scheme are sexually abused by the Supervisors, managers, electricians and fitters. Actually the girls are not ready to tell that they are sexually abused by some once. But the in-depth interview with electricians and fitter they are told about sexual abuses and harassment against the girl workers. An expectoration form kolinchipatti held the view that the most of the girls working under sumangali scheme are sexually abused by the supervisors and managers. They compelled to come for night shift and sexually they abused the girls. If the girl does not cop up with him means he threat to send out of the mill. In many other cases electricians and fitters working with those girls they are also sexually abuse the girls in the name of love and after that he left out from the girl. In some other case the girls run away with the electricians and sexually abused by him and cheated by him also. It always happens in mills. The age between 12 to 22 is teen age, in this age the girls cannot take correct decisions. So the male workers utilize these girls for their sexual need.

Child Labours

Most of the girls are bellow 14 years of age group. The mill owners Appoint that children under the sumangali scheme. But they said to the girls that if any government authorities come for inspection means the girls have to say that they are 18 years old. Some time, at the time of inspection they hide the child labours and closed them in underground. In the case of Danalakshmi she clearly narrates about that, “when I was working in the mill the supervisors and managers told us to if anybody ask your age you have to tell 18 years old. One day the labour inspector comes for the inspection in our mill. The manager and supervisor kept the girls bellow 14 years is the underground room in mill and closed them. After the inspection they rely from that room”.

Overall Findings

- Poverty is the major reason due to which these girls opt to work in the textile industry under sumangali scheme.
- The girls working under the sumangali scheme are aged between 12 and 22. This indicates that instead of going to school (or) college, they go to work. This shows that their basic child rights are denied to them.
- Most of the girls working under this scheme belong to the rural area. Risk in the number of industries and the failure in agricultural earning, especially in the rural area, where the land cost is less compared to the urban area, has forced the familiar to opt for alternative work other than agriculture.

- Dependency factor plays a major role. This fact is justified because the parents of most of these girls are either ill or widowed. So they depend on the earnings of their child. So the girls have no choice but work at this age.
- It is surprising that relatives, friends and neighbors play a major role as brokers between the company and the girls.
- One of the major finding is that these industries have violate the law of child labour abolition act, because 50% of the samples belonged to age below 14.
- High working hours and violation of labor right and law
- There is no labor welfare policies
- Absence of trade unions keeps them from raising their voices against the violence they face. The reason for absence of trade unions is that the girls are considered as trainees.
- Though they are considered as trainees, they are not given any certificate of work experience. This makes it difficult to find job elsewhere though they are experienced.
- Very minimum facilities are provided for these girls both in the living space and work environment but maximum work is extracted form them. There is a lot of risk in the work place. Moreover the hostel facilities are very un hygienic and congested.
- The girls feel that they are prisoners in the company because they are not allowed to be free in the campus. They are not allowed to talk freely or move around.
- The girls are very much tolerable to abuse physically, sexually and verbally by the supervisors, managers.
- The electrician and mechanics sexually abuse the girls in the name of love. This was accepted by the electricians themselves.
- Heavy work load and poor food that is supplied to them are the main reasons that cause health problems such as ulcer, wheezing, and respiratory problems.
- The researcher found that though the girls sign a bond before they start working, they are forced to work for a longer period. Moreover they are not given the compensation accordingly.
- One of the major finding is that, most of the times the mill management falsely accuses the girls for some reason, and send them out of the company without giving the scheme amount. This happen usually when the period of work is going to get over.
- It has been found that majority of them do not like to work in the textile industry due to the work conditions prevailing, but they work due to their economic conditions.

Major Findings

- Schemes such as the sumangali scheme influence issues such as trafficking, which results in the exploitation of many innocent girls.
- Since these schemes are for girls who belong to the age group of 12 to 22, it indirectly encourages school dropouts.
- Since poverty and the problem of dowry are solved to some extent, this scheme is considered as a success.
- Girls who belong to the age group of 14 - 18, are neither considered as child labour because they are above 14 years of age and neither considered as adults because they are below 18 years of age and, so they are not considered as labours and they are not eligible for legal provisions. So girls belonging to this group remain unattended.

- It is very unfortunate that these girls are not aware of their rights and so they are able to voice out their problems and they remain silent.
- It is very surprising that most of the girls who have worked under the sumanagli scheme work as brokers because it fetches them commission for each girl that they add to the company.
- The girls working under this scheme are not considered as labours. This prevents them from obtaining certain legal provisions as well as from forming unions to demand their needs.
- The local VIP's are directly support for this form of social problem

Conclusion

The exploitation experienced by adolescent girls working under this illegal scheme is not a single social problem and it cannot be understood in isolation. It has interlinks with many forms of oppression experienced by women in the existing patriarchy society. The pathetic life of adolescent girls is just a symptom of the social disease which has its multidimensional root causes. There are many macro level forces which have its implication on the living and working conditions of girls are working under this scheme. It could be attributed to the various policy changes that are relational export oriented industrialization. All the form of labour is high un-organized there is minimal space for legal intervention. So hence it is in the hands of government & civil society group which could address the issue and creates the better living space. Identifying the root causes and get rid of them is our prime duty.

A STUDY ON DOMESTIC VIOLENCE AGAINST WOMEN: REASONS AND REMEDIES



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Abstract

“A successful woman is one who can build a firm foundation with the bricks other have thrown at her”

Domestic violence is not physical violence alone. Domestic violence is any behavior the purpose of which is to gain power and control over a spouse, partner, girl/boyfriend or intimate family member.

First, the abuser uses words or threats, perhaps humiliation or ridicule. Next, the abuser explodes at some perceived infraction by the other person, and the abuser's rage is manifested in physical violence.

Finally, the abuser "cools off," asks forgiveness, and promises that the violence will never occur again. At that point, the victim often abandons any attempt to leave the situation or to have charges brought against the abuser, although some prosecutors will go forward with charges even if the victim is unwilling to do so. Typically, the abuser's rage begins to build again

after the reconciliation, and the violent cycle is repeated.

The domestic violence for women leads to problems in all dimensions

1. Physical Problem - wound, damage to physical parts, impairment etc.
2. Emotional problem - fear, anger, disappointment, stress, frustration, hatred etc
3. Social Problem - deviance, relationship, suicide, socio-economic problems, conflicts etc
4. Psychological - Anxiety, bi-polar disorder, depression, phobia etc

Due to the above problems it is very essential to take necessary steps to eliminate domestic violence against women. It is the need of the hour to be considered and take necessary measures to abolish the domestic violence.

Introduction

Violence means "any act of gender-based violence that results in, or is likely to result in, physical, sexual, or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life."

In our society, violence is bursting. It is present almost everywhere and nowhere is this eruption more intense than right behind the doors of our homes. Behind closed doors of homes all across our country, people are being tortured, beaten and killed. It is happening in rural areas, towns, cities and in metropolitans as well. It is crossing all social classes, genders, racial lines and age groups. It is becoming a legacy being passed on from one generation to another.

The most common causes for women stalking and battering include dissatisfaction with the dowry and exploiting women for more of it, arguing with the partner, refusing to have sex with him, neglecting children, going out of home without telling the partner, not cooking properly or on time, indulging in extra marital affairs, not looking after in-laws etc. In some cases infertility in females also leads to their assault by the family members. The greed for dowry, desire for a male child and alcoholism of the spouse are major factors of domestic violence against women in rural areas. There have been gruesome reports of young bride being burnt alive or subjected to continuous harassment for not bringing home the amount of demanded dowry. Women in India also admit to hitting or beating because of their suspicion about the husband's sexual involvement with other women.

In urban areas there are many more factors which lead to differences in the beginning and later take the shape of domestic violence. These include - more income of a working woman than her partner, her absence in the house till late night, abusing and neglecting in-laws, being more forward socially etc. Working women are quite often subjected to assaults and coercion sex by employees of the organization. At times, it could be voluntary for a better pay and designation in the office.

In rural areas the reasons could be harassment for child labour, physical abuse or harm for not following family traditions, forcing them to stay at home and not allowing them to go to school etc. Domestic violence against girls is in fact, more severe at homes. As the common mob mentality of India prefers to have at least one male child after marriage, the girls in most of the occasions are cursed and assaulted for having taken birth in the home. This kind abuse is prevalent both in cities and villages but is more common in latter case.

Media also plays an responsible for contributing to all the above forms of violence. The exaggerated news coverage of reports of domestic violence, the daily soaps screening the torture of a daughter-in-law at the hands of family members, the films portraying an element of violence against people of all age groups etc. are some of the menaces which media is causing. It is influencing the mindset of the viewers strongly. The problem arises when instead of taking a lesson from those news clippings, films, and television shows, people start enacting the same in their homes. Comparatively, the visual media is far more influencing than the print and electronic media in these cases. Illiteracy and mob mentality of majority of Indians misguides them in all these cases.

Meaning of Domestic Violence

Domestic violence is now commonly defined broadly to include "all acts of physical, sexual, psychological or economic violence" that may be committed by a family member or intimate partner.

Reasons for Domestic violence

There may be various reasons that constitute domestic violence. Women are suffered in all grounds. Women may be educated, employed and also live in higher class they also undergo one way or other in any form of discrimination.

1. Cultural Change
2. Socio Economic Condition
3. Exposure to Technology
4. Lack of Parent attention towards children
5. Nuclear Family System
6. Over independence
7. Lack of educating values.
8. Lack of socialization.
9. Family Disorganizations.
10. Influence of films

Legal Remedial Measures to control Domestic Violence

Most women would be a trifle intimidated when making a police complaint. Here's an insight into what you should do if the need arises. How to complain a domestic violence

Help Line

The following are the Helpline

Women Help Line	1090/1091
Anti Stalking/Obscene Calls	1096
Anti Ragging Complaints	1088-180-5522
TamilNadu Women Helpline	044-28592750

Complaint & Investigation Cell

The Complaints and Investigation Cell of the commission processes the complaints received oral, written or suo moto under Section 10 of the NCW Act. The complaints received relate to

domestic violence, harassment, dowry, torture, desertion, bigamy, rape, refusal to register FIR, cruelty by husband, deprivation, gender discrimination and sexual harassment at work place.

The complaints are tackled as below

- Investigations by the police are expedited and monitored.
- Family disputes are resolved or compromised through counseling.
- For serious crimes, the Commission constitutes an Inquiry Committee which makes spot enquiries, examines various witnesses, collects evidence and submits the report with recommendations. Such investigations help in providing immediate relief and justice to the victims of violence and atrocities. The implementation of the report is monitored by the NCW. There is a provision for having experts/lawyers on these committees. keep in mind while making a police complaint is that you must give an accurate account of what has happened. *“Do not give a tepid or half baked statement - give the facts”*

Laws -Protecting against Domestic Violence

- The Immoral Traffic (prevention) Act 1956
- The Dowry Prohibition Act 1961
- Protection of Women from Domestic Violence Act,2005
- The Sexual Harassment of Women at Workplace (Prevention, Prohibition, Redressal Act,2013
- The Indecent Representation of Women (prohibition) Act,2005

Suggestions

The following are other remedies suggested by the researcher:

1. **Family:** Family is one of the important and first primary group. It is a place where Socialization takes places for all human beings. Parents should be a role model for the children.
2. **Peer Group:** Peer group influence also an important factor to eliminate domestic violence.
3. **Neighbourhood:** A person’s environment should educate how he has to behave in public and also in personal life.
4. **Education Institution:** The education institution is an important secondary group where the students spend most of their life time. Moral and value education should be mainly focused for moulding their personality.
5. **Media:** In current scenario media plays a vital role for deviating behavior. From film, newspaper etc they are more exposed to unlearned behavior which lead them for many social evils and crime.
6. **Enforcement of laws:** The laws should be more severe and rigid. Punishment should be more severe which will reduce the anti-social behavior.

Conclusion

It is the responsible of the individual and government to take necessary steps in eliminating domestic violence. The existing laws should be enforcing in an more effective manner. The person who violates the law should be punished severely. The primary and secondary institution should educate moral and social values to become a good citizen.

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GENDER BIAS ON WOMEN IN SOCIETY



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Gender bias is the inequality between genders on the basis of characteristics that differentiate those. Factors such as stereotypes, prejudice or bias motivate a person to discriminate. Gender discrimination as the name suggests is the unfair treatment of men on women and denial of recognition and violation of their rights. In the Convention on the Elimination of all forms of Discrimination Against Women (CEDAW) gender discrimination was defined as “any distinction, exclusion or restriction made on the basis of sex which has the effect or purpose of impairing or nullifying the recognition, enjoyment or exercise by women, irrespective of their marital status, on a basis of equality of men and women, of human rights and fundamental freedoms in the political, economic, social, cultural, civil or any other field”. Despite the proceedings on the perception of gender discrimination in jury, women are subjected to unequal treatment in all spheres of life all over the world. Even in advanced countries that claim to be champions of women’s rights gender discrimination is present in one form or the other especially in the field of economics. Women are denied fairly for their efforts and contributions at workplace and are often overlooked when it comes to promotions. Throughout the world, discrimination against women is rampant in almost every field.

In many developing and under developed countries of the world, women are not given rights to choose their education, career and better medical treatment. They have no rights over property and although they may be more capable than men, they are not allowed to use their potentials and talents. Women are subjugated and their needs are fulfilled only after the men have had their fill. Discrimination against women is the strongest in the patriarchal tribal areas and even in big cities like Quetta where women are deprived of their basic rights in every sphere of life and decisions regarding their lives are taken without their consent. Insecurity, illiteracy and misinterpretation of Islamic values are other reasons behind injustice and discrimination against women. Illiteracy is one of the prime causes of gender discrimination in Quetta city, although being a metropolis it has a higher literacy rate as compared to the rest of the province still a bigger population of people especially women are illiterate. Parents especially the illiterate ones and those belonging to the low socio-economic group are not in favor of getting their daughters educated because it brings them no returns.

Women are considered inferior to men both physically and mentally and their lives are totally controlled by men. The birth of a son is considered a blessing and is celebrated while a daughter is burden. Wife beating is common and is considered a method of keeping women under control. Daughters are married off at an early age to men much older than them. The family honor is associated with women and their actions and movements are monitored so that they do not bring shame to the family. Women are confined to their houses and can only go out when escorted by a male member of the family. Women in Quetta city are fortunate as they are taken to hospitals for childbirth, in the rest of the province babies are delivered at home or taken to the hospital only if the condition becomes too serious.

Women are generally considered weak not only physically but also mentally. They are never included in decision making and often the consent of the girl is not sought when her marriage is arranged. Women are considered naïve and their approaches to problems immature and therefore their opinions are disregarded. Positive attributes such as intelligence, smartness and strength are associated with men. Gender discrimination is largely responsible for poverty and backwardness. In today's world economic progress is only possible when men and women work side by side. As half of the population is not allowed to make use of its talents. The people usually claim that girls' education does not bring in returns but they are wrong. Educating a woman is beneficial for the whole generation; an educated woman can bring up her children better and also contribute towards the family income if needed. Denial of healthcare facilities has resulted in greater maternal deaths and psychological diseases; it also negatively affects the health of children [13]. The researchers pointed out gender differences to be the major hurdle for low literacy rate in Baluchistan which aligns with the findings of this study. However in the cities the mindset towards female education has changed. Quetta city has a better literacy rate and better access to education for females as indicated in this study, 60% of the respondents were found to be in favor of female education.

Another discriminatory factor which as per Ashraf, Akram and Shurgeel contributed to low literacy rate restriction of movement of girls. According to the authors girls are not allowed to go out of their houses without a male member of the family and this restriction becomes severe when the girls reach puberty. When carrying out research for this thesis, the issue of restriction of movement was also raised and 57% of the participants were not in favor of women going out of the house alone while 43% favored it. However the respondents (97%) wanted the females to observe purdah (veil) when leaving the house. There's a lot more good news for women in science than you might expect. Research shows that the landscape for women working in scientific disciplines - including maths, engineering and technology - has dramatically improved over the past 50 years. Gender identification and sexism are taken far more seriously than used to be the case. Behaviour that may once have been swept under the carpet is now openly and roundly condemned.

A Nobel Prize-winning scientist, Sir Tim Hunt, resigned in 2015 from University College London in the wake of a sexism row. Also in 2015, renowned astronomer Geoff Marcy quit the faculty of the University of California, Berkeley, after being found guilty of sexually harassing women students. And the world's most important science journals have dedicated entire issues to gender and equality concerns.

The social changes have been largely driven by three factors: the general advancement of women in society; the implementation in many countries of gender-sensitive policies designed to attract more women to the sciences; and, as illustrated above, a growing awareness in the global scientific community about the realities of gender bias.

The world celebrates International Women's Day on March 8 and it's worth exploring what still needs to be done - and whether science can ever be a truly equitable space while society more broadly is not. The United Nations' 2016 theme for International Women's Day is: This is linked to the UN's Agenda 2030 and its Sustainable Development Goals. Scientists still have a long way to go before hitting the 50/50 mark for women's representation. The problem starts from student years: women are significantly more likely to drop out of science careers at doctoral level than their male counterparts. Beyond university, women scientists remain in the minority. The most recent UNESCO Science Report shows that only about 30% of the world's researchers in science, technology, engineering and maths are women.

The under-representation proves their subjugation in society in all aspects even more pronounced when one considers rank - women are far less likely to become full professors in these fields, to become members of the prestigious Academy of Science or to sit on scientific journals' editorial boards. So what is holding women back in university classes and research labs? A number of studies have suggested the following factors:

- Gender bias at graduate level;
- Unconscious gender bias in applying performance and promotion evaluation criteria;
- A disparity in funding awards - men get more funding to conduct research that will go on to boost their professional reputation;
- A lack of institutional support for women; and
- More personal and aspects such as the idea that women must put their families first and take on more domestic responsibilities than their male colleagues.

Gender bias in science is real and has been addressed. But are scientists focusing too much on trying to patch up what is actually broader societal damage? Scientific research and endeavour doesn't exist in a vacuum: it is being conducted in a world full of gender bias.

Female students don't ask a lot of questions. Nor do they take risks by challenging my assertions or questioning me closely about something they don't understand. This is what happens when you've been raised in a patriarchal society - and most are - that discourages women from asking questions or standing out in any way. It has been reported that girls' lack of self-confidence directly impacts their performance in school maths and science. After all, science is based on engaging with a process of trial and error. Self-confidence gives a person the freedom to allow themselves to fail, take risks and not fear wrong. Those risks are bound to increase as one climbs the ladder to become a principal investigator or group leader on a research project. Leadership and decision-making are based on both competence and self-confidence.

Women certainly don't lack the former. Employers, institutions, lab managers and colleagues all have a role to play in making work a safe space for women scientists to take risks without feeling judged. This is the heart of the matter. As long as scientists focus only on individual episodes of gender bias in their fields - or in any other facet of human life - not much will really change.

Science exists in a social and cultural context that prioritises men over women. While women are still undermined, discriminated against, denied access to education and less than men, there cannot be true equality in science.

Gender equality is rightly seen as crucial to sustainable development, with its own Sustainable Development Goal (Goal 5). Yet the interconnections between environmental sustainability and women's empowerment have often been overlooked in practice - particularly in the environmental movement.

Now a new collection of essays by researchers, politicians, campaigners and senior business figures puts forward a powerful argument for change. *Why Women Will Save the Planet* argues that these interconnections must be fully reflected not only in programmes on the ground, but also within our own organisations and by working across sectors and disciplines.

First, gender equality is a moral imperative whether you're in government, business, non-governmental organisations (NGOs) or research institutions - it's simply the 'right thing to do'.

Gender bias is still deeply embedded in cultures, economies, political and social institutions around the world. Women and girls face unacceptable levels of discrimination and abuse, which is not only wrong, but also prevents them from playing a full part in society and decision-making.

There has been some progress - such as IIED's own gender review and audit - but nowhere near enough. More organisations need to understand and address internal imbalances and proactively seek to do so in delivering their business. Barbara Stocking, former chief executive of Oxfam GB, writes in the book: "Leadership from the top is essential but the values of gender equality have to permeate the whole organisation."

Secondly, women are key managers of natural resources and powerful agents of change. Nidhi Tandon's research with rural women in Liberia and Fatima Jibrell's work in Somalia show how women are often more directly dependent on natural resources, with responsibility for the unpaid work of securing food, water, fuel and shelter for their household.

"Not just victims, women have been and can be central actors in pathways to sustainability and green transformation," according to the contribution from Lyla Mehta.

Women are more vulnerable to environmental degradation and climate change but also have different perspectives, concerns and ideas for change. Until these are taken on board, with women empowered to play a full part in decision-making at all levels, environmental sustainability will remain a distant goal. Yet women's empowerment must not mean simply adding to their burdens of responsibilities or building expectations of women as 'sustainability saviours'. Diane Elson, an adviser to UN Women, argues in her contribution that "the disproportionate responsibility that women bear for carrying out unpaid work is an important constraint on their capacity to realise their rights... Both women and men need time to care for their families and communities, and time free from such care." And leads us to the third reason for integrating women's empowerment into sustainable development, and it reaches deeper down to the underlying causes of both issues: in most societies and economies, women's unpaid work and nature's services are not accounted for and therefore not valued properly in our economic, political or social systems. Julie Nelson argues that "Women and nature are largely invisible in mainstream economics... One would search in vain in the core models of economics for any inkling of where the materials used in production came from, or where the waste goes... for a discussion of where people come from, or where they go when they are broken or used up. When considered at all, women and nature are treated as passive 'resources'." Parallels between the treatment of women and nature are no coincidence, but have an ancient history in mythology and religion, with powerful concepts such as 'Mother Earth'. Nelson and others argue that this encourages unhelpful perceptions of women and nature as endlessly (re)productive and nurturing. She argues: "They are assumed to possess an infinite capacity for self-maintenance and self-regeneration". So, in a world where we measure wellbeing and progress by GDP and economic growth, the goods and services that women and nature provide remain unaccounted for. Diane Elson, Vandana Shiva and other contributors argue that we need a transformation in our economic thinking and new definitions of progress. Across politics, business and the media, we need to create a system based on different values, with equality and sustainability at its core. "GDP is now widely recognised as inadequate... measures of happiness and wellbeing are both now credible alternatives", writes Fiona Reynolds, former head of the UK's National Trust. IIED's research, advice and advocacy has long recognised the gender dimensions of sustainable development but there is more to be done to influence wider policy and practice. The project on Friends of the Earth's Big Ideas reinforces the importance of fully integrating the 'gender agenda', not only because it is the right thing to do, or because it can improve the effectiveness of interventions, but because it addresses the root causes of these issues and helps us to develop transformative solutions.

INFLUENCE OF PARENTHOOD ON SELF CONCEPT OF ADOLESCENTS



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Abstract

The self-concept is more or less a collection of beliefs about nature, qualities, and behavior. It's all about thinking and evaluating of oneself at any given moment in time. It is a perception of image, abilities, and in some ways a perception of individual uniqueness. This study is basically descriptive which portrays the socio-demographic characteristics of the respondents along with their self concept and the influence of parenthood on self concept of the respondents. This study was conducted with 40 respondents who are having both

the parents alive and 40 of them who are having only one parent either father or mother were selected as sample by using purposive convenient sampling method. The researcher collected the data by using a self prepared questionnaire along with a standardized tool on self concept. The findings of the study supports that there is no significant influence of parenthood on the self concept of the respondents.

Keywords: *Parenthood, Adolescents and Self concept.*

Introduction

A self-concept is defined as an all-encompassing awareness one had of himself in the past; the awareness one has on himself in the present, and the expectations one has of himself at a future time. The self-concept is built upon perception – how one perceives himself based on the knowledge he has gained over a lifetime of experience. This perception is based on the information one has gathered about his values, life roles, goals, skills, abilities and much more.

The self-concept is more or less a collection of beliefs about nature, qualities, and behavior. It's all about thinking and evaluating of oneself at any given moment in time. It is a perception of image, abilities, and in some ways a perception of individual uniqueness. Self-concept impacting one's own life. There are three components of a self-concept based on the work of Humanist Psychologist *Carl Rogers*:

Self-Image: This is in essence what one sees in himself in the present moment. This includes the labels of personality, and it also includes the beliefs of how the external world perceives you. It's however important that one's self-image is not necessarily based on reality. For instance, a person with anorexia may have a self-image that makes them believe they are obese, however in reality that is far away from the truth. Therefore self-image is only your one's own perception of oneself and has no real basis in reality.

Self-Ideal: This is how one wishes one could be at a future time. This is the ideal self, or the ideal person one envisions of being and becoming. Many times, how people see themselves and how they would like to see themselves quite mismatching. And this is what leads to self-sabotage behavior and emotional struggles.

Self-Esteem: This encompasses one's current emotional experiences. It also refers to the extent to which one likes or approves of himself, or the extent to which one values oneself.

Therefore for instance one may have a positive or negative view of himself. When one has a negative view of himself he is seen as having low self-esteem. This often manifests in a lack of confidence and pessimism. On the other hand, when one has a positive view of himself he is seen as having high self-esteem. This often manifests in a confident disposition, self-acceptance and optimism.

Family environment and parental guidance and support are very important for a healthy personality. The strong positive self concept makes a person as good personality. A healthy and strong self-concept will help you to get ahead in all the spheres of life. It will be helpful to maximize the potential and get the most out of strength, talents and abilities. On the other hand, a weak self-concept will hinder the progress. In fact, a weak self-concept will most likely lead to self-sabotage behavior. As a result one will struggle to follow through with his actions and thereby fail to achieve the goals and objectives he has set for himself.

Killeen (1993) carried out the study to find about parental impact on children's self-concept and self-esteem within economically disadvantaged families. The results supported a model in which parents (a) influence self-concept by providing information to their children on how well they perform in specific domains and which dimensions are important, and (b) influencing their children's self-esteem by their affective behavior. Children and parents clearly agreed on the children's competence in school, social acceptance, and behavior, but not in athletics or physical appearance. Family members did not consistently agree in their importance ratings. Global self-concept and worth was predicted by children's perception of parental guidance and support and perceived competence in dimensions that were important to the parents.

Harvey and Byrd (1998) studied the relationship between the level of self-esteem of adolescents and their perception of their family environment and their perception level of attachment with their parents. Early adolescent's self-esteem was significantly related to their pattern of attachment with their caregivers, whereas specific aspects of their family environment were related to the late adolescent's level of self-esteem. This pattern was consistent with earlier positions that early adolescents were mostly engaged in information seeking, while late adolescents were trying to summarize and consolidate information to form an adult identity.

Sally (2000) investigated the influence of different parenting attitudes of adolescents on self - concept and self-complexity of development. The result proved that providing nurturing and warmth contribute positively to the development of different self-components are provided by authoritative and indulgent families, Authoritarian family system, however proved to show a less enhancing background for the self-development of youngsters. Self-concept components and self-complexity, were influenced by the parenting attitudes in indulgent family systems, where restriction was at low level.

Medvedovaluba (2000) studied the relationships of family domains with self-esteem in early adolescence. The results showed that there was a positive relationship of self-esteem with cohesion, organization, expressiveness and recreational orientation in family. Self-esteem was positively related to moral global-opinion orientation among male adolescents and it is negatively correlated to intellectually cultural family orientation in case of female students. A highly significant relationship was found between self-esteem and family conflict in both male and female adolescents. Respondents from high conflict families had a lower self-esteem, weaker internal control and higher anxiety.

Bean et al.(2003) examined the relationships between adolescent functioning (i.e. self-esteem and academic achievement) and parental support, behavioral control and psychological

control in European American and African American adolescents. Hierarchical regression analysis indicated that both self-esteem and academic achievement were positively predicted supportive behaviors of African American mothers toward their adolescent children. There is significant relationship between psychological control and adolescent self-esteem in both the models of paternal parenting and maternal parenting. In addition, academic achievement and self-esteem among European American adolescents was significantly predicted by behavioral control.

Ooi et al. (2006) investigated the impact of quality of parent-child attachment on aggression, social stress and self-esteem in a clinical sample of 91 boys with disruptive behavior disorders ranging from 8 to 12 years of age. Those boys who exhibit various aggressive and antisocial behaviors such as getting into fights, telling lies and teasing others were included in the study. Multiple regression analyses found that the parent-rated aggression, social stress and self-esteem were significantly predicted by quality of parent-child attachment. There is significantly negative relationship between quality of parent-child attachment and the levels of parent-rated aggression, social stress and while at the same time the better the quality of parent-child attachment higher the level of self-esteem.

Kavitha Maheswari.K., (2014) studied the self concept among rural girl students and revealed that a little more than half (50.3) of the respondents had high physical self concept, more than half (54.3%) of the respondents had above average social self concept, nearly half of the (48.6%) respondents had above average temperamental self concept, a vast majority (83.8%) of the respondents had high educational self concept, more than 3/5 the (63.8%) of the respondents had high moral self concept, more than half (66.2%) of the respondents had above average intellectual self concept and more than half (56.5%) of the respondents had high self concept. As per the study results it is understood that no socio-demographic variable has influence over the respondent's self concept except the course of study.

Materials and Methods

Objectives

- To assess the self concept of the adolescents.
- To measure the influence of parenthood on adolescents' self concept.

Hypothesis

There is significant difference between the children of single parent and those who live with both the parents with regard to their self concept.

Research Design

This study is basically descriptive which portrays the socio-demographic characteristics of the respondents along with their self concept.

Universe and Sampling

This study was conducted in an aided higher secondary school in Trichy District. The universe of the study were the students those who study between sixth to ninth standard also of both the genders. They were totally 410 students of which 40 respondents who are having both the parents alive and 40 of them who are having only one parent either father or mother were selected as sample by using purposive convenient sampling method.

Tools of Data Collection

The researcher collected the data by using a self prepared questionnaire along with a standardized tool on self concept by Dr.Rajkumar Saraswat, which has six dimensions namely physical, social, temperamental, educational, moral and intellectual self concept.

Findings and Discussion

Findings on Socio-Demographic Variables

62.5% of the respondents belonged to the age group of 10-12 years and the remaining respondents were between 13-15 years of age.56.3% of the respondents were female. A vast majority of the respondents belonged to Hinduism and he remaining are from Muslim and Christian religion.68.8% of the respondents were hailing from nuclear family. 53.8% of the respondents are single child. 63.8% of the respondents were first born and the remaining were second order of birth.

Findings on Family Details

Exactly half of the respondents live with single parents and the remaining with both of their parents. This single parenthood is due to the death of their either parent in most of the cases and a very little due to separation of their parents. 60% of the respondents parent's occupation is coolie.60.1% of the respondents family monthly income is below Rs. 10,000/.

Findings on Academic Data

36.2% of the respondents were at 6th standard, 23.8% of them were at 7th standard, 25% of the respondents were studying at class 8 and the remaining respondents were studying at 9th standard. 67.5% of the respondents expressed that they are good at their studies. 55% of the respondents' medium of instruction is Tamil and the remaining belonged to English medium classes.

Findings of Respondents' Self Concept

Table 1 Distribution of the respondents by their self concept

S. No	Self concept	No. of respondents	Percentage
1.	Physical		
	Low	51	63.8
	High	29	36.2
2.	Social		
	Low	44	55
	High	36	45
3.	Temperamental		
	Low	41	51.3
	High	39	48.8
4.	Educational		
	Low	48	60
	High	32	40
5.	Moral		
	Low	47	58.7
	High	33	41.3
6.	Intellectual		
	Low	47	58.7
	High	33	41.3
7.	Overall self concept		
	Low	45	56.2
	High	35	43.8

It is revealed from the above table that more than half of the respondents perceived low level of self concept and all its dimensions.

Table 2 Z -test between the respondents' parenthood with regard to their self concept

S. No	Self concept	Mean	SD	Statistical Inference
1.	Physical			Z=1.231
	Single parent	27.0500	3.41903	P>0.05
	Both the parents	29.1750	2.91668	Not Significant
2.	Social			Z=0.613
	Single parent	33.4000	3.35735	P>0.05
	Both the parents	32.8750	4.24981	Not Significant
3.	Temperamental			Z=0.724
	Single parent	26.8350	3.66471	P>0.05
	Both the parents	27.4000	3.43287	Not Significant
4.	Educational			Z=0.205
	Single parent	34.3000	3.32203	P>0.05
	Both the parents	34.8560	3.21495	Not Significant
5.	Moral			Z=1.615
	Single parent	27.7000	4.81557	P>0.05
	Both the parents	29.4500	4.87774	Not Significant
6.	Intellectual			Z=1.438
	Single parent	29.7000	4.47901	P>0.05
	Both the parents	31.1000	4.22326	Not Significant
7.	Overall self concept			Z=0.660
	Single parent	180.9750	14.55579	P>0.05
	Both the parents	183.1500	14.89889	Not Significant

It is inferred from the above table that there is no significant difference between the children of single parents and those who are living with their both the parents with regard to their self concept and its dimensions.

The mean score analysis revealed that the respondents who are living with their both the parents perceive better physical, temperamental, educational, moral, intellectual and overall self concept than those of the respondents who have single parents.

With reference to the social self concept, the respondents having single parents had better score than the respondents live with their both the parents.

Hypothesis

There is significant difference between the children of single parent and those who live with both the parents with regard to their self concept.

It is proved from the above table that there is no significant influence of parenthood on self concept of the respondents. Hence the research hypothesis is rejected.

Conclusion

Healthy adolescence is ensure by both family and external environment, parenthood may be either single of both , the love, care and affection and their quality are very important for the development of personal, academic and overall development of the adolescents. People with good self concept will be grown as matured personality. The family members are to be informed well about the significance of self concept. Motivation and guidance from the parents and teachers are very important to mould the individual's life. Schools of private or government ownership should appoint school social workers to play influential role in care and holistic

development of adolescent students and also focus on the problematic and academically struggling students.

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VIOLENCE FACED BY GIRLS IN SCHOOL EDUCATION IN INDIA



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Abstract

Education is a way to learn new information and help us understand and develop in various levels such as quality of life, awareness level and also increase the skill level of a particular individual. According to the census 2011 the literacy is been increased by 14% where male literacy is 82.14% and the female literacy is 65.46%. As per NSS 71st round report says that the 62% of female are literate and male are 75.7%. In rural India literate percentage is that male are 72.3% and female are 56.8% and in

Urban India 83.7% are male and 74.8% are females are literate in the year 2014. "We educate women because it is smart, we educate women because it changes the world"- (Drew Faust, President, Harvard University). The reason for the difference between the percentage of education between the male and the female, the problems the women face for the education and the suggestions to overcome those problem will be covered in this paper.

Keyword: Education, Literacy.

Introduction

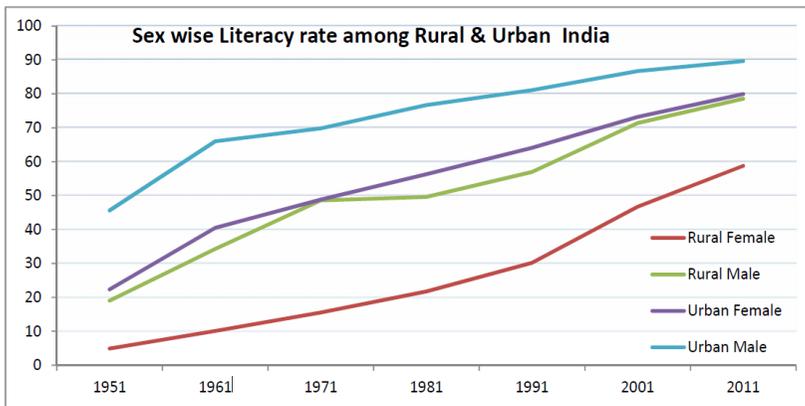
Education system in India changed time to time according to the Indian education report by NCEE only 3 Brahmin boys are taught to read and write Brahmin teacher, and females are not allowed to educate but under the British rule 1700s to 1947 the education system changed by policy reinforcement changing to academic education and women were started to given education. Education is which helps every individual to understand, learn that is new, get lot of information and give awareness mainly it helps to ask questions about the things that happen in and around us. According to the census 1947 literacy rate was 12% and during the census 2011 the rate was increased to 74.04%. through it is a great accomplishment, Still female literacy is less than the male literacy where male is 82.14% and whereas the female literacy is 65.46% which is that there is 8.66% difference between literacy of male and female. The education is a right for women and not giving it is violence against them.

Status of Women Education in India

The literacy rate in India is been increased year by year and that is a very good notice and literacy of women also been increased year by year by the difference between the literate of male and female are still existing the below table shows the literacy rate each census year 1951 to 2011

Year	Rural			Urban			Combined		
	Female	Male	Total	Female	Male	total	Female	Male	Total
1951	4.87	19.02	12.1	22.33	45.6	34.59	8.86	27.15	18.32
1961	10.1	34.3	22.5	40.5	66	54.4	15.35	40.4	28.31
1971	15.5	48.6	27.9	48.8	69.8	60.2	21.97	45.96	34.45
1981	21.7	49.6	36	56.3	76.7	67.2	29.76	56.38	43.57
1991	30.17	56.96	36	64.05	81.09	67.2	39.29	64.13	52.21
2001	46.7	71.4	59.4	73.2	86.7	80.3	53.67	75.26	64.83
2011	58.75	78.57	67.8	79.92	89.67	84.1	65.46	82.14	74.04
% Increase in 2011 over 2001	26%	10%	14%	9%	3%	5%	22%	9%	14%

*Source: Census of India, Office of Registrar, India



The reason behind the difference between the male and the female, the reason behind the vast difference between the male and the female education both in rural and the urban areas

Problems Faced by Female in Education

In India there is a tradition that follows the women are the slave of men and was considered as a burden for the family though this attitude is been changing still it prevails in India and the illiteracy of women and the ignorance is still existing in India.

The main Problems that they face is

- **Immorality**
Immorality is been increased day by day due to many causes and humanism which is been talked around the whole world is been decreased. Thus due to this immorality that is been seen in news and by other social media makes parents to be afraid of the society and thus they are afraid to send their girl to send out of the house and even to schools.
- **Scarcity of lady teachers in rural areas**
The lack of women teachers in the schools at primary levels is very responsible for the enrolment of girl student. at present the proportion of women teachers are less than the male teachers.
- **Transportation**
Many schools don't have proper transportation which is that there are no enough buses to schools and the government buses are crowded at the certain time and in crowded bus there are many harassment take place which is not been talked about and that makes girls to feel uncomfortable to travel in public transport and the school also do no provide proper transportation. This is a reason for the girls avoiding schooling.
- **Problem in sanitation and the wastage in schools**
There are no proper sanitation facilities in schools and thus it make girls to avoid schooling and are not been motivated to go to school.
- **Lacking in Girl Schools**
The separate school for girls will keep girls safe form the immoral activates that happen in the co-education.so as there are less number of girls schools and the hard ship in approaching those kind of schools discourage the girl parent to send their girl to school.
- **Lack of interest by the officials in charge of the education**
Officials in the education field must show interest in the women education and help the environment of education to be comfortable and safe to make women to educate by providing appropriate facilities like constructing more schools in rural areas and encouraging them to continue their education so that every women will be motivated and as the officials are not showing their interest in the education of women which make the female to be educated.

- Financial difficulties and Social Factors
Most of the families are going through poverty and many family thinks that the girl child are other family after marriage and thus male child must take care of them during their old times and thus these parents think that to educate a girl it's better to educate a boy. Thus the family in poverty don't let the girl to educate.
- Women and Child Trafficking
Trafficking is been dangerous issue when a child or a girl is out of the home alone the strangers just kidnap them and use them for immoral purpose and make them as a slave to them which is a hardest issue that a parent can't even digest this fear within the parents and to avoid this fear the parents does not encourage their girl child to send the school.
These are some of the points which discourage a girl parent or sometimes even the girl to educate the fear within them does not encourage the girls to educate.

Solution

The women are been born not to be under someone and work for them but they are born to archive that no one can attain. Education is a tool for that achievement where a means to attain thing that they can't imagine.

- The attitude of men should change towards women. That the women are not a material but they are humans with feeling who must be treated with respect and dignity.
- The women must be encouraged to teach in schools in rural areas not for them but for other girls in that society who can attain many opportunity and achieve great things in life.
- Schools who have students from distant rural background must provide them bus facilities or the government must provide separate bus for women in every district so that the women will be feeling safe while they travel.
- Schools must provide proper sanitation facilities for boys and girls in the schools so that they feel safe during the time of emergencies.
- To make the girls or the girl parents to feel safe there must be girls school in each rural areas so that girls need not struggle a lot to educate women and the government officials must look into this and help all the girls to be educated equally as boys.
- Every parent or the community that is in poverty must be given awareness about women education and feel the importance of it and government must give allowance to those family to encourage girls to be educated.
- Government must take serious action towards trafficking and must give security for them towards trafficking and eve teasing too thus every girl will feel safe when they go and come to the school and to home.

Conclusion

Education is a tool which makes every individual to grow in life. Many women has achieved where a male can't achieve they have seen heights where many male did not even imagine. Avoiding education to women is violence. Women are the human beings who must be given honor for all their deeds thus it motivates other women who is going through the same struggle as they did. Male has important to role towards them to achieve those dreams of women in which one thing is to motivate them if a male can't motivate them then be quiet and see them develop than being a hindrance for their development. There is a famous quote by Mr. Brigham young which is

“You educate a man; you educate a man. You educate a Woman; you educate a generation” Thus educate a women and stop these kinds of violence make way for women to grow up and achieve.

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A MULTIDIMENSIONAL STUDY ON THE PROBLEMS FACED BY UNMARRIED ELDERLY WOMEN IN SELECTED PANCHAYATS PALGHAT, KERALA



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Abstract

Aging population is the most challenging demographic phenomenon worldwide in the 21st century. Presently, India has around 90 million elderly and by 2050, the number is expected to increase to 315 million, constituting 20 percent of the total population. Kerala has the highest percentage of elderly among the Indian states as per the Census 2011 and Kerala has more elderly women than elderly men and stays at top in having the highest number of elderly women among other states in India. The fact that there exists stigma in the society towards unmarried women puts them in trouble even in their younger ages in which they are

healthy enough to manage their livings by themselves under normal conditions and if so the situation would be miserable in their older ages in which they mostly need assistance to manage daily living. These problems might influence the way the unmarried elderly women experience ageing and the meaning they attached to it. This research is an attempt to describe the multidimensional problems such as Social, Psychological or Emotional, Physical (Health related), Economic of unmarried elderly women residing in Peruvembu, Karimba and Kannadi Panchayats in Palghat District, Kerala.

Introduction

Aging population is the most challenging demographic phenomenon worldwide in the 21st century. Presently, India has around 90 million elderly and by 2050, the number is expected to increase to 315 million, constituting 20 percent of the total population. Kerala has the highest percentage of elderly among the Indian states as per the Census 2011 and Kerala has more elderly women than elderly men and stays at top in having the highest number of elderly women among other states in India. The fact that there exists stigma in the society towards unmarried women puts them in trouble even in their younger ages in which they are healthy enough to manage their livings by themselves under normal conditions and if so the situation would be miserable in their older ages in which they mostly need assistance to manage daily living.

Marriage is a major 'social institution', which is being attached with almost every individual as an obligation and an unavoidable event in an individual's life. It is traditionally being destined by the society to every woman. Tag of marriage is the way to improve the status of women in a country like India. "For girls marriage is the only means of integration in the community, and if they remain unwanted, they are socially viewed, so much wastage." (De Beauvoir, 2005). Much of the stigma attached to unmarried women is a direct occurrence of one of the dominant forces family and its 'socialization' processes assuming to be the vital element of the social structure. Family and the socialization processes recognized to be the backbone of an individual, supports her to integrate into the community at large and develop a personality of self. "Without socialization, an individual would bear little resemblance to any human being defined as normal

by the standards of the society.” (Ramamurthy and Jamuna, 2004). These problems might influence the way the unmarried elderly women experience ageing and the meaning they attached to it. This research is an attempt to describe the multidimensional problems such as Social, Psychological or Emotional, Physical (Health related), Economic of unmarried elderly women residing in Peruvembu, Karimba and Kannadi Panchayats in Palghat District, Kerala.

Need and Importance

Old age is characterized by dependency. Old women mostly seek and get support either from their life partners or children. The unmarried elderly women neither have life partners and nor children (except some cases) to be with and to depend. This vacuum is severe enough to destroy an elderly woman by affecting all aspects of her life. Therefore, interventions are inevitable.

This study is constructive in such a way that the government and policy makers will be made aware of the manifold problems of unmarried elderly women in India, particularly in Kerala, so that they can be stimulated to develop targeted policies and interventions to ensure safe and secure life to this group and to assure today’s young single women a secure and productive existence when they become old. Moreover, studies of this nature that focus more on the root causes and veracity of the manifold aspects of the problems faced by unmarried elderly women would enable the society to present before the judiciary, legislature and executive on the gravity of the problem and thereby influence them to formulate and execute laws that would uphold the dignity of unmarried elderly women in a manner that would give them justice. The study thus will enable the various institutions like PRIs, NGOs and the general public to capture the multifaceted effects of the single status of the unmarried elderly women and take genuine efforts to sensitize the whole society on the same.

Review of Literature

Research on ageing and elderly problems is considered significant by well developed countries but it hardly happens in countries like India. According to **Chakraborti (2008)**, this is primarily because of the belief that the family support system is and will continue to be an adequate insurance against all problems related to old age.

Arun P. Bali (2014) in his book *Understanding the graying people of India* points out that the unmarried elderly especially women (Poor Sections in Oldage) are more vulnerable than other elders to social and economic hardships because in the process of development, poor sections lose ground in relative and also in absolute terms.

Baruah, Jeuti (2013) on her book “Single Women in Assamese Hindu Society” stresses on three parts of womanhood. The first part is highlighted on Spinsters, those who have not married. In the second part on widows, those who have lost their husbands and in the third part emphasis was made on the divorced women, those whose husbands have left them alone. In all these parts, women are usually found being in trouble. In the unmarried category, she has mentioned that there are two main reasons for remaining unmarried. The first one is unmarried status by choice and decision of a woman herself and the second one is due to compelling circumstances beyond the control of a woman.

Alam, M. and Karan, A. (2011) are of the opinion that married persons have, on average, healthier profiles than the unmarried, be they divorced, widowed, or never-married. Research has also found that married elderly women live longer than never married elderly women and that they have especially higher mortality rates.

Jamuna, M. (2010) also reported that more than half of the elderly live in poverty and are dependent. She is of the opinion that majority of elderly are women and most of them are widows and a considerable number of them are unmarried in Kerala.

N.S. Krishnakumari (2009) on her book "Status of single women in India": A study of Spinsters, widows and divorcees, had focused on the status of single women in India. Discrimination towards all section of women exist from the period of "Manu's smriti", the discrimination in case of single women is twofold as a women in one hand and as a single woman on the other. In her book, she stated a comparative study on the socio-economic background about psychological and sexual life of single women in Indian context. In the introductory chapter, the author has given a brief history of single women and their position from the Vedic period to the post independence era. In the third chapter, the author has mentioned about the various problems regarding working and non-working spinsters. Finally, she has concluded with a comparative analysis of the single women.

Objectives of the Study

1. To understand the personal profiles of the respondents.
2. To investigate the social problems faced by Unmarried Elderly Women.
3. To describe the psychological or emotional problems faced by Unmarried Elderly Women.
4. To describe the physical or health problems faced by Unmarried Elderly Women.
5. To analyze the economic problems faced by Unmarried Elderly Women.

Research Design

A descriptive research design was used to understand the lived experiences of the unmarried elderly women. Descriptive study are a fact-finding investigation with adequate interpretation. It is more specific and has focus on particular aspects or dimensions of the problem studied. It is designed to gather descriptive information and provides information for formulating more sophisticated studies.

Universe and Sampling

Population of this study comprises the 155 unmarried elderly women from Peruvembu, Karimba and Kannadi Panchayats in Palghat District of Kerala. The percentages of elderly population in Peruvembu Panchayat with 14 wards, Karimba with 17 wards and Kannadi with 14 are 10.05, 11.35 and 9.61 (49, 39 and 66 unmarried elderly women in each Panchayat) respectively in the total population. In all the three Panchayat little more than 50% are elderly women. Among them there were 155 unmarried elderly women altogether in these three wards. The study had a complete coverage of 155 unmarried elderly women. Census method is used for the collection of sample. The researcher, at first, approached all the identified unmarried elderly women either individually or through anganvadi teachers for inviting to be the core of the study. They were informed about the study and that they were selected as informants. Finally, 155 unmarried elderly women were visited by the researcher individually for the interview and all were prepared and willing to participate in study.

Data Analysis and Interpretation

Demographic Profile of Respondents

Under profile of respondents the details of age, locale (location of respondents), education, living status, family situation, economic status, social status, religious Inclination, Nativity and

reason for being single have been tabulated. The necessary details of the descriptive statistics and inferences have been described. The following table titled 'Profile of Respondents' in terms of age, locale (location of respondents), education, living status, family situation, economic status, social status, religious Inclination, Nativity and reason for being single have been tabulated.

Table 1 Demographic Profile of Respondents

Sl. No	Details		Frequency	Percentage	
1	Location	Kannadi	39	Average- 2.07 Standard Deviation- 0.76	25.16%
		Karimba	65		41.93%
		Peruvambu	51		32.90%
	Age	60-70 Years	83		53.54%
		70-80 Years	54		34.83%
		80-90 Years	18		11.61%
2	Education	Primary Level	80		51.61%
		Upper Primary	22		14.19 %
		SSLC	37		23.87 %
		Pre Degree	6		3.89%
		UG	9		5.80%
		PG	1		0.64%
3	Living Status	Stays with in-laws	20		12.90 %
		Stays with family relatives	72		46.45 %
		Stays with children	31		20 %
		Stays in home for the aged	13		8.38%
		Stays alone	19		12.25%
4	Family Status	Joint Family	59		38.06%
		Nuclear Family	75		48.38%
		Destitute	21		13.54%
5	Economic Status	Pensioner	19		12.25%
		Non-Pensioner	19		12.25%
		Receive Govt. Pension	70		45.16 %
		Receive help from donors	47		30.32 %
6	Social Status	Member of Women Association	23		14.83 %
		Respected elder in family	56		36.12 %
		Lonely person	76		49.03 %
7	Religious Inclination	Spiritual	27		17.41%
		Regularly visit temples/Churches/Mosque	77		49.67%
		Share spiritual experience with others	51		32.90%
8	Nativity	Native of Palghat District	39		25.16%
		Native of other Districts in Kerala	45		29.03%
		Native of other States	71		45.80%
9	Reasons for Being Single	Self-Choice	22		14.19%
		Didn't find suitable partner	30		19.35%
		Family situations	72		46.45%
		Don't want to reveal	31		20.00%

A total of 155 respondents were used for the data gathering process of the study. The respondents were unmarried elderly women aging above 60 and residing in Kannadi, Karimba and Peruvembu Panchayat. The Table 4.1 shows that among the three Panchayat namely, Kannadi, Karimba and Peruvembu, Karimba is on the top with 65 unmarried elderly women and Peruvembu and Kannadi with 51 and 39 respectively. The data on age showed that the average age of respondents was 70.43. The Standard Deviation worked out to be 0.76. This means that the distribution of age of respondents in the study is more or less compact. This means that the variation in the age distribution is not very wide spread. The highest representatives of the respondents are from the age group of 60 to 70 (53.5%) followed by a relatively older generation 70 to 80 (34.5) and 80 to 90(11.6%).

The Table 4.1 also expresses that the majority of the unmarried elderly women in the sample have primary level qualification (51.61%) which is reflective of low female literacy status, a little less than the quarter have SSLC qualification (23.87) and respondents with the qualification of upper primary stands third (14.19%). As reported in Table 4.1 the majority of the respondents are living with family relatives (46.45%). This may indicate that being single and aged they have to depend their others for a shelter. Another 20% of the respondents stay with their children and 12.90% stay with in-laws. In addition, almost half of the unmarried elderly women lives in nuclear family (48.38%) while 38.6% live in joint families and 13.54% are destitute. The table 4.1 shows that the source of income for the majority of unmarried elderly women in these three Panchayat is old age pension provided by the Government of Kerala (45.16%). However, more than a quarter depend others for income to meet the needs (30.32%). It is remarkable to note that almost half of the unmarried elderly are socially lonely persons (49.03%) while 36.12% of them get a respectful position in their families. 14.38% of them get involved in women associations.

As far as the religious inclination of the unmarried elderly women in these Panchayat is concerned, the Table 4.1 says that almost half of the respondents regularly visit temples, churches or Mosque (49.67%). More than a quarter of them share their spiritual experiences with others (32.90%) and the rest hold that they are spiritual (17.41%). It is significant to note that the reason for majority of the respondents for being single is their family situations (46.45) while there is a group which don't want to reveal the reason (20%). Some say that they didn't find a suitable partner (19.35%) and the rest say that it was their own choice not to marry.

Table 2 Association between the Education of the Respondents with Regard to Social Dimension

Education	Social Dimension				Total
	10 - 20 "Very Poor"	20 - 30 "Poor"	30 - 40 "Good"	40-50 "Very Good"	
Primary Level	9	11	32	28	80
Upper Primary Level	1	6	5	10	22
ESLC - SSLC	1	9	16	11	37
Pre Degree	0	0	1	5	6
UG	0	2	3	4	9
PG	0	0	1	0	1
Total	11	28	58	58	155

The above table depicts the mean score of the respondents according to their education in relation to the factors on social dimension in the study. The social dimension scores show that more than one third (37.42%) of the respondents had very good score (40-50) on social dimension.

An identical number scored good (30-40). Together these account for more than 70% of respondents. Chi-square test analysis showed a significant association between the education and the social dimensions ($\chi^2 = 13.098$, $P < 0.05$) of the respondents. From this it may be inferred that greater majority of respondents scored good to very good. This may be due to the exposure and behavioural development they achieved as they are educated.

Table 3 Association between the education of the respondents with regard to Psychological Dimension

Education	psychological Dimension				Total
	10 - 20 "Very Poor"	20 - 30 "Poor"	30 - 40 "Good"	40-50 "Very Good"	
Primary Level	1	10	38	31	80
Upper Primary Level	1	3	6	12	22
ESLC - SSLC	2	5	14	16	37
Pre Degree	0	2	1	3	6
UG	1	2	4	2	9
PG	0	0	1	0	1
Total	5	22	64	64	155

The above table describes the mean score of the respondents according to their education in relation to the factors on psychological dimension in the study. The psychological dimension scores show that more than one third (41.29%) of the respondents had very good score (40-50) on psychological dimension. An identical number scored good (30-40). Together these account for more than 80% of respondents. Chi-square test analysis showed a significant association between the education and the psychological dimensions ($\chi^2 = 9.290$, $P < 0.05$) of the respondents. From this it may be inferred that greater majority of respondents scored good to very good. This may be due to reason that education improved their behavioural pattern and mental health which in turn helped their psychological well being.

Table 4 Association between the education of the Respondents with regard to Health Dimension

Education	Health Dimension				Total
	10 - 20 "Very Poor"	20 - 30 "Poor"	30 - 40 "Good"	40-50 "Very Good"	
Primary Level	2	7	43	28	80
Upper Primary Level	0	2	10	10	22
ESLC - SSLC	1	7	20	9	37
Pre Degree	0	2	1	3	6
UG	0	2	6	1	9
PG	0	0	1	0	1
Total	3	20	81	51	155

The above table represents the mean score of the respondents according to their education in relation to the factors on health dimension in the study. The health dimension scores show that more than half (52.25%) of the respondents had good score (30-40) on health dimension. And more than one third of the respondents scored very good (40-50). Together these account for more than 85% of respondents. Chi-square test analysis showed there is no significant association between the education and the health dimensions ($\chi^2 = 5.976$, $P > 0.05$) of the respondents. From this it may

be inferred that greater majority of respondents scored good to very good. This may be because they are educated they might have taken preventive measures to maintain health.

Table 5 Association between the education of the Respondents with regard to Economic Dimension

Education	Economic Dimension				Total
	10 - 20 "Very Poor"	20 - 30 "Poor"	30 - 40 "Good"	40-50 "Very Good"	
Primary Level	6	14	32	28	80
Upper Primary Level	1	4	10	7	22
ESLC - SSLC	0	7	18	12	37
Pre Degree	0	0	3	3	6
UG	0	0	8	1	9
PG	0	0	1	0	1
Total	7	25	72	51	155

The above table shows the mean score of the respondents according to their education in relation to the factors on economic dimension in the study. The economic dimension scores show that more than one third (46.45%) of the respondents had good score (30-40) on economic dimension. Similarly more than one third scored very good (40-50). Together these account for more than 75% of respondents. Chi-square test analysis showed a significant association between the education and the economic dimensions ($\chi^2= 11.398$, $P<0.05$) of the respondents. From this it may be inferred that greater majority of respondents scored good to very good. This may be due to the fact that education offered them better jobs.

Table 6 Association between the Living Status of the respondents with regard to Social Dimension

Living Status	Social Dimension				Total
	10 - 20 "Very Poor"	20 - 30 "Poor"	30 - 40 "Good"	40-50 "Very Good"	
Stays with in-laws	3	6	9	2	20
Stays with family relatives	1	7	32	32	72
Stays with children	0	6	11	14	31
Stays in home for the aged	3	4	4	2	13
Stays alone	4	5	2	8	19
Total	11	28	58	58	155

The above table illustrates the mean score of the respondents according to their living status in relation to the factors on social dimension in the study. The social dimension scores show that more than one third (37.42%) of the respondents had very good score (40-50) on social dimension. An identical number scored good (30-40).

Together these account for more than 70% of respondents. Chi-square test analysis showed a significant association between the living status and the social dimensions ($\chi^2= 13.928$, $P<0.05$) of the respondents.

From the table it may be inferred that greater majority of respondents scored good to very good. This may be due to the reason whatever may be the living status of unmarried elderly women, they can be socially active.

Table 7 Association between the Living Status of the respondents with regard to Psychological Dimension

Living Status	Psychological Dimension				Total
	10 - 20 "Very Poor"	20 - 30 "Poor"	30 - 40 "Good"	40-50 "Very Good"	
Stays with in-laws	1	4	10	5	20
Stays with family relatives	1	7	30	34	72
Stays with children	2	8	11	10	31
Stays in home for the aged	0	0	7	6	13
Stays alone	1	3	6	9	19
Total	5	22	64	64	155

The above table depicts the mean score of the respondents according to their living status in relation to the factors on psychological dimension in the study. The psychological dimension scores show that more than one third (41.29%) of the respondents had very good score (40-50) on psychological dimension. An identical number scored good (30-40). Together these account for more than 80% of respondents. Chi-square test analysis showed a significant association between the living status and the psychological dimensions ($\chi^2 = 13.004$, $P < 0.05$) of the respondents. From this it may be inferred that greater majority of respondents scored good to very good. This may be due to the reason that living status strengthens the psychological stability.

Discussion

A number of studies have established that elderly when employed meaningfully and kept busy, tend to live healthier and longer. Interestingly, in many foreign countries, there are interesting employment opportunities for the elderly in different occupations where elderly can volunteer to offer services, free of cost. This keeps the elderly busy, entertained as well as providing them with the feeling of social relevance. In India, there was a tradition that elderly would spend time on social and religious purposes. These norms have been changing with modern life style. Cross country experience shows that a dually beneficial programme could be providing for the elderly to interact with the young in schools and share with them their life-long experiences. This would benefit both - the young as well as the aged as elderly would be pre-occupied while it would aid learning for the young.

Social Work Intervention

The unmarried elderly women should be regarded as vulnerable group and treated accordingly. This can be achieved by raising community awareness regarding problems affecting the unmarried elderly women, setting up of geriatric clinics within the existing health facilities and mobile clinics to attend to the health problems of the unmarried elderly women. Raising awareness of the community regarding problems affecting them in the country might lead to a change of attitude and the provision of support. The unmarried elderly women have to be educated about the age-related problems, self-care practices and their rights to access quality care and services. Specific social welfare measures need to be taken to assist the unmarried elderly women with their financial and basic needs. Such assistance would require not only the involvement of the government, but the community, the non-governmental organizations, and the society at large. It means that structures should be put in place to register and evaluate the needs of the unmarried elderly women. The current social welfare policies need to be extended and adapted to the living experiences of the unmarried elderly women. The revised policies

should include provision of legislation, governance, and financial, material resources and possibly care services that ensure full participation of the unmarried elderly women.

Conclusion

The present study demonstrates the problems with different dimensions of the unmarried elderly women residing in selected Panchayat namely, Kannadi, Karimba and Peruvembu Panchayat. It also tries to know about the factors contributing to their elderly hood and singlehood. The study suggests that the lived experiences of the unmarried elderly women residing in selected Panchayats namely, Kannadi, Karimba and Peruvembu Panchayat in Kerala comprises of five dimensions such as social, health, psychosocial, economical and coping styles emerging from deteriorating health status, loneliness or isolation, insecure source of income, lack of social support, and psychological distress associated with a variety of negative feelings and meanings.

GENDER DISCRIMINATION, METHODS AND NEED FOR PROMOTING GENDER EQUALITY



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Abstract

Women are considered as weaker sections of the society. Women are discriminated in the various sectors of our country. Women in India are far behind in the economic participation, education and health and life expectancy, when compared to the male population of our country. Raising our kids without discrimination is a giant step to promote gender equality. There is need to initiate policies to empower, educate and enlighten women regarding their rights to eliminate gender based disparities.

Keywords: *discrimination, gender, inequality, patriarchy, dowry.*

Introduction

Discrimination against women and girls was there in our country and is a long running phenomenon. Women are considered as weaker sections of the society even though the advancement of women in education and employment is now a day on the higher side when compared to days of the past. But, what on the decision making at home? Are we women equal at home? Do we women make important decisions in the family? Are the decisions made by women are accepted by the other members of the family?

Women are supposed to be in the custody of father when they are in the childhood stage; the father takes important decisions at the childhood stage. Women are supposed be in the custody of husband after their marriage. In this stage the husband takes important decisions. In the old age or in the window stage the son takes the custody of the mother and there in that stage the son takes decisions. Education, work and good quality of life are only for a small percent of women in India. Gender equality at work places can be achieved through formulating and implementing certain rules and regulations, but how to achieve equality at home.

Gender Equality

According to the European institute, “Gender equality is achieved when women and men enjoy the same rights and opportunities across all sectors of society, including economic participation and decision-making, and when the different behaviors, aspirations and needs of women and men are equally valued and favored”.

“Gender” generally refers to the differences between men and women. Encyclopedia Britannica notes that gender identity is “an individual’s self conception as being male or female, as distinguished from actual biological sex”.

Gender Inequality in India: Important Data

Global Indices

Gender Inequality has reflected in the poor ranking of India in various global gender indices.

- **UNDP's Gender Inequality Index- 2014:** India's ranking is 127 out of 152 countries in the List. This ranking is only above Afghanistan as far as SAARC countries are concerned.
- **World Economic Forum's Global Gender Gap Index- 2014:** India's ranks at 114 in the list of 142 countries of the world. This Index examines gender gap in four major areas. They are
 - Economic participation and opportunity.
 - Educational achievements.
 - Health and life expectancy.
 - Political empowerment.
- **India's position** on these indicators is as follows:
 - Economic participation and opportunity: **134th**
 - Educational achievements: **126th**
 - Health and Life expectancy: **141st**
 - Political empowerment: **15th**

These two important Global Indices show the sorry state of affairs in India as far as gender equality is concerned. Only in case of 'Political Empowerment' India is doing fine which is a welcome sign.

Gender Inequality Statistics

Gender inequality manifests in varied ways. And as far as India is concerned the major indicators are as follows:

- **Female feticide**
- **Female Infanticide**
- **Child (0 to 6 age group) Sex Ratio:** 919/1000
- **Sex Ratio:** 943/1000males
- **Female literacy:**46%
- **Maternal Mortality Rate:** 178 deaths per 100000 live births.

These above mentioned indicators are some of the important indices which show the status of women in our country.

According to the 2001 census data there is a sharp decline in the sex ratio for the population age 0-6, from 945 females in 1991 to 927 females per 1,000 males. The trend in the sex ratio of the under-seven population based on National Family Health Survey data for the period 1992-93 to 2005-06 also shows that there is a decline. In 2005-06 the under-seven sex ratio was 918 females / 1,000 males. The Central Statistics Office (CSO)'s publication "Women and Men in India 2014" found that women occupied seven out of 45 ministerial positions in the Narendra Modi's council of ministers, which is a little more than 15%, against around 10% in 2004. In 2014 general election, only 62 females have been elected constituting more than 11% share in the 16th Lok Sabha.

The above statistics clearly depicts the status of gender inequality in India. It clearly shows that the women in India are far behind in the economic participation, education and health and life expectancy, when compared to the male population of our country.

Sectors of Gender Inequality

Women are discriminated in the various sectors of our country. The discrimination starts from the parent's choice of having a child. Most of them prefer to have a boy baby. Female feticide is alarming gender inequality. The unbalanced sex ratio is prevalent in the following sectors.

- Education
- Health and nutrition
- Employment
- Wages and earning
- Access to ancestral property
- Domestic work
- Child rearing
- Decision making
- Political representation
- Entrepreneurships
- Social status
- Financial independency

Reasons for Gender Inequality in Indian Society

Patriarchy is deeply in cultivated in the mindset. Daughters are still entitled to enjoy everything far lesser than sons, from playtime and education to choosing a life partner and inheriting property. When they are of a certain age, girls are expected to help out in household duties that they're meant to do throughout their lives without any pay in terms of money and recognition. The boys who grow up seeing their mother unquestioningly handling the entire house hold work will automatically expect their and daughters to follow the same in the next generation too.

A girl child is considered as a burden. The birth of a boy child is most welcomed and celebrated where as birth of a girl child in dismay. Unequal access to resources and opportunities is the main reason for the existence of gender inequality. Men are considered stronger both physically and mentally. Men are considered as superior in the family and so they are the decision makers, and this tradition is followed even now a day in most part of the country. In our country dowry is the practice of giving a portion of wealth to the grooms family along with the bride whether as a gift or in order to meet the demands of the grooms family. The system of dowry is wide spread throughout the country in all religions which is the foremost reason for considering girl child a burden. Dowry has been prohibited under the dowry prohibition act 1961, but still the system of dowry prevails in all the sections of the society, high class, middle class and lower class.

Changing Scenario of Gender Inequality

The demand for the gender equality in India was never aloud. But in the recent times it is getting importance after the horrifying crimes against women like Delhi gang rape, murder and rape case of Sowmya {Kerala}. Certain laws that ensures safety and protection of women are,

- Dowry Prohibition Act, 1961
- Immoral Traffic (Prevention) Act, 1956
- Indecent Representation of Women (Prohibition) Act, 1986
- National Commission for Women Act, 1990
- Prohibition of Sexual Harassment of Women at the Workplace Bill, 2010
- Protection of Women from Domestic Violence Act, 2005
- Married Women's Property Act, 1874
- Married Women's Property (Extension) Act, 1959.

In spite of having all these laws and regulations, NGOs human rights and women right activists majority of the women are still under stress and strain of being women. Why? Is it a problem of our own bringing up? At the end, it is yes. From childhood onwards we program our children to fit into their gender boxes giving them and practicing them with certain DO's AND DONT's for girls and boys There starts the inequality it's a box they can never climb out of even after getting older. So we have to rear the practice of treating boys and girls equal from child hood itself. Parents and teachers play a vital role in bringing up a gender sensitized generation

Conclusion

In order to bring about a change in gender equality both men and women have to take efforts. If someone really thinks about bringing a change then you don't have to take a big step, just start it from our own house, treat our children equally and set yourself a big example for them. Teach them the importance of equality. A behavioral change in the family will bring about a big change in the dignity and status of women in the society. Educating our children from early years on the relevance of gender equality will be a meaningful start in that direction.

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DOMESTIC VIOLENCE AGAINST WOMEN BY INTIMATE PARTNERS, IMPACTS AND RESPONSES – A STUDY AMONG REHABILITATED VICTIMS



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Abstract

Domestic violence or Intimate Partner Violence is mostly a hidden menace with far reaching consequences through generations. Though there are many incidences of physical violence, the problem gets surfaced only when it is extreme. Many women and children live with it expecting the situation to change. When it is mostly an emotional torture, the victims do not even mention the matter till it affects their emotional stability and health. The major factors associated with intimate partner violence were early marriage, husband's alcohol use, ego and inferiority complex resulting from their spouse's women's employment / capacity to earn. In India, norms related to gender roles and community attitudes play a significant role in the silent, at times, vociferous acceptance of intimate partner violence. Domestic Violence against women can have very adverse impacts on women's long term health and psychological well-being. In the study conducted among certain rehabilitated victims in the Palakkad District in Kerala, 83% of the respondents stated that alcohol is a reason for the Violence exhibited by their life partners. Violent sexual behaviour is also seen triggered by use of alcohol. A dangerous observation is that 97% of the respondents attributed domestic violence against them to drugs. This also signified easy availability of agents that triggered drug abuse and the ineffectiveness of the regulatory mechanisms to

prevent drug abuse. All the respondents had a continuous fear of getting harmed and this resulted in considerable health disorders. 70% of the respondents stated that their friends and neighbours helped them while they were tortured. Police had extended help to those who had approached them. 47% of the respondents stated that Women's group and Political activists gave some support. Family violence treatment and preventive interventions that focus on single incidents and short periods of support services are useful after the occurrence of domestic violence. What is important is to address the fundamental sources of conflict, stress, and violence that occur repeatedly over time within the family. The first step is to take Intimate Partner abuse seriously by understanding domestic violence more broadly. Violence against women is also a manifestation of gender inequality in society. Freedom from violence must be stated as a necessary component of empowerment. For women to understand this, its causes and the far-reaching impacts on them, physically and psychologically, there must be investment in specific training, and gender analysis processes.

Keywords: Domestic violence, Intimate Partner violence, Alcohol Use, Drug abuse, Child abuse, Empowerment against domestic violence

Introduction

Domestic violence or Intimate Partner Violence is mostly a hidden menace with far reaching consequences through generations. Though there are many incidences of physical violence, the problem gets surfaced only when it is extreme. Many women and children live with it expecting the situation to change. When it is mostly an emotional torture, the victims do not even mention the matter till it affects their emotional stability and health. This paper is based on a study among thirty women who have been rehabilitated following Domestic violence by their life partners. This paper attempts to present the nature of violence that these women faced, the causes, its impact on them, the responses following such a torture and as to whether they had got any support to address this issue, earlier on.

Objectives of the Study

1. To understand the academic perspectives and cause-effect relations in Domestic violence or Intimate Partner violence.
2. To understand the nature of Domestic Violence faced by the rehabilitated victims in the Palakkad District of Kerala, and its major causes.
3. To understand the impacts on the victims, their children and immediate relatives following domestic violence.
4. To understand their responses to violent actions by their Life partners and the role played by support systems to mitigate these.
5. To suggest a framework from a socio legal perspective to address this problem and to ensure that the long term adverse effects from both psychological and physical perspectives are addressed.

Research Design

The approach followed for developing this paper has been a Descriptive Design. The steps taken are:

1. Understand the definition of Domestic violence from studies conducted on this subject, internationally.
2. Field study among Women rehabilitated in Mahila Mandiram and issues addressed by the Child Welfare Committee in Palakkad District.
3. Review of Literature on legal and regulatory frameworks to mitigate the risks to the Women and their dependents adversely affected by Domestic violence.

Sampling

A detailed review of the records of Mahila Mandiram and Child Welfare Committee exhaustive in Palakkad Districts was conducted to study the cases emerging from domestic violence which demanded intervention of these agencies. After this, questionnaires were administered among 30 victims whose problems were addressed by these agencies. Focus group interviews were also conducted involving the victims and support institutions to understand the detailed nature of impacts resulting from domestic violence.

Academic Perspectives

Domestic violence, world-wide, is termed as intimate partner violence (IPV). It is a physical, sexual, financial or emotional abuse of a woman by their intimate partner. Domestic violence in India includes also includes violence suffered by a person from a biological relative, but typically, it is the violence suffered by a woman by the male members of her family or relatives.

Physical injury was the only recognized form of domestic violence before studies on an individual's psyche gained popularity. Since then, Emotional abuse has been gaining more and more recognition as a common form of domestic violence within homes. This happens quite often, irrespective of the income status of the family. Most of the time such issues do not surface as the victims try to adjust bearing the brunt of such actions by their partner.

Studies have identified that the factors associated with intimate partner violence were early marriage, husband's alcohol use, ego and inferiority complex resulting from their spouse's women's employment / capacity to earn. In India, norms related to gender roles and community attitudes play a significant role in the silent, at times, vociferous acceptance of intimate partner violence.

Research has identified four kinds of behaviours, viz., controlling of partner's acquisition of economic resources (including interfering with education and employment); preventing use of their earnings by them; deliberate generation of debt or exploiting of spouse's resources; and refusing to contribute to family expenses. These are not just disagreements over use of money. It is a behavioural pattern of controlling and humiliating the spouse to undermine women's economic security and independence.

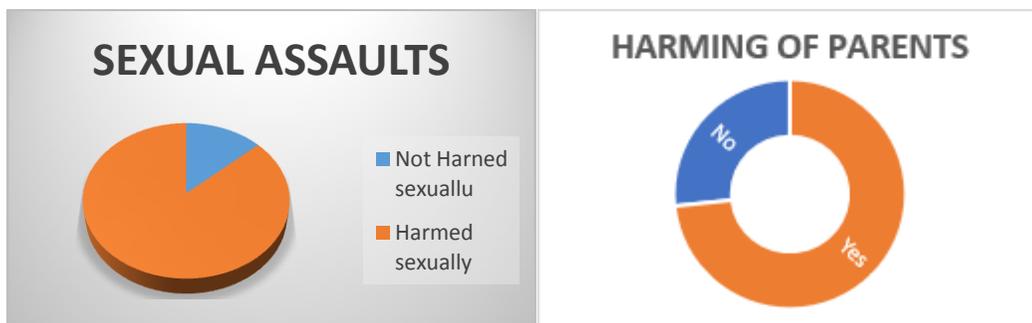
Domestic Violence has led to far reaching negative impacts like material deprivation and social exclusion for the affected women and children and even their dependent parents, while living with the abuser. The upper hand that the abuser has is the inability of his spouse to leave a physically violent partner. The victims are subject to social, economic and emotional pressures. Some even attribute it to occult practices and women get exploited for years. Even if the violence or torture in a non-physical form gets known to the immediate family members, they give an advice to pull on.

Studies and a perusal of cases of such happenings show that economic abuse can contribute to a lifetime of economic struggle for women. It does not necessarily end when a relationship does. After separation also, abusers use family law and child support processes to continue their controlling behaviours. In India, Protection of Women from such actions were addressed by the Protection of Women from Domestic Violence Act 2005 enacted by Parliament. It was brought into force by the Union government from 26 October 2006. This Act provides, for the first time in Indian law, a definition of "domestic violence", by being broad and including not only physical violence, but also other forms of violence such as emotional/verbal, sexual, and economic abuse. It is a civil law meant primarily for protection orders and not for imposing penalty on the abuser for a criminal action. Domestic Violence against women can have very adverse impacts on their long term health and psychological well-being. Along with the immediate physical and emotional impacts of violence, women's overall quality of life gets adversely affected over their entire lifetime, which can, in turn, impact their participation and engagement in various aspects of life and society (Johnson et al. 2008). These consequences to the individual women, along with the violent act itself, can have ripple effects on society (World Health Organization 2011). For instance, employers may experience less productivity and output from their employees, while women's informal support networks, such as families and friends, may need to alter their daily activities to aid victims (Reeves and O'Leary-Kelly 2007, AuCoin and Beauchamp 2007). This is in addition to the broader societal costs associated with delivering and maintaining health care, social and justice-related services to victims of violent crime, as well as the costs related to the criminal justice response to accused persons (Johnson and Dawson 2011). Children can be direct witnesses to spousal violence. For children, especially the very young, this exposure to violence can have long-term emotional, cognitive, social and behavioural impacts. (Holt et al. 2008, Kitzmann et al. 2003). These authorities have the responsibility of investigating possible cases of child exposure to spousal violence, providing necessary services and possibly removing children from the violent household. Poor parenting as a result of domestic violence had led to traps laid by miscreants who approach the family as benefactors to woo female children into immoral activities (Mini M.V (Sr. Tessin Mynatty) and Shoby Bovas, 2018)

Findings from the Study

Ninety percent of the victims in the study who reported domestic violence had age above 20 years. It is seen that during the initial years of their marriage, the male counterpart was

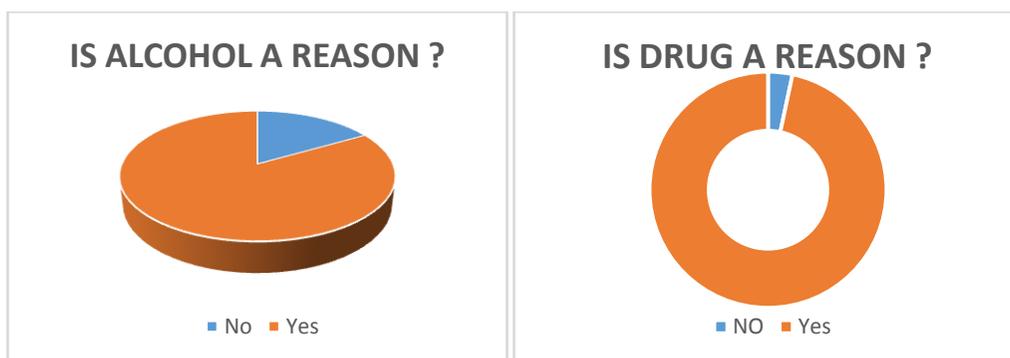
passionate about their family life. After initial years, 66% of respondents reported that hatred and domestic violence has been going on for a long time. It is noted the 86% of the respondents were tortured during sex. 14% reported that their partner was calm and loving while having sex and this is the only time they were seen to be loving.



73% of the respondents complained about their life partner hurting their parents. Some of them even did physical torture. 93 % of them exhibited courteous and gentle behaviour to their friends. This means that domestic actions against family members were wilful. 26% of them went to the extent of physically harming the pets of the respondents. 46% the respondents stated that abuse from their life partners escalated by death threats. In such cases, the frequency and harshness of violence from the partner were on the increase.

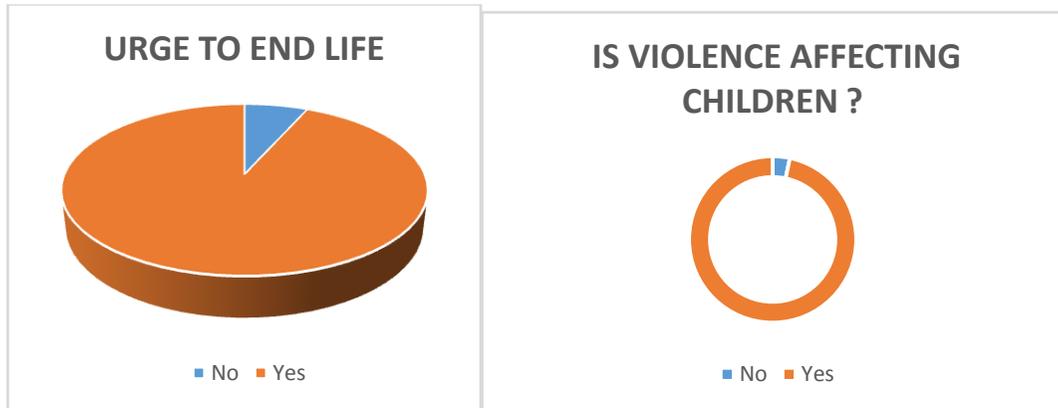


83% of the respondents stated that alcohol is a reason for the Violence exhibited by their life partners. A dangerous observation is that 97% of the respondents attributed domestic violence against them to drugs. This also signified easy availability of agents that triggered drug abuse and the ineffectiveness of the regulatory mechanisms to prevent drug abuse.



Coming to the impacts on victims, 93% of the respondents stated that they had an urge to end their lives. 96% of the respondents stated that domestic violence adversely affected their children

during the most critical age of their upbringing. All the respondents had a continuous fear of getting harmed and this resulted in considerable health disorders. 87% of the respondents stated that domestic violence and abusive behaviour of their partner had a severe adverse effect on their physical health. 93% of them were psychologically affected adversely.



Only 20% of the respondents had control over domestic activities and household finance. The rest were under the mercy of their erratic life partners. Due to the torture, 93% of the respondents reported that their ability to work and earn had come down considerably. Despite all the negative impacts, it is seen that only 63% of the respondents were not condemning married life. Almost all of them had a concern for their children and had a belief that their children will lead a good life and take care of them. Coming to the responses to domestic violence on the part of their life partners, 53 % of the respondents contacted Women Groups and political activities to share their problems. 50% of the respondents lodged complaints about their life partners to the Police. The same set of respondents also sought legal advice. Only 30% of the victims sought support from their parents and siblings. Once they got married, they seldom wanted to bother their parents and siblings who also belonged to low income groups like them and were striving hard for a livelihood. 70% of the respondents stated that their parents and siblings were willing to support to the extent possible when they approached them for help. 70% of the respondents stated that their friends and neighbours helped them while they were tortured. Police had extended help to those who had approached them. 47% of the respondents stated that Women’s group and Political activists gave support. Wherever domestic violence has been going for a long time, the respondents attributed it to use of alcohol and drugs. Violent sexual behaviour is also seen triggered by use of alcohol and drugs. Parents of victims were also tortured when the life partner of victims use alcohol and drugs.

Conclusion

While interventions designed to treat victims and offenders of domestic violence and deter future incidents of violence are more common, preventive services remain relatively underdeveloped in countries like India. Family violence treatment and preventive interventions that focus on single incidents and short periods of support services are useful after the occurrence of domestic violence. What is important is to address the fundamental sources of conflict, stress, and violence that occur repeatedly over time within the family. Studies conducted by the Institute of Medicine and National Research Council, Washington have shown that preventive interventions, such as those serving children exposed to domestic violence, have the potential to reduce future incidents of family violence and to reduce the need for services in such areas as

recovery from trauma, substance abuse, juvenile crime, mental health and physical health care. The first step is to take Intimate Partner abuse seriously by understanding domestic violence more broadly. Violence against women is a manifestation of gender inequality in society. It is to be recognised as a serious violation of fundamental human rights. SHGs must first become enabling spaces where the economic and social concerns of women are stated as priorities. Freedom from violence must be stated as a necessary component of empowerment. For women to understand this, its causes and the far-reaching impacts on them physically and psychologically there must be investment in specific training, and gender analysis processes.

The following suggestions could be pursued for addressing the domestic violence against women.

- Sensitisation of married women to recognise deviations in behaviour of their life partner.
- Early intervention to help prevent use of alcohol and drugs.
- Sensitisation of self help groups for a vigil to understand aberrations in the local community.
- Promotion of care and protection centres by local bodies.
- Engagement of professionals in the social work domain in the care centres and for guidance and intervention when problems are spotted in in families.
- Guidance to women to interface with banks to park their earnings and guard their economic sufficiency.
- Support by local service authorities when the domestic violence escalates beyond control.
- Promotion of short-medium term rehabilitation centres for women, children as well as for the offenders.
- Support systems for health care for the victims.

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STRESS, ANXIETY AND DEPRESSION OF THE WIVES OF RENAL TRANSPLANT RECIPIENTS



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Abstract

In today's scenario there is a tremendous increase in the number of end stage chronic kidney disease (CKD V) patients. This is mainly attributed to the changes in the lifestyle. The end stage CKD patients are left with two modes of treatment which is Dialysis and Kidney Transplantation. It has been noted that both these treatment methods has had serious physical, psychological and social impacts on the patients as well as their caregivers. Spouses are often the primary caregivers for ailing partners. As couples wives tend to be the sole caregiver of husbands with various physical and psychological ailments. When physical health declines, wives take charge of the nursing and caring of their loved one. It is quite often been noticed in the pre counselling sessions that, care giving wives tend to have extremely high rates of psychological stress and overwhelm. Burnout is

common among these caregivers. Wives caring for partners are vulnerable to mental health problems such as depression and anxiety. The feelings of wives when their husbands receive the gift of life through a life saving kidney transplant is something to be assessed. This study addresses the psychological challenges faced by the wives of the kidney transplant recipients before and after organ transplantation. The study assesses the levels of stress, anxiety and depression among the wives who are caregivers. The study was conducted among the wives of Renal Transplant recipients in a multi speciality hospital at Calicut district in Kerala. A total of 20 patients were selected randomly. A questionnaire was developed and distributed among the respondents. The data were analyzed.

Keywords: Kidney transplantation, Stress, Depression, wives of transplant recipients.

Introduction

The prevalence of kidney disease has been on a rise over the years. Various factors have contributed to this serious health issue. Chronic Kidney Disease in children is also being found to be on a rise. Chronic kidney disease, also called chronic kidney failure, describes the gradual loss of kidney function. Kidneys filter wastes and excess fluids from the blood, which are then excreted in urine. When chronic kidney disease reaches an advanced stage, dangerous levels of fluid, electrolytes and wastes can build up in the body. In the early stages of chronic kidney disease, there might be a few signs or symptoms. Chronic kidney disease may not become apparent until the kidney function is significantly impaired. Signs and symptoms of chronic kidney disease develop over time if kidney damage progresses slowly. Signs and symptoms of kidney disease may include: Nausea, Vomiting, Loss of appetite, Fatigue and weakness, Sleep problems, Changes in how much you urinate, Decreased mental sharpness, Muscle twitches and cramps, Swelling of feet and ankles, Persistent itching, Chest pain, if fluid builds up around the lining of the heart, Shortness of breath, if fluid builds up in the lungs, High blood pressure (hypertension) that's difficult to control. Signs and symptoms of kidney disease are often nonspecific, meaning they can also be caused by other illnesses. Since the kidneys are highly adaptable and able to

compensate for lost function, signs and symptoms may not appear until irreversible damage has occurred. Chronic kidney disease occurs when a disease or condition impairs kidney function, causing kidney damage to worsen over several months or years. Diseases and conditions that cause chronic kidney disease may include: Type 1 or type 2 diabetes, High blood pressure, Glomerulonephritis, an inflammation of the kidney's filtering units (glomeruli), Interstitial nephritis, an inflammation of the kidney's tubules and surrounding structures, Polycystic kidney disease, Prolonged obstruction of the urinary tract, from conditions such as enlarged prostate, kidney stones and some cancers, Vesicoureteral reflux, a condition that causes urine to back up into your kidneys, Recurrent kidney infection, also called pyelonephritis. Treatment for chronic kidney disease focuses on slowing the progression of the kidney damage, usually by controlling the underlying cause. Chronic kidney disease can progress to end-stage kidney failure, which is fatal without artificial filtering (dialysis) or a kidney transplant. Organ transplantation has become an established treatment in end-stage organ failure. But it has been noted that there is a significant level of psychological and social issues in the recipients and their caregivers related to the whole aspect of kidney transplantation. Many a times the caregivers themselves are the donors too.

Franklin, Patricia M, Crombie, Alison K (2003) has reported that living-related renal donors do not express regret after donation and do report enhanced self-esteem. The decision to donate is immediate and altruistic for most parents, although some fathers expressed a degree of ambivalence. The decision to donate is more difficult and complex for siblings and may lead to conflict between family of birth and family of marriage. Reciprocity and feelings of obligation did not appear to cause relationship difficulties for siblings but were reported by some of the adolescent recipients who had received a parental graft, leading to psychological distress and social-familial alienation. Their qualitative studies have demonstrated psychosocial risks within the live donation process.

Lutz Goetzmann of the Department of Psychosomatic Medicine and Psychotherapy at Segeberger Clinic in Germany was curious to see if organ transplant recipients and their spouses would experience increases in quality of life and relationship satisfaction as a result of the transplant. Goetzmann surveyed 121 organ transplant patients and their spouses after their surgeries and asked them about their level of life satisfaction, relationship satisfaction, burnout, and overall quality of life. The results revealed that the patients had different ratings than their spouses. Interestingly, the patients rated their relationship satisfaction higher than their spouses did. Goetzmann believes that this could be due to the patients' feelings of being overly benefited in the relationship while the spouses feel under benefited.

Allison Tong Peter Sainsbury Jonathan C. Craig (2008) conducted a systematic review of studies that evaluated any intervention aimed at providing support for informal caregivers of CKD patients. They searched five electronic databases (up to January Week 5, 2008) including Medline, EMBASE, PsychINFO, CINAHL, Cochrane Central Register and reference lists of relevant articles. It was reported by them that despite the growing recognition of the burden and adverse effects of CKD on caregivers, no high-quality evidence is available about the effect of information or support interventions on the physical or psychosocial well-being of informal caregivers and the patients.

Methods

In accordance with the study main focus was to assess the levels of stress, anxiety and depression among the wives of transplant recipients. The study was conducted in a multi

speciality hospital in Calicut district of Kerala, India. the present study has adopted a descriptive method From (50) total respondents researcher selected of 20 respondents which is selected by simple random sampling. A questionnaire including the DASS scale for assessment of Stress, Anxiety and depression by Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety & Stress Scales. (2nd Ed.)Sydney: Psychology Foundation was developed and distributed among the respondents. The aims and objectives were communicated to the participants prior to the study. An informed consent was taken and confidentiality of the information collected is ensured to the participants. The collected data was entered into Statistical Package for Social Sciences (SPSS) and processed with analysis.

Results

The results of the study are shown according to the broad objectives of the research. The initial part deals with the socio-demographic characteristics of respondents which is followed by the levels of Stress, Anxiety and Depression.

Socio-Demographic Characteristics

Table 1

Religion	Frequency (%)	Type of Family	Frequency (%)
Hindu	6 (30%)	Nuclear	11 (55%)
Muslim	14 (70%)	Joint	9 (45%)
Employed	Frequency (%)	Number of children	Frequency (%)
Yes	3 (15%)	one child	4(20%)
No	17 (85%)	two children	15(75%)
		three children	1(5%)
Education	Frequency (%)	Time period of CKD	Frequency (%)
Below 10th	1(5%)	8-10 years	1(5%)
Pre-Degree	8(40%)	2-4 years	1(5%)
Degree	8(40%)	1-2 years	18(90%)
PG	2(10%)		
Above PG	1(5%)		

The socio-demographic features of the respondents are shown in the Table No-1. About 70% of the respondents were of Muslim community, 30% were of Hindu community and there were no Christians among the respondents. It was found that more than 45% of the respondents had a nuclear family. The study shows that only a small proportion of the respondents (15%) are employed. 75% of the respondents had 2 children, 4% had 1 child and only 5% have 3 children. Upon the investigation regarding the education of the respondents it was found that only 5% of the respondents have done studies above post graduation.2% of the respondents have done their post graduation, 8% have done degree courses,8% of them have completed pre-degree(+2), and 5% is educated below 10th std. the study reveals that 90% of the respondents husbands are suffering from the kidney disease for 1-2 years, 5% have it since 4 years and 5% have this disease since 9 years.

Habit of Sharing the Problems with Dear Ones

Table2

Time interval	Frequency (%)
sometimes	15(75%)
very often	4(20%)
always	1(5%)

The study shows that only 5% of the respondents have the habit of sharing their feelings, worries and tensions with someone close to them. 75% of the respondents share their feeling sometimes and 20% of the respondents share it very often. This actually is a very important finding which is directly related to their stress level.

Level of Stress in the wives**Table 3**

Stress level	Frequency (%)
Mild	0(0%)
Moderate	2(10%)
Severe	10(50%)
Extremely severe	8(40%)

The study shows that 40% of the respondents have extremely severe stress level, 50% of the wives of transplant recipients have severe stress and 10% have moderate stress level.

Level of Anxiety in the wives**Table 4**

Anxiety level	Frequency (%)
Mild	0(0%)
Moderate	2(10%)
Severe	17(85%)
Extremely severe	1(5%)

The study shows that 5% of the respondents have extremely severe anxiety level, 85% of the wives have severe anxiety and 10% have moderate anxiety level.

Level of Depression in the wives**Table-5**

Depression level	Frequency (%)
Mild	0(0%)
Moderate	13(65%)
Severe	7(35%)
Extremely severe	0(0%)

The study shows that none of the respondents have extremely severe depression, but 35% of the wives have severe depression and 65% have moderate depression level.

Findings

- Majority (70%) of the respondents were Muslims.
- Majority (55%) of the respondents belonged to a Nuclear family.
- Majority (85%) of the respondents are unemployed.
- Majority (75%) of the respondents have 2 children as their dependants.
- 40% of the respondents are educated till pre degree (+2), 40% have done their under graduation in various courses.
- Majority of the respondents (90%) responded that their husbands have been suffering from kidney disease for 1-2 years.
- Majority of the respondents (75%) sometimes have the habit of sharing their feelings and worries to others.
- Majority of the respondents (50%) were under severe stress.
- Majority of the respondents (85%) have severe anxiety level.
- Majority of the respondents (65%) are seen to have moderate levels of depression.

Suggestions

The findings related to the study shows that there should be some kind of a mechanism to support the wives of the transplant recipients psychologically and emotionally. The proper awareness regarding the whole procedure is an important thing. They should be given more and more opportunities to clear their doubts effectively. The hospitals and concerned doctors should make sure that these caregivers are properly counselled before and after the procedure. The transplant coordinators should spent a considerable amount of time with the wives of the patients

throughout the process. A proper follow up counselling should be given to them even for a long period after the transplant. Good family support is also an essential factor. The family members should be made aware of the stress and depression of the wives in particular cases and they should be involved to support them emotionally if not financially.

Conclusion

The study clearly shows that there is a significant level of stress, anxiety and depression in the wives of the renal transplant patients. There are many factors that contribute directly or indirectly to this problem. The habit of sharing the feelings and tensions has a direct impact on the stress level. The wives who are also donors show an increased amount of stress as well as anxiety. They have multiple matters bothering them. The children who are their direct dependants are a major cause of worry. The wives who have donated their kidney are very much concerned about their children. In many cases it was to be seen that when the question for a donor comes then everyone points their fingers towards the wife and she is in a situation where she sees no way for a disagreement. This would cause serious relationship problems. This is where the role of effective counselling is of prime importance. They should be given a platform for the ventilation of their feelings with the confidentiality for the same. In an era where the kidney diseases are alarmingly increasing and the medical field has advanced a lot in the way of transplantation, carelessness towards the wives who are many a times the sole caregivers might land in serious family issues. This in turn can also reflect negatively in the health of the transplant recipient.

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A STUDY ON DIVORCED WOMEN'S PROBLEMS AND EMPOWERMENT



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Abstract

A marriage's success or failure is an equal and shared burden. Divorce is the final termination of marital harmonious union, cancelling the legal obligations and responsibilities of marital bond. The numbers of divorcee in our society has grown up during present time. The after effects of divorce mainly affecting in the life of women who has divorced. The problems or issues is mainly arising in the field of socially, economically and psychologically. It will be a reason for create another marginalized class. The famous American abolitionist writer, Harriet Beecher Stowe said that "Women are the real architects of society". Without women our society would have not even shown any step of development. In regard to divorced women, empowerment has become a widely used word. Empowerment is a process to change the distribution of power, both in interpersonal relations and in institutions throughout society.

Instead of accepting them, the people create more problems to them. To wipe out all problems which faced by divorced women in their environment we can do some things such as, the people on society can provide them equal, if not more, opportunities for creating a comfortable life. But, not try to bias against them. The era of globalisation the world is in a huge to empower women to meet its various dynamic goals. In this study I used both primary and secondary sources have been used for data collection for this study. In my presentation I will be presenting on the various aspects of divorced women empowerment and measure need to be undertaken to empower women. Also I will mention what are the various barriers against divorced women's empowerment and related things.

Keywords: Development, Education, society, Empowerment.

Introduction

A marriage's success or failure is an equal and shared burden. Divorce is the final termination of marital harmonious union, cancelling the legal obligations and responsibilities of marital bond. The numbers of divorcee in our society has gone up during present time. Divorced women in our society are still treated as damaged or unwanted good, while the men are only 'free'. The term divorced women's empowerment refers to the increasing of the psychological, social and economic strength of all divorced women. It frequently seen that the empowerment in their potentialities develop confidence. The increase in gap between marginalised divorced women and their empowerment is a dangerous sign to development. That's why, Women's groups, non-governmental development organisations, activists, politicians, governments and international agencies refer to 'marginalised' women empowerment as one of their goals. It is society's constitutional, social and moral responsibility to conform divorced women's progress giving women equal opportunities and rights.

Social Problems

The study investigated post-divorce challenges and social problems more faced by divorced women, both educated and uneducated. But, it has slightly changes. The social environment of divorced women will create so many issues.

In working place a divorced women faced so many problems like, often divorced women faced lack of Acceptance as efficient worker, the problems related balancing work load and single parenting, travelling for work is not socially acceptable. It may alone and with male colleagues, unequal pay and sexual harassment.

In social environment they are not getting any recognition from the society, the society seems they feel always loneliness even though they are not so, sexual harassment and exploitation, society seems her like something mistake is with her, coping with unwanted comments and gossips in a society, Stereotype problems, social rejection, and after divorce they are considered as a lower class in social stratification.

Lack of family support is another major problem. Middle age parents and siblings may considered divorcee as a burden. Some friends avoid divorcee's friendship. Some relations trying to miss use divorcee women like economically and sexually. That's why the divorced women faced always lack of genuine relations.

Divorce is not social evil, the divorced women are only trying to escape from bad marriages and get their lives back. It is a fact in India that men don't have as hard a time as women do, after divorce. A divorced man will get married again, but he will still prefer to marry a single women. Because divorced women are damaged goods, but the men are just free.

Psychological Issues

Indirectly or directly, other people related with the divorced women are always curious to discuss about the divorce which embarrassing the divorced women. Also the related persons may be discussed about the inability of the divorcee to continue the married life. It related the personal attachment and quality of relationship of the divorcee towards the relatives. The other identified problem of divorced women was the psychological problems. It influenced directly or indirectly. Under this category we can see that different forms of psychological issues. The first problem that the divorcee (woman) faces is the emotional stress. After divorce they will feel the emotional stress of separation from her husband. They have need for affiliation, love and affection. That's why, they more emotionally invest a woman more than man. After separation the women may feel guilty, depression, feeling anxious etc. The divorce left them to depression and health problems. Because they had not been able to continue their marriage relation for the rest of their life. Also the relatives or others blame them. But they stay on, for their children and to prove to others that they are strong. In the case of the divorced person she did not get a recognition from their relatives in a good manner and also they are not get a privacy in their own life. Even in work place they face lots of psychological issues and sexual harassment etc. In this study proved that the divorced women have more tendency to suicide. The psychological and emotional problems are mainly more affecting uneducated woman than an educated one. The mental strength is an essential tool for divorced women's empowerment.

Economical Issues

Another main issue face by the divorced women is financial problems. when they try to adjust and live with their life style, they face huge financial problems. It will only the women who is financially unsound. They have to manage all financial needs such as rent of the house, basics necessities like food, cloth, etc., educational expenses of their child, most of the cases the mother will get the duty of care the child. Father can only visiting and provide a some amount of money for the need of child. We see that there have educated and uneducated people. In the case of uneducated women they cannot earn proper income to meet their all financial needs. In

some cases they are not employed. In these type of cases, only with the amount of the alimony gets from the husband cannot meet all financial needs and the standard of living of the woman and her children. Even if the women is employed ,men earn far more than women, and if a men often finds it challenging to earn enough money to all the needs of his family we can imagine how a woman would be able to do the same with her comparatively lower income. The situation becomes difficult if the woman is not educated enough to work or if she had left work to take care of the children. In this situation she looks up to people related with her for support such as parents, siblings, relatives and friends.

In the case of parents they consider their daughter as their responsibility. It always seen as a burden. So they want to conduct a remarriage for their daughter. But in some cases the parents are aware about the importance of education and job. That's why they provide educational facilities. But it is only possible in the case who are financially sound. another side the parents have no financial setup to conduct a remarriage and also have no financial background for providing education. in most cases the divorcee felt that she is the source of stress of their parents. In the case of siblings they have lots of personal issues to provide enough help to the divorced sister. The brothers of the divorced women provide economic and emotional support until he marries a women and sister could not able to provide economic support to the divorced person if the sister is married. The here too the situation is much worse when the women is not working. All are interested in gossiping but not in provide sufficient help.

Conclusion

Still the people are not aware and not show interest to solve the problems faced by the divorced women in the society. We can give them equal, if not more, opportunities to improve their quality of life. The education is the essential tool for divorced women empowerment. In the case of educated women they faced this situation more easily than uneducated women. The society and state have the duty to treat the divorced women as gender and status neutral. The research shows that the educated women have more mental strength to face and manage the situations and they are more aware about their rights. In most cases the educated women take their own decision and leads a good life.

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REPRODUCTIVE HEALTH CARE SEEKING BEHAVIOUR AMONG WOMEN IN URBAN SLUM



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Abstract

The concept of urban slums is an important issue in the context of urbanization. Urban areas of developing countries are growing much faster and their population is becoming larger. Maternal mortality and morbidity continues to be high despite the existence of national programmes for improving maternal and child health in India. The process of childbearing needs to be given special attention, as it affects the overall health, especially the reproductive health of the women, as well as health of her new born. So the present study intends to assess the utilization of maternal health services by women residing urban slum areas of Tiruchirappalli District. The main objectives of this paper are (i) to examine the utilization of ANC services among pregnant women in urban slum.

(ii) To analyse the practices and barriers to access of Maternal Child Health services among women in urban slum. Descriptive Research Design is employed in this study. The study describes the particular facts on Reproductive Health of Women hailing from urban slums of Tiruchirappalli. Thus altogether 169 respondents were selected from the slums existing in the Trichy Corporation. As many as 11.8% got registered in the first trimester of pregnancy. Time of registration plays a very important role in evaluating the services from the supply side. It is no doubt the rate of ANC service utilization was good but it was also found that, only (97.0%) of the respondents received complete ANC checkups.

Keywords: *Maternal care, ANC, Utilization, urban slums*

Introduction

Women in slum remain unaware of their own reproductive health problems such as menstruation, sexuality, concept of menstrual hygiene and family planning methods. Further risk involved in repeated pregnancies and proper utilization of antenatal care and postnatal care. Hence it is necessary to impart knowledge about these reproductive health problems. Women in urban slums are unaware of the existing health facilities and even if available it has been adequately utilized.

There are various factors that influence the individual's health seeking behavior towards their illness. The factors could be personal, environment or social and in a way, reflect the health behavior utilization of people. Among women the morbidity and mortality due to reproductive tract infections/ sexually transmitted infections are relatively very high compared to other health problems and many a time these are under reported. Antenatal care is the clinical assessment of mother and fetus during pregnancy, for the purpose of obtaining the best possible outcome for the mother and child.

To achieve this objective, history and examination are complemented by screening and assessment using a combination of methods, including biochemical, haematological and ultrasound. Efforts are made to maintain maternal physical and mental wellbeing, prevent preterm delivery, to anticipate difficulties and complications at delivery ensure the birth of a live health infant, and to assist the couple in preparation for parenting.

Antenatal care traditionally involves a number of 'routine' visits for assessment, to a variety of healthcare professionals, on a regular basis throughout the pregnancy. This approach to antenatal care evolved as an art in an era that preceded the current, evidence-based approach to medicine.

Early monitoring and on-going care during pregnancy is associated with more favourable birth outcomes. Compared with no antenatal surveillance, some antenatal care has a beneficial effect on affect on adverse factors such as preterm delivery, low birth weight, maternal and prenatal mortality. While some traditional practices, such as strict weight-gain restriction, the use of diuretics and the liberal use of x-rays, have been discontinued, many current clinical practices fail to stand up to scientific scrutiny. Despite this, antenatal care continues to be centered about clinical assessment, with emphasis on the regularity of visits, rather than a focus on what can be achieved at key visits during the antenatal period.

Maternity care remains a mixture of both art and science, with advantages in medical technology now allowing us to focus more on the specific requirements of the mother and fetus, with an increasing drive towards the re-appraisal of current practices.

Objectives

The present research therefore aims at assessing (i) to examine the utilization of ANC services among pregnant women in urban slum. (ii) To analyse the practices and barriers to access of Maternal Child Health services among women in urban slum.

Methodology

Descriptive Research Design is employed in this study. The study describes the particular facts on Reproductive Health of Women hailing from urban slums of Tiruchirappalli. For this study, Notified slums of Tiruchirappalli Corporation Limited have been selected. Hence, urban slums of 4 different zones viz srirangan zone, Ariyamangalam zone, Ponmalai zone, Ko.Abishekapuram zone have formed the research universe.

The researcher has prepared the list of Expectant and Nursing Mothers of these slums and applied simple random sampling. By applying simple random sampling, researcher has selected 34 respondents from srirangan zone, 28 from Ariyamangalam zone, 32 from Ponmalai zone and 75 respondents from Ko.Abishekapuram zone. Thus, in total 169 respondents were selected for this study.

Results and Discussions

The world health organization has recommended a minimum of 4 antenatal care visits for low risk pregnancy in women. The utilization of antenatal care services by women may lead seek treatment for various complications occurring during pregnancy and after delivery.

Women form general category (non SC, ST and others) have slightly higher proportion of institutional births than the women from SC, ST and others. The proportion of institutional births shows no fixed pattern with the number of antenatal checks-ups, in fact it decreases. Women who receive more antenatal check - ups are likely than other women to deliver in medical institutions because their antenatal care providers advised them to do so. Women with pregnancy complications are more likely than other women to have antenatal check -ups and also deliver babies in medical institutions. The growing awareness of the benefits of medical care among the women may be the contributory factor.

Table 1 Distribution of Respondents by Age, Religion, Community, Educational Qualification And Occupation

I	Age	Respondents	Percentage
1	Below 20	20	11.8
2	21-25	84	49.7
3	26-30	50	29.6
5	31-35	15	8.9
	Total	169	100.0
II	Religion		
1	Hindu	112	66.3
2	Muslim	41	24.3
3	Christian	16	9.5
	Total	169	100.0
III	Community		
1	Forward Community	4	2.3
2	Backward Community	69	40.8
3	Most Backward	7	4.1
4	Scheduled Caste	88	52.1
5	Scheduled Tribe	1	.6
	Total	169	100.0
IV	Educational Qualification		
1	Illiterate	66	39.0
2	Primary School	41	24.2
3	Secondary	33	19.5
4	Higher secondary	21	12.4
5	Graduate	08	4.7
	Total	169	100.0
V	Occupation		
1	Housewife	121	71.6
2	Coolie in the Unorganized sector	35	20.7
3	Self Employment / Petty Business	9	5.3
4	Private Sector	4	2.3
	Total	169	100.0

With regard to age group, majority of the respondents (49.7%) was in the age group of 21-25 years, 49.7% of the respondents come under the age group of 26-30 years, 11.8% of the respondents were in the age group of below 20 years, and 8.9% of the respondents were in the age group of 31-35 years. Women got married as their younger ages (less than 18 years) and had more than 2 children.

With regard to education, it shows that majority of the respondents (39.0%) were illiterate, less than half of the respondents (24.2%) have completed primary level schooling and above, 19.5% of the respondents have completed secondary schooling, 12.4% of the respondents have undergone higher secondary schooling and 4.7% of the respondents were completed their Graduation. The researcher observed in this study were majority of the respondents were illiterate due to their economic condition and occurrence of marriage.

Table 2 Distribution of Respondents by Number, Timing and providers of Antenatal Care

SI No	Characteristics	Frequency(n = 169)	Percentage
I	Antenatal check-up Received		
1	Received	164	97.0
2	Not Received	05	2.9
	Total	169	100.0
II	Timing of Antenatal Visit		
1	First trimester	20	11.8
2	Second trimester	42	24.8
3	Third Trimester	102	60.3
4	Not made Antenatal Visit	05	2.9
	Total	169	100.0
III	Services Received		
1	Height & Weight Measured	31	
2	Blood Pressure Checked	10	5.9
3	Urine tested	12	7.1
4	Abdomen Examined	14	8.2
5	X ray & ultra sound	09	5.3
6	Iron and Folic Acid Tablets	43	25.4
7	Received Tetanus Toxoid Injections	29	17.1
8	Full ANC	16	9.4
9	Not Received	05	2.9
	Total	169	100.0
IV	No. of ANC visits		
1	One	18	10.6
2	Two	27	15.9
3	Three	51	30.1
4	Four	68	40.2
5	Not Received	05	2.9
	Total	169	100.0
V	Antenatal care providers		
1	Doctors	48	28.4
2	Health Workers	98	57.9
3	Hospitals run by NGOs	18	10.6
4	Not Received	05	2.9
	Total	169	100.0
VI	Place of providers of Antenatal care		
1	Government Hospital / PHC	112	66.2
2	Home	05	2.9
3	Non-Governmental Organisations	18	10.6
4	Private clinic	29	17.1
5	Not Received	05	2.9
	Total	169	100.0

Antenatal care is essential for ensuring safe motherhood. During antenatal period, women are likely to face health problems of reproductive nature and there will be a package of measures available for expectant mothers, which ensures safe motherhood. The study women who have given birth during the last three years prior to survey in the study area were considered to analyse the differentials in pregnancy problems experienced by mothers and the extent of utilization of antenatal care services. Of those women who attended ANC service, that made their first ANC visit during first trimester of pregnancy.

Who attended ANC during pregnancy, have received iron and folic acid tablets during their visit to private and government ANC centres.

From, Table 2 ,women receiving full ANC package was 97.0% in the sample, and only 2.9% not have received antenatal care.

Majority (60.3%) of the respondents made first ANC visit during the Third trimester of pregnancy, 24.8% of the respondents made ANC visit during second trimester of pregnancy. Remaining very few (11.8%) of the respondents made ANC visit during first trimester of pregnancy.

The study shows that positive behavior pattern of women in utilizing antenatal care services in the study area, about 25.4% of the respondents taken iron folic acid tablets, 18.3% of the respondents underwent height and weight measurement, 17.1% of the respondents received tetanus toxoid injections and remaining of the respondents received services as urine tested, blood pressure, abdomen examined and x ray ultra sound.

With regard to women in slum according to pregnancy stage at the time of first visit to ANC services majority (40.2%) of them had a visit of four times, 30.1% of the respondents had a visits of three times and very least number of the respondents visited one and two times of ANC visits.

It reveals that majority of the respondents ANC Provided by health workers, least half of the respondents ANC provided by doctors and remaining 18% of the respondents ANC were provided by NGOs workers.

Of the total respondents (Table 2), majority (66.2%) of the respondents received ANC in Government Hospital/ PHC a, very negligible percentage (17.1%) of the respondents received ANC in private clinic and remaining very few percentage of the respondents received ANC in hospital run by NGOs.

Table 3 Distribution of respondents by Nature of First Delivery, Delivery Complications, and Postnatal Care

Sl. No	Characteristics	Respondents	Percentage
I	Pregnancy Related Complications		
1	Tiredness	123	72.7
2	Swelling in hand & feet	46	27.2
	Total	169	100.0
II	Nature of First Delivery		
1	Normal	132	78.1
2	Caesarean	37	21.8
	Total	169	100.0
III	Delivery Related Complications		
1	Premature Labour	23	13.6
2	Prolonged Labour	130	76.9
3	Breech present	10	5.9
4	Teat of vagina	06	3.5
	Total	169	100.0

IV	Post delivery Complications		
1	Excessive Bleeding	105	62.1
2	Vaginal discharge	64	37.8
	Total	169	100.0
V	Postnatal care Received		
1	Received	135	79.8
2	Not Receive	35	20.7
	Total	169	100.0
VI	No.of Post natal visit		
1	Less than three Visits	47	27.8
2	More than three visits	87	51.4
3	Not Received	35	20.7
	Total	169	100.0
VII	Place of Treatment		
1	Government Hospital/ PHC	112	66.2
2	Private clinic	22	13.0
3	Not Received	35	20.7
	Total	169	100.0

Complications during pregnancy, delivery and post delivery period were indicated respectively. The pregnancy complications were related to tiredness and swelling of hands and feet. The delivery complications were related to premature labour and breech presentation. The incidence of post delivery complication included excessive bleeding and vaginal discharge. For most of these complications, nearby private clinics were used for further investigations.

Majority of the respondents (72.7%) pregnancy related complications were tiredness. 78.1% of the respondents nature of first delivery were normal. Majority of the respondents (76.9%) delivery complications were prolonged labour pain will be faced by them. 62.1% of the respondents have post delivery complications as excessive bleeding. 79.8% of the respondents have received post natal care. 51.4% of the respondents have visited post natal care more than three times. Majority of the respondents (66.2%) undergo treatment in Government Hospital and Primary Health Centres.

Our study has shown that despite high ANC coverage in both populations, the proportions of slum women who had completed the recommended number of visits and who initiated the visit in the first trimester of pregnancy was low. These women were also more likely to attend government facilities for the antenatal checkups.

Maternal mortality is the outcome of a casual factor that include social, economic, educational, political and cultural causes as well as issues such as gender inequity, state of physical infrastructure, geographic terrain and the health system. From this study the researcher found that only very least percentage of the respondents (11.8%) got registered in the first trimester of pregnancy. Time of registration plays a very important role in evaluating the services form the supply side. It is no doubt the rate of ANC service utilization was good but it was also found that, only (97.0%) of the respondents received complete ANC checkups.

Conclusion

The urban population living without the basic minimum social services is increasing at a faster rate than the overall urbanization. Health issues in the urban areas are linked to variety of socio economic factors, including education, housing, employment, environment condition and communication. The large population in India can be its greatest asset if they are provided with the means to lead healthy and economically productive lives. This necessitates co-ordination at

all levels of the government and society like, increasing availability of affordable reproductive and child health services, spread of literacy, convergence of service delivery for the urban poor, and participation of women in the paid work force etc.

Reproductive morbidity of various illnesses ranged from 10 to 40 percent among women and a large percentage of them did not seek health care at all. It is also observed that women suffering from menstrual disorders, vaginal discharge and urinary infection problems did not seek treatment, whereas women with problems related to pregnancy, delivery and post delivery care underwent treatment. Most of the women visited nearby private clinics for emergency and serious health problems.

Utilization of health care services is poor in urban slums even though physical accessibility is present. Social and cultural barriers are more common in slums where healthcare services are not reachable. Home deliveries and unsafe deliveries are still widely prevalent in slums. Skilled birth attendants are not reaching to those who need them the most. Health care services need to be scaled up so that antenatal services and skilled birth attendants are available for all. The health education component of care can bring about changes in attitude and practice.

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ELIMINATION OF MOTHER TO CHILD TRANSMISSION OF HIV IN INDIA - A CASE STUDY



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Abstract

India has the third highest burden of HIV in the World, with an estimated of 2.17 million people living with HIV. In that In that women constitute 39%, One of the route of transmission of HIV is from infected Parent to child transmission either during Pregnancy, delivery or breast feeding. While its very important to reduce the prevalence of HIV among general clients, Its also equally important to screen antennal mothers of preventing new infections among babies born to HIV Positive mothers. The PPTCT programme aims to prevent the prenatal transmission of HIV from an HIV infected pregnant mother to her newborn baby. The Goals of the PPTCT Programme In line with WHO standards for a comprehensive strategy, Effective PMTCT programmes require women and their infants to have access to - and to take up - a cascade of interventions including antenatal

services and HIV testing during pregnancy; use of ART by pregnant women living with HIV; safe childbirth practices and appropriate infant feeding. Without treatment, the likelihood of HIV passing from mother-to-child is 15% to 45%. As per the HIV Sentinel Surveillance (HSS) report our National Prevalence rate is 0.28% and Tamilnadu Prevalence rate is 0.27. WHO recognizes Thailand, Cuba and Moldova for their countries have worked hard to ensure early access to prenatal care, HIV and syphilis testing for pregnant women and their partners, and treatment for women who test positive, as well as their babies. In India also aim on that year of 2020, the national HIV goal for PPTCT "Elimination of new HIV Infections among children and keeping their mothers alive". This paper will explained about the current scenario of PPTCT programme in India and Tamilnadu state.

Introduction

India has the third highest burden of HIV in the World, with an estimated of 2.17 million people living with HIV. In that In that women constitute 39%, One of the route of transmission of HIV is from infected Parent to child transmission either during Pregnancy, delivery or breast feeding. While its very important to reduce the prevalence of HIV among general clients, Its also equally important to screen antennal mothers of preventing new infections among babies born to HIV Positive mothers. The NACO Technical Estimate Report (2015) estimated that out of 29 million annual pregnancies in India, 35,255 occur in HIV positive pregnant women. In the absence of any intervention, an estimated (2015) cohort of 10,361 infected babies will be born annually.

Objectives & Aims of the PPTCT Programme

The objective was to ensure that pregnant women who are diagnosed with HIV would be linked to HIV services for their own health. The PPTCT programme aims to prevent the prenatal transmission of HIV from an HIV infected pregnant mother to her newborn baby. The programme entails counselling and testing of pregnant women in the ICTCs. With effect from 1st January 2014, pregnant women who are found to be HIV positive are initiated on lifelong ART irrespective of CD4 count and WHO clinical Staging; their newborn (HIV exposed) babies are initiated on 6 weeks of ARV prophylaxis immediately after birth so as to prevent transmission of HIV from

mother to child. As per the HIV Sentinel Surveillance (HSS) Data of NACO Our National Prevalence rate is 0.28%.

The Goals of the PPTCT Programme In line with WHO standards for a comprehensive strategy, the National PPTCT programme recognises the four elements integral to preventing HIV transmission among women and children.

1. Primary prevention of HIV, especially among women of child bearing age.
2. Preventing unintended pregnancies among women living with HIV.
3. Prevent HIV transmission from pregnant women infected with HIV to their child.
4. Provide care, support and treatment to women living with HIV, her children and family

Interventions

Prevention of mother-to-child transmission (PMTCT) programmes provide antiretroviral treatment (ART) to HIV-positive pregnant women to stop their infants from acquiring the virus. Effective PMTCT programmes require women and their infants to have access to - and to take up - a cascade of interventions including antenatal services and HIV testing during pregnancy; use of ART by pregnant women living with HIV; safe childbirth practices and appropriate infant feeding; uptake of infant HIV testing and other post-natal healthcare services Without treatment, the likelihood of HIV passing from mother-to-child is 15% to 45%. However, ART and other effective PMTCT interventions can reduce this risk to below 5%.

The Prevention of Parent to Child Transmission of HIV/AIDS (PPTCT) programme was launched in the country in the year 2002. As of now in India there are more than 25,000 Integrated Counselling and Testing Centres (ICTC), most of these in government hospitals, which offer PPTCT services to pregnant women.

In Tamilnadu around 1500 ICTC centres offering the PPTCT programme in Government and 250 Centres in Private Hospitals. Our national HIV/AIDS Goal for PPTCT “Elimination of new HIV infections among children and keeping their mothers alive”.

As per the HIV Sentinel Surveillance (HSS) Data of NACO Our National Prevalence rate is 0.28% and Tamilnadu Prevalence rate is 0.27. As per the WHO guidelines, the criteria for reaching elimination of mother to child transmission of HIV and Syphilis. These include reaching impact and process targets provided below.

Who Criteria for EMTCT

A. Meet EMTCT impact targets for one year

- ≤50 new paediatric HIV infections per 100 000 live births
- HIV transmission rate of either <5% in breastfeeding populations or <2% in non-breastfeeding populations.
- ≤50 cases of congenital syphilis per 100 000 live births

B) Meet EMTCT service delivery process targets for two years

- Antenatal care coverage (at least one visit) of ≥95%
- Coverage of HIV testing of pregnant women of ≥95%
- Antiretroviral treatment coverage of HIV-positive pregnant women of ≥95%
- Coverage of syphilis testing of pregnant women of ≥95%
- Treatment of syphilis-sero positive pregnant women of ≥95%

Current PPTCT Scenario in Tamilnadu

Estimated Pregnant Women (2015-16)	Estimated Delivery (2015-16)	ANC Registration	Reported Delivery	Pvt Delivery	ANC Tested Pub + Pvt	ANC Tested Pvt	Estimated PPW	Estimated PPW
					(Against Reg.PW)			
12,64,127	11,55,649	10,27,000	9,02,183	3,89,729	9,68,656	3,43,339	1587	605
Percentage		81%	78%	43%	94%	78%		38%

Tamil Nadu HIV Sentinel Surveillance (HSS) Data on PPTCT

Year	2005	2006	2007	2008-09	2010 -11	2012-13	2014-15	2015-16	2016-17
Tamil Nadu	0.54	0.54	0.58	0.35	0.38	0.36	0.27	0.27	0.27

Outcome of the Programme

- Tamilnadu having the highest ICTC centres and providing the ANC Services in GH/PHC level
- Tamilnadu Prevalence rate is continues decreasing from 2005 and also Our State Prevalence is less than national prevalence.
- Our state public health reporting system and data reporting in national level is also good.
- Government Health Care Providers were trained in PPTCT services and provided the required services for the Pregnant mothers.
- 16 Distrcirs of Tamilnadu Incidence of HIV among babies born to Positive mother has been reported as Zero in last two years

Limitation of the PPTCT Programme

- Tamilndu Covered the Only 38% of PPTCT Services against the Positive estimation.
- Gaps in the Private Hospitals reporting system of ANC HIV Testing mothers and its need to strengthen.
- Most of Private Hospital Doctors not aware about the Current PPTCT Guidelines and Trainings need to done Professional Medical Associations.
- Government hospitals only providing the HIV/PPTCT Services and the Private Hospitals are not willing to provide this HIV services.

Conclusion

As per the NACO PPTCT Programme Tamilnadu has been consider as a best performing states based on Estimated Pregnant women registered for ANC, ANC Registered pregnant women tested for HIV and HIV Positive Mother initiated on Lifelong ART. Already in 16 Distrcirs of Tamilnadu Incidence of HIV among babies born to Positive mother has been reported as Zero. During the last two years PPTCT Programme data. We need to sustain the achievement and also extend the achievement of Zero Transmission in remaining districts

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A STUDY ON MARITAL ADJUSTMENT OF WORKING WOMEN AND HOME MAKERS WITH THEIR SPOUSE



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Abstract

Marriage is a socially or ritually recognized union or legal contract between men and women that establishes rights and obligations between them, between them and their children, and between them and their in-laws. (Haviland & et al, 2011). Marital adjustment is the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other (Thomas, 1977). The aim of the present study is to compare the marital adjustment among the married working women and homemakers. The researcher used self-prepared interview schedule to collect the socio- demographic data along with the marital adjustment inventory by Pramod Kumar and Kanchan Rohatgi (1987). The Universe consisted of 597 married women in the selected ward at Tiruchirappalli district out of them 213 women are working and 384 women are homemakers. The researcher used proportionate

stratified random sampling method. The sample size is 150, out of that 54 women are working and 96 women are home makers. The findings of the study reveals that nearly one third of the working respondents (29.6 %) and home makers (30.2 %) belong to the age group of 25-30 years, vast majority of the working respondents (72.2 %) and home makers (68.8 %) are living in the nuclear family system and majority of the working respondents (66.7 %) and homemakers (73 %) have got arranged marriages. There is a significant relationship between age of the working respondents and home makers with regard to their marital adjustment. There is a significant association between the working women's and homemakers' educational qualification and their marital adjustment.

Keywords: *working women, home makers, marriage, and marital adjustment.*

Introduction

Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationships between couples. Marriage as "socially legitimate sexual union, begun with a public announcement and undertaken with some ideas of permanence; it is assumed with more a less explicit marriage contract, which spells out the reciprocal rights and obligations between the spouses and future children (Dalack, G.W., 1990). A happy marriage may provide substantial emotional benefits. Most of the couple marriage creates an important sense of identity and self-worth. Moreover, a spouse may provide emotional intimacy and support, fulfilling an essential human need for connection. Subsequently, married people may be happier, more satisfied, and less depressed than those who are unmarried. Especially marriage gives good status to the women in the society. Education facilitates an increase in knowledge and widens the mental horizon of women. Education and employment have brought about self-reliance, confidence and a sense of identity in the women. As a result of being educated and employed, they are now better become turned out, outgoing, open to new ideas, well-informed and aware of their rights and surroundings. They can identify and cope with their problems better as they have lot of exposure to the worlds. They have acquired certain level of mental maturity and psychological strength for making options for the choice, assuming responsibility for their decision and moving ahead in life independently and efficiently. Marital adjustment calls for maturity that accepts and understands growth and development in the spouse. If this growth is not experienced

and realized fully, death in marital relationship is inevitable. A relationship between couples is not instantaneous rather a slow progress.

Review of Literature

A study was conducted by (Kiran Sahul and Dheerja Singh,2014) to access the mental health and marital adjustment of working and non-working married women. The sample consisted of 200 women (100 working and 100 non-working). To measure Mental health Pramod Kumar's Mental health Inventory and to measure Marital adjustment O.P. Mishra and S.K. Srivastava's Marital adjustment Inventory were used in the present study. The result indicated that both working and non-working women have higher level of Mental health and Marital adjustment. No significant differences are found in Mental health as well as in Marital adjustment of working and non-working married women. The study done by Tiwari Jyoti and Bisht Prabha (2012) focused on comparative study on marital adjustment of working and non- working women. The study was conducted among fifty working and fifty non-working women in the age range of 20-40 years. To measure the marital adjustment of respondents, the Marital Adjustment Questionnaire prepared by Pramod Kumar and Kanchana Rohtagi was used. Findings of this study indicated that non-working women were better at marital adjustment. It was also found that marital adjustment was better in the later years of marriage as compared with the early years. Women from nuclear families were found to have better marital adjustment than women from joint families.

Vibha A.Dave (2015) conducted the study on Marital Adjustment among working women and non-working women. A sample of 60 women (30 non-working women and 30 working women) is selected randomly. For this study Marital Adjustment Inventory measured by Pramod Kumar and Kanchan Rohatgi was used. Results revealed that there is significant difference in marital adjustment among working and non-working. Hashmi H A, Khurshid,M, Hassan (2006) concentrated on marital adjustment, stress and depression among working and non- working married women. Sample of the study consisted of 150 working and non-working married women (working married women = 75, non-working married women = 75). Their age ranged between 18 to 50 years. Their education was at least gradation and above. They belong to middle and high socio-economic status. Urdu Translation of Dyadic Adjustment Scale (2000), Beck Depression Inventory (1996) and Stress Scale (1991) were used. Results indicated highly significant relationship between marital adjustment, depression and stress. The findings of the results also show that working married women have to face more problems in their married life as compared to non-working married women. The results further show that highly educated working and non-working married women can perform well in their married life and they are free from depression as compared to educated working and non-working married women.

Objectives

1. To compare the marital adjustment of working women and home makers, to know the details about the working women's and homemakers' spouse.
2. To know the relationship between working respondent and homemaker with their spouse.
3. To suggest the suitable measures to improve the marital adjustment of working women and home markers.

Methodology

The Universe consisted of 597 married women in the selected ward at Tiruchirappalli District out of them 213 women are working and 384 women are homemakers. The researcher adopted

proportionate stratified random sampling.. The sample size is 150, out of that 54 women are working and 96 women are home makers, it constituted 25% from each stratum of the Universe. The researcher collected the data through a self- prepared interview along with the standardized tool marital adjustment inventory by Pramod Kumar and Kanchan Rohatgi (1987). It is a two point scale with 25 item. The higher the total score, the higher would be the marital adjustment. The reliability of the scale was 0.84.

Hypotheses

1. There is a significant relationship between the age of the working women with regard to their marital adjustment.
2. There is a significant relationship between the age of the home makers with regard to their marital adjustment.
3. There is a significant association between the educational qualification of the working women and their marital adjustment.
4. There is a significant association between the educational qualification of the homemakers and their marital adjustment.
5. There is a significant difference between working women years of marital life with regard to their marital adjustment.
6. There is a significant difference between homemaker years of marital life with regard to their marital adjustment.
7. There is a significant relationship between age difference between working women and their spouse with regard to their marital adjustment.
8. There is a significant relationship between age difference between working respondents and their spouse with regard to their marital adjustment.

Result and Discussion

Nearly one third of the working respondents (29.6 %) and home makers (30.2 %) belong to the age group of 25-30 years, half of the working respondents (50 %) and 14.6% of the home makers have finished their post-graduation, compare to the home makers the more number of working respondents were studied post -graduation because they need higher qualification for develop their carrier in work place, Out of the 54 respondents who are working more than one third of the respondents (38.9 %) are working in private sectors, vast majority of the working respondents (72.2 %) and home makers (68.8 %) are living in the nuclear family and majority of the working respondents (66.7 %) and homemakers (73 %) have got arranged marriages.

Regarding their marriage life More than one fourth of the working respondents' (25.9 %) years of marital life is below 5 years while one third of home makers (33.3%) have 5 to 10 years of marital life, nearly half of the working respondents (40.2%) got marriage at age between 30-35 years and nearly half of the home makers (48.2%) got marriage at the age between 25-30 years, compared to the home makers working respondents age at marriage was high due to their job and nearly half of the working respondents (42.6 %) and nearly one third of home makers (32.3 %) have only one child, it reveals that number of children in Indian family is getting reduced.

With regard to their spouse details. nearly one third of the working respondents spouse (29.6 %) and home makers spouse (30.2 %) belong to the age group of 25-30 years, half of the working respondents spouse (50 %) and 14.6% of the home makers spouse have finished their post-graduation, half of the working respondents' spouses (50 %) and more than one third of the

homemakers' spouses (34.4 %) are working in private concerns, nearly half of the working respondents (44.4 percentage) and more than one fourth of the home maker (27.1 %) have 3 to 5 years of age difference between her and their spouse and majority of the working respondents' spouses (70.4 %) and home makers' spouses (60.4 %) expressed their feelings with the respondents.

With regard to their marital adjustment majority of the working respondents (62.5%) scored high level and nearly half of the home markers (42.2%) scored high level. It inferred that compared to the home makers more percentage of working respondents scored high level of marital satisfaction because of their economic independence, help and respect from the spouse and other family members and etc.

In correlation analysis highlights that there is a significant relationship between age of the working respondents ($r=2.88$, $P<0.05$) with regard to their marital adjustment and there is a significant relationship between home makers ($r=2.92$, $P<0.05$) with regard to their marital adjustment, there is a significant association between the educational qualification of working respondents ($\chi^2=8.22$, $P<0.05$) and there is a significant association between the educational qualification of homemakers' ($\chi^2=9.98$, $P<0.05$) and their marital adjustment. There is a significance difference between working respondents ($Z=1.98$, $P<0.05$) years of marital life with regard to their marital satisfaction and there is a significance difference between home markers ($Z=2.52$, $P<0.05$) years of marital life with regard to their marital satisfaction, the mean score reveals that the working respondents whose years of marital life is more than 15 years perceive high level of marital adjustment and the home makers whose years of marital life is 12-15 years perceive high level of marital adjustment. There is a significant difference between age difference between working respondents and their spouse ($F=3.580$, $P<0.05$) with regard to their marital adjustment, it reveals that the working respondents whose age difference between her and their spouse is 4-6 years perceive high level of marital adjustment and there is no significant difference between age difference between home makers and their spouse ($F=0.721$, $P>0.05$) with regard to their marital satisfaction.

Suggestions

Based on the findings, it is suggested that for enhancing the marital adjustment

- To help all members of the family to achieve an increased sense of independence and self-responsibility.
- To foster the sharing of feeling with in the couples and the frank discussion of conflicts with the aim of finding mutually agreeable rather than one-sided solutions.
- To encourage couples to listen to one another carefully and with full attention accepting the speaker and the message as worthwhile and important even during disagreement.
- To encourage flexibility a willingness to change behavior and relationships to meet new situation and Keep the quarrel between the couples within bound, that is confined to a single specific issue, giving both partners a chance to express their feelings, release their tension, clarify the problem and find a solution to which both can agree.
- From this study to reduce marital mal adjustment due to financial matter, view the partners themselves as a financial loan and decide what's important to both of us and spend the amount with mutual agreement. So the financial distress was easy to solve and marital adjustment.

Conclusion

Husband and wife relationship is a factor influencing marital adjustment, so the couple maintain good adjustment between them it help to get reduce mal adjustment in their life. In today's complex world, couple with marital dispute constantly look for professional help with an empathetic and humanistic approach to deal confidentially and adequately with their problem. Thus, the individual intervention with some cases of marital disharmony and discord enabled for reconciliation, separation, mutual settlement and restoration of harmony. The holistic approach of the intervention promotes the harmony in the lives of individuals, couples and it sustains the homeostasis of the family. So among the other social work method case work method is the best method to solve couples problem.

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WORK LIFE BALANCE AMONG WOMEN



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Abstract

Women constitute half of the world population. They shoulder lot of responsibility both in family and work environment. They effectively deal it but unfortunately they find it difficult to shoulder multiples roles and responsibilities. The aim of the study is to study of work life balance among women working in Atlas export enterprises Karur. The researcher used descriptive research design for this study and she portrayed the socio demographic variables of the selected population with special reference to their work life balance and how the socio demographic variable influence on work life balance of the respondents. The researcher used stratified disproportionate random sampling for selecting 60respondents from the universe of

700women workers of a Karur based private export enterprises. The researcher found 3units namely checking, packing, sewing units in the industry hence the researcher decided to select 20 respondents from each unit which is disproportionate to the universe together 60 respondents formed the sample of this study. The research used to a self - prepared questionnaire to find out the demographic details of the respondents along with a standardised tool on Work life balance scale development by Fisher. The detailed findings of the study are discussed in the full paper.

Keywords: working women, personal life, work life and work life balance.

Introduction

Women constitute half of the world population. They shoulder lot of responsibility both in family and work environment. They effectively deal it but unfortunately they find it difficult to shoulder multiples roles and responsibilities.

The term work life balance (Work Life Balance) was first used in 1986 in response to the growing considerations by individuals and work environment that can impinge upon the quality of family life and vice-versa, thus giving emphasize to the concepts of “family- work conflict” (FWC) and “work-family conflict” (WFC). The former is also referred to as work interferes with family” (WIF) while the latter is also known as “family interferes with work” (FIW. The policies and procedures developed by the organizations with the goal to help employees to efficiently do their jobs and at the same time able to handle personal concerns at their family. In most developing countries, both women and men work for their livelihood and they have to shoulder both the responsibility parallel. Work-life balance is the maintenance of a balance between responsibilities at work and at home.

These conflicts are intensified by the “cultural contradictions of motherhood”, as women are increasingly encouraged to seek self-fulfillment in demanding careers, they also face intensified pressures to sacrifice themselves for their children by providing “intensive parenting”, highly involved childrearing and development. Additional problems faced by employed women are those associated with finding adequate, affordable access to child and elderly care. WFC and FWC are generally considered distinct but related constructs. Research to date has primarily studied how

work interferes or conflicts with family. From work-family and family-work viewpoint this conflict reflects the degree to which role responsibilities from the work and family domains are incompatible. The work (family) role is more difficult than the family (work) role". **Fronde et al.** suggested that WFC and FWC are related through a bi-directional nature where one can infer the other. The work life variables like work stress may cause and interfere with family life; the conflict in the family impacts on work causing worse conflict, thus creating a vicious cycle. Therefore, the bi-directional relationship between life and work is there. Family responsibility might be related to WFC when the employee experiences a very high work overload that impacts the employee's ability to perform even minor family-related roles. While no researchers have considered the relationship between these constructs in a full measurement model, **Carlson and Kacmar** used structural model and found positive and significant paths between WFC and FWC.

Baral (2010) in a study of 485 employees working in varied organizations in India found that working men and women in India experience more work family enrichment than the work family conflict. It was also found that there were no gender differences in the employee perception of work family enrichment.

Rajadhyaksha and Velgach (2009) also found that women experienced significantly higher family interference with work as compared to men. However there were no significant differences between men and women in the experience of work interference with family.

Steiner (2009) found that time-based work demands were strongly associated with the experience of work-family conflict both among women and men. Long working hours, working non-day schedules or at weekends and having to work overtime at short notice ('unpredictable work hours') showed an aggravating effect on conflict, with long and unsocial hours being more strongly related to time based conflict than to strain based conflict. Strain-based work demands were also found to be instrumental in the creation of conflict. The more people felt that they have to work hard in their jobs ('work pressure'), the higher was their perceived level of conflict.

It was also found that a high degree of control over how one's daily work is organized ('job autonomy') helped people to better co-ordinate the time demands of their work and family roles, though such an effect was found only for women. Further, a higher level of job skill was found to increase women's and men's feeling that their job prevented them from giving more time to their partners and families (time based conflict), and was also related to strain based conflict, i.e., the feeling that one is often too tired after work to engage in non-work activities.

Alam et al. (2009) explored the correlation between working hours and work family imbalance, for three focused groups, namely, teaching professionals and two groups from corporate houses. It was found that respondents working for 5-7 hours a day did not consider working hours as a factor to affect work and family balance. On the other hand, women managers in corporate sector, having long working hours (9-10 hours a day) agreed that time was a crucial factor for work family imbalance. The study approved the association between working hour and work family conflict. 99 per cent of women managers reported to have work family conflict because of 9 -10 hours work everyday.

Materials and methods

Aim of the study

To study of work life balance among women working in Atlas export enterprises karur.

Objectives of the study

To study the level of work -life balance problem among the working women.

To study the extent to which various socio demographic factors affect working women's work life balance. To study the effect of work -life on the personal life of the respondents and personal life on work life.

Research design

The researcher used descriptive research design for this study and she portrayed the socio demographic variables of the selected population with special reference to their work life balance and how the socio demographic variable influence on work life balance of the respondents.

Universe sampling technique

The researcher used stratified disproportionate random sampling for selecting 60respondents from the universe of 700women workers of a Karur based private export enterprises. The researcher found 3units namely checking, packing, sewing units in the industry hence the researcher decided to select 20 respondents from each unit which is disproportionate to the universe together 60respondents formed the sample of this study.

Tools of data collection

The research used to a self - prepared questionnaire to find out the demographic details of the respondents along with a standardised tool on Work life balance scale development by Fisher.

Findings and Discussion

Findings on socio-demographic details More than half of the respondents are below 40 years of age. Less than half of the respondents have 3-4 members in their families. Exactly $\frac{2}{5}$ th of the respondents having less than 3 years of experience. Nearly half of the respondents (48.3%) earn up to 5,500 as their monthly salary. 38.3% of the respondents family monthly income is above Rs.15000 A vast majority of the respondents are married. More than $\frac{3}{4}$ the of the respondents are hailing from nuclear family. More than $\frac{3}{5}$ of the respondents are from rural community. A vast majority of the respondents have children. A vast majority of the respondents underwent arranged marriage. More than $\frac{3}{5}$ th of the respondents studied up to 9th standard. The distribution of the respondents from the three department namely SE, PT, CK all equally distributed according to the sampling techniques. More than $\frac{3}{4}$ th of the respondent's spouses are employed. More than half of the respondents felt they are able to run their family with their family income. More than half the respondents have their own houses. Nearly $\frac{3}{4}$ th of the respondents have debt due to the salary insufficiency. Nearly half of the respondents satisfied with their salary. Nearly $\frac{1}{4}$ th of the respondents have problem in their marital life. Nearly $\frac{3}{4}$ th of the respondents do not have any physical problems. Majority of the respondents do not have any family problems. A vast majorities of the respondents have no significant problems in their work place.

Table 1 Distribution of the respondents according to their work life balance

S. No.	Various Dimensions of work Life balance	No. of Respondents (n = 60)	Percentage
1.	Work Interference with Personal life	36	60.0
	Low High	24	40.0
2.	Personal Life Interference With work	38	63.3
	Low High	22	36.7

3.	Work and personal life Enhancement		
	Low	36	60.0
	High	24	40.0
4.	Overall level of work life Balance		
	Low	31	51.7
	High	29	48.3

It is revealed from the above data that more than half of the respondents perceive low work life balance and its dimensions namely work life interference with personal life interference with work life and work and personal life enhancement.

Findings on Various Tests

There is no significant association between the department of the respondents and their work life balance and its dimensions.

There is significant association between the respondent's marital life problem and their work life balance and its dimensions.

There is significant association between the family problem of the respondents and their work life balance and its dimensions.

There is significant difference between the educational qualifications of the respondents with regard to their work life balance and its dimensions.

There is significant relationship between work life balance and its dimensions.

There is significant relationship between monthly income of the respondents and their work life balance and dimensions.

Suggestions

The following suggestions are useful to enhance work life balance among women's.

Introducing training programmers' employees.

Team spirit should be encouraged among the employees.

Human resource policies of the organization apply should encourage the employees to contribute their best.

The work life balance among half of the respondents are low, proper motivations towards job environment and commitment will be very useful to make them to contribute to their productivity.

Welfare measures, for the employees and their facilities will definitely make them happy.

Crèche facilities are there in the industry but proper care and maintenance are essential for satisfactory working environment. Regular training, works hour and recreational services are to be managed to encourage and develop the employees.

Conclusions

The study can be concluded that women's work life balance is very important determinant of their economic productivity. Both their personal factors and work environment inference their work life balance.

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WOMEN EMPOWERMENT AND SANITATION



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Abstract

Women are doubly disadvantaged when they lack access to sanitation. Lack of access to sanitation facilities forced women in urban and rural location to defecate in the open. Largely, burden of poor sanitation affects women, as they are the caretaker and the primary custodian of family's health in the present system. Poor sanitation causes diarrhoea death among children. It also adversely affect the Gross Domestic Products (GDP) in any country. Provision of basic sanitary infrastructure to women can help avoid defecating in the open and in a way; it reduces their vulnerability for sexual harassment. Women with an access to toilets feel safe, enjoy dignity, status quo and mainly maintains personal and menstrual hygiene.

Government of Indian and Tail Nadu shares the responsibilities of creating provision for toilet facilities, and as a result through Swachh Bharat Mission provide individual household toilet facilities. Mostly, in the urban area, space constrains, land tenure issues prevails, and as a result, most houses cannot be entitled for individual toilets. Hence, the Swachh Bharat mission suggested Urban Local Bodies (ULBs) to create community toilets as shared facility for such location and link it with those families. However, often management of these toilets were causes high burden for local bodies and they have been criticized very badly for poor maintenances.

Women empowered with knowledge on sanitation and management can help local body to maintain their public sanitation utility places including community toilets and public toilets. The Trichy City Corporation (TCC) community management model, which won the National Urban Water Award in the year 2010, attempted to involve self- help groups in operating and maintaining community toilets. Trichy City Corporation is known for its model of women self-group members managing these shared facilities. Member of self-help group empowered as sanitation messengers and on voluntary basis becomes sanitation and health educators. Then, federated to Women Action for Village Empowerment and manages almost 60 % of shared sanitation facilities and help corporation provide a better sanitation infrastructure to people most living in slums. Thus, empowered women become a custodian of sanitation facilities, public health and empowers their locality.

Keywords: Sanitation, Women Empowerment, Community toilets, Trichy City Corporation

Background

In the year 2016, the UNDP introduces Global call to action, otherwise known as the Sustainable Development Goals (SDG), laying out a vision for holistic development by 2030. It includes the need to access clean water and sanitation systems as a fundamental necessity to end poverty and build human capacity. Elaborating further, Goal 6 of the SDG recognises the need to the fundamental interactions between a well- functioning sanitation system, access to clean drinking water and good health is widely documented. However, in the world today, it is estimated that approximately about 2.4 billion people lack these basic facilities, exposing them to disease and pollution in the environment. UNDP suggests that water and sanitation related deaths are one of the most significant reasons for mortality in children below the age of five and women are adversely affected because of poor sanitation infrastructures.

Highlighting the issues of poor hygiene, a trend analysis by the World Bank demonstrates that despite rising proportions of people accessing sanitation facilities, South Asia at 44.8%, continues to be lower than parallel global rates of almost 70% in 2015. Open defecation free and provision creating access, i.e. provision for toilets facilities were on primary focus.

Introduction

Women are doubly disadvantaged when they lack access to sanitation. Lack of access to sanitation facilities forced women in urban and rural location to defecate in the open. Largely, burden of poor sanitation affects women, as they are the caretaker and the primary custodian of family's health in the present system. Several studies have shown that poor sanitation is the major cause for diarrhoeal diseases. Diarrhoea is the leading cause of death among children under 5 years in India. Poor sanitation causes malnutrition among children and severely affects their physical and mental growth. Underlining issues of sanitation, not only affects women's health but also their education, dignity, social status and over all wellbeing. When a woman gets better access to sanitation facilities, they can avoid becoming victim to sexual harassment, feel safe, maintain personal and menstrual hygiene and enjoys better quality of life.

Issue: Basically, the issue of open defecation needs to be addressed in the sanitation value through creating adequate sanitation facilities like toilets. Government Swachh Bharat mission has introduced Individual Household Hold Toilets scheme. In the fast growing urbanisation, space constrains and land tenure issues are predominantly bottleneck to achieve the objectives of providing individual household toilets or to achieve the vision of creating access facilities to all households. Hence, the Swachh Bharat mission suggested Urban Local Bodies (ULBs) to create community toilets as shared facility for such location. These community toilets are built by ULBs with their funds in an accessible location for those households. Community Toilets will have provision of water supply, electricity and proper ventilation. These facilities are inclusive in nature, with adequate provision for separate toilets and bathing facilities for men, women and facilities for the disabled (e.g. ramp provision, braille signage, etc.). Toilet seats are connected either to onsite sanitation system like septic tank or to Underground drainage system. It is predominantly, used by a fixed group of people including low-income and/or informal settlements/slums inhabiting in a particular location. A kind of fixed close group uses this facility.

Understanding of Trichy Community model and role of women in providing sanitation for all

Trichy City Corporation: Tiruchirappalli, popularly known as Trichy is the fourth-largest city in Tamil Nadu, located at the centre of Tamil Nadu state on the banks of the Cauvery. As per census 2011, city has a population of 916,674 and the geographical area is 167.23 sq km. The city corporation conducted a detailed survey in the year 2015 and as per the survey results, the population in the corporation limit is 991,999 out of which 25% per cent are living in slums. Since 2011, corporation has 65 wards under four zones. Trichy has 286 slums including 211 notified and 75 non-notified slums which are located mainly on land belongs to railways, other departments under Government of India, city corporation Walkf Board and other private owners.

Sanitation arrangements in the Slums

As on 2011 census, in 60 wards the number of households in the slums are 44,441 with the population of 1, 71,069. The maximum number of households (19,601) is using their own flush out latrine and 10,027 households are using shared dry latrine. Slums people, low-income groups, tourists, pedestrians and visitors are majorly dependent on those public sanitation facilities.

Tiruchirappalli City Corporation has provided well sanitation facilities for the public, floating population and community in the form of public and community toilets. There are 331 public toilets, 86 integrated sanitary complexes, 19 disabled person toilets, 17 Namma toilets having in total 3405 flush out latrines, 74 cistern types and 5 urinals. Out of the 4915, total seats, 2439 for women, 2126 for men and 350 for children (Table 6.2 & 6.3). In most of the toilets, the available

numbers of seats for women are more than for men except pay & use toilets. There are 52 seats of five urinals are only available for men.

All the public and community toilets are under the ownership of corporation. The responsibility of 271 public and community toilets are maintained by corporation itself. The remaining 162 toilets are taken care by self-help groups and six toilets are by several NGOs in Trichy. Only 19 toilets are leased for one year tendered, which are located at huge floating population area like bus stands, temples and parks. Out of 452 total toilets, 442 toilets are available for use. The rest of 10 toilets are either broken, under renovation or closed due to court stay order. Most of the public toilets (319) are connected to underground sewerage system (UGSS) and remaining 133 toilets are connected to septic tanks.

Management of Community Toilets

The Trichy City Corporation community management model, which won the National Urban Water Award in the year 2010, attempted to involve self- help groups in operating and maintaining community toilets. Self Help generally consists of 10-12 member of women members of a community, who volunteered themselves to organise and form as a group, contribute for monthly saving, linked with banks avail loans, lend them internally among their members for various household expenditure. Apart from, savings and thrift, members of these self -help groups discuss common issues in their regular meetings. In TamilNadu, the SHGs have become movement and active partners in addressing their local issues. Their contribution for mobilising people for awareness generation on health and sanitation is huge.

In Trichy Corporation, Gramalaya, a non-governmental organisation supports people led initiatives for improved and sustained access to water and sanitation in the slums of Tiruchirappalli City Corporation with the support of women self-help groups. The success of this model has been attributed to its emphasis on multi-stakeholder involvement and its community ownership of the public sanitation facilities.

Public sanitation facilities can be classified in two categories: community toilets, which are provided to meet the basic needs of poor residential areas; and public toilets, which serve mobile populations in public places such as shopping centres, bus and train stations, and parks. Public sanitation has primarily been a responsibility of the state. Under public sector management, toilet blocks are owned and maintained by municipal agencies and usually, no charge is levied on users. However, urban local bodies are often not equipped - both financially and institutionally - to provide this service. The construction of toilets requires medium capital investments, and the maintenance of these toilets involves micro-management and recurring costs. Public toilets run by some local bodies have also been criticised for their unimaginative architectural design, the lack of water and electricity supply, absentee caretakers, infrequent maintenance and the absence of community ownership of the amenity.

Operation and Maintenance

Operation and maintenance is crucial indicator to consider while making decision for creating a public utility asset. Hence, Government adopts different models including Built Operate and Transfer, Built and Transfer. For any such public utility asset, created operation and maintenance will be the major issue for local body with their inadequate work force, burden of other seasonal public health issues, and other Government priority.

Gramalaya, who has empowered community through Self Help Group movement, conducted a sanitation health and hygiene awareness campaign. And, mobilised women force to form a team

called Sanitation Health Educators (SHE), in short, it is called as SHE team. Sanitation health education teams were set up by the SHGs to propagate the message of sanitation, monitor the behaviour of residents, and supervise the maintenance of the toilets. Adequate training and necessary behaviour change communication materials were provided to them to sustain the campaign, which initially focused on open defecation. As a result, Trichy city is the first corporation to announce a slum an open defecation free slum way back in the year 2001.

The SHG at appoint federated to become Women's Action for Village Empowerment (WAVE) It is registered under Tamil Nadu societies registration. SHG makes a small contribution to become member of this body. Corporation has approached the federation to operate and maintain community and public toilets. It was also discussed in their meetings conducted by WAVE federation. Regular monthly meetings are the platform for WAVE federation to discuss their problems and learn from each other in finding solutions. A member of the Gramalaya and corporation is also invited to these meetings.

Corporation has decided and handover the community and public toilets to Women Self Help Group belonging to the local area. In addition to refresher trainings for necessary training including management. At the community toilets run by SHGs, members of sanitary health education team take turns in routine outside the toilet complex to collect user charges. The typical user charge varies from Rupees 2 to Rupees 5 per use, while children, the elderly and the physically challenged have free access. They have engaged cleaners who clean the complex two to three times a day. Recording keeping and financial systems are in place for maintaining these toilets. Wave federation and SHE team members know the economics of managing a toilet. To enjoy the benefits of economy of scale and to reduce the operation and maintenance cost, cleaning materials are procured in bulk by the WAVE federation and distributed to the SHE team members during their monthly meetings. Collectivising communities has not only yield help maintain clean slums but also sustained healthy behaviours and healthy environment. The Women SHG Model of Trichy has been highly appreciated nationally and internationally and awarded by both Govt at the central and state. Recently, Trichy Corporation has bagged the Skoch award in the 45th Skoch summit conducted in the year 2016, at Hyderabad for best practices in managing community toilets. Skoch is a Gurugram-based independent group dealing with social and economic issues. The proper maintenance of these toilets helped corporation to provide more number of community toilet in the place where individual toilets could not be promoted and created access to basic sanitary infrastructure.

Conclusion

The empowerment of women in sanitation sector ensure local body or the Government to secure public health for its population. It has helped corporation to reach out sanitation and hygiene messages, bring out changes in people's behaviour. In addition, to this in terms of operation and maintenance of common facilities, it has increased corporations efficiency, help increase provision for no. of community facilities and sustain corporation initiatives on sanitation and public health.

Recommendations

Refresher training of health hygiene and orientation training on full cycle of sanitation needs to be given to the active members of these Self-help group women who maintains the toilet. There are age-old toilets built before 15 to 20 years, which needs immediate attention with major repair works to be addressed on priority basis before people stop using those toilets.

Investment need to be made by corporation for re-pairing of toilets with minor repair works altering it friendly to all users including children, differently abled and elderly population. No. of toilets are to be increased in some places, and the amount of water supply to these community and private toilets need to be increased. Electricity bills to be paid by the corporation in some of toilets to reduce operation and maintenance charges

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