

Mental Status of Young Girls while Moving Towards Their Teenage: Support, Confidence, Sensitivity and Empathy from the Society

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ABSTRACT

For the last few decades India is witnessing rapid transformation in terms of its economic growth, technology and development, but the plight of girls has remained unchanged. As the girls reach at their young age, society does not groom them to face the challenges which they might encounter in their lives. Due to the biased behavior of the society towards girls, they don't feel confident and don't initiate to voice against the violence. This paper presents the mental status of young girls who are moving towards their teenage and information regarding their awareness, confidence, alertness and sensitiveness for violence happening towards girls in the society. The data for measuring the behavior of young girls is collected through questionnaires and the findings highlighted the measures to be taken to improve the scenario of girls. By the time these young girls will reach their teenage they would be able to understand the problems which they might be facing.

Keywords: Awareness, Education, Teenage, Violence, Equality.

1. INTRODUCTION

Independent India has witnessed a lot of change in the status of women as they have come out of economic, political, social slavery and demanding all sorts of facilities and privileges. Various laws, rules and regulations have been framed for the welfare and upliftment of women and according to Indian constitution there is no difference in men and women so far as all sorts of rights are concerned. Legally, women have been given complete equality but there is lot of difference in theoretical and practical position, still the women are in the clutches of so many boundations. Modern women too are bearing different types of violence in society. Cases of rape, dowry, domestic violence, acid attack, female feticide and sexual harassment are increasing constantly.

“The semantic meaning of ‘crime against women’ is, directly or indirectly, physical or mental cruelty towards women. Violence, which is directed specifically against women and in which only women are victim, is characterized as crime against women” [1]. It is very important to clear the meaning of violence happening against women. It is a type of misbehavior which includes physical violence. At home, violence is known as domestic violence and it covers in itself other member of family like parent, children and spouse etc. In other term, it includes misbehavior, scolding, beating, mental and physical harassment, rape, murder, kidnapping etc. In the cases of violence, physical harassment dowry death, mistreatment of old women and widows, feticide, sati etc. are issues which affect a large section of society”. Among various problems faced by women, the most burning problem is the violence against them. It is such a situation which is not only immoral but also is a matter of great concern and shame for a civilized society. The most surprising fact is that with the advancement of “so called” civilized society, this problem is increasing at a very great pace and is getting worst. In India various effective studies have been conducted on the issue of violence against women.

Domestic violence against women is a matter of concern. Violence debilitates women physically, psychologically, socially which sometimes affects their entire life. According to data of the United Nations International Children's Emergency Fund (UNICEF-2000), the rate of women that suffered from violence in United States of America (USA) is 28%, United Kingdom is 25%, Japan is 59%, Cambodia is 16%, India is 45%, Korea is 38% and Thailand is 20%. The domestic violence against women is common and most severe and in most of the cases defendants are husbands. According to the Ex-Secretary General of the UN, Kofi Annan, the violence happening against women and girls is in exceptionally high percentage. Out of 3, 1 woman is abused or forced to do activities without her will by the close relative or known people [2].

Women in India are the example of sacrifice, patience, understanding and women are smart enough to keep the family together. Sometimes because of her sacrificing nature they are kept under nutrition. They are not provided health related awareness; they have no access to the monetary resources and not given any right in property. In this century, India is growing as a global power but women of our country are struggling to live quality life. They are witnessing difficult situations in every field of life like education, health, employment and property. No one likes to pay attention to the problem's women are facing in the present scenario. The decreasing sex ratio shows the discrimination towards the stage of birth. Women may have reached at any top level in all the field but their harass by their surroundings [3]. Women are finding problems in getting education and employment. Economic inequality and gender discrimination the part of parcel of society which affect the women. Though the gender inequality is banned by constitution and women are guaranteed for political equality with man but still there is a difference between constitutional rights and rights enjoyed in reality by women. In everyday life disrespect, scarcity of money and the male dominating society are the reasons for exploitation of girls these days. The bad conditions are increasing day by day and a legal human right relationship with their status impetus. Kidnapping of girls and throwing them into prostitution is associated with monetary disparity in the country [4].

In this paper the author discussed the conditions of women and the violence happening with them. As a woman and researcher, it becomes necessary to find out the solutions to overcome the above problems. Being a Principal of a girls inter college (Mahamaya Balika Inter College, Sector-44, Noida, Uttar Pradesh), the safety of the students is the matter of biggest concern. Here the students of classes 6 to 12 live in hostel and they are in safe and positive environment and progressing well. But the students of classes 1 to 5 are day boarders and they come from diverse societies of nearby areas. So, this study is based on 5th standard students who are moving towards their teenage. This paper deals with the mental status of these students to know what they think and how much they know about different kind of situation related to violence and discrimination against women.

2. LITERATURE SURVEY

The World Health Organization (WHO), in its research on Violence against women categorized it as occurring through five stages of the life cycle that are pre-birth, infancy, girlhood/childhood stage of female, adolescence/adulthood and reproductive stage/elderly (Madeswaran & Ravi, 2013). The stages of women exploitation can be identified by the researcher i.e., before the birth, sex determination and then abortion take place because in India it was always been thought that the girl would be the burden on the family in future. It has been observed that women labour is not paid equally even after giving equal number of hours of working, thus, they are economically deprived section of Indian society (Bag & Roy, 2012).

When girls are at the stage of infancy, they are ignored in the field of education and health. So, from this stage only they become weak and isolated. In rural areas it the tendency to give more importance to the boys rather than girls. Due to continuous ignorance, girls are victims in the form of child abuse, forced labour sexual slavery or commercial sexual exploitation. So, it cannot be denied that most of the

child labour in rural India is female. At the time of teenage, worst type of violence is seen in the form of early marriage, trafficking, prostitution, violence committed against them etc. At this stage girls are able to understand because they become matured by this time, that the society is binding them socially and economically. They have to face early marriage as per the wishes of their parents. Sometimes they are pressurised to move into prostitution field. Due to which they lead to psychological problems [6].

At reproductive stage, women have to face violence at her home front. Many a times, women are tortured physically, sexually, psychologically by their intimate partners. Honour killing is also very common as seen in print media in most of part of country. When women become old, they feel ignored because of their age and not been able to work. Thus, women live with misery or stigma. Women do not get honor during the life time due to the traditional oppressed life lead without protest. Though it is not true for the females those who belong to well to do families [7].

With the progress of women in every field, the violence on them has increased at a great speed. Due to women mobilization, gender-based violence is increasing at national and international level many countries framed loss for violence against women to save them from domestic and sexual violence. Many a times, when violence occurs it goes unnoticed and unpunished. By looking at violence against women, it appears that in the present time also, the Indian society is just as if we are living in an ancient time. Despite of all claims made by the modern men; it appears as if they are the same ancient men. Relatively the women have changed themselves at a great speed but internally they are the same ancient women curbed by outside society and fully grabbed by inner emotions. Men have limited the social rules, ideals and religious lessons to women only and kept themselves away from these bindings. In Indian context very few studies of this type have been done. Information seems to be lacking where the research work on reasons, results and solutions on Expectations from the Society and Mental Status of Young Girls while Moving Towards Their Teenage. Though it is a new work yet it is related with the previous studies, with some sort of new findings.

As said by [8] it has been said that after the birth of the girl, parent should start thinking and planning for her different needs. As growing up a girl needs love and warmth with other basic facilities. Parent need to plan to send her in nursery, primary, secondary and then senior secondary schooling. After that she should be allowed to choose her interest of study and career. Apart from the studies parent role is also to groom her or to give her exposure to extra activities like sports, cultural and art activities. Girls are making their career in other fields also then the studies. Parent need to inculcate good human values, principles, ethics and cultural traits among them as girls always enhance the reputation of their families.

Also [9] proposes that the most of the parents in India started getting sex determination in 70's. Team of the researchers found that most of the pregnant women wanted to have son. According to census 1981 the number of girls on 1000 boys was 886 in Uttar Pradesh. It is very necessary to change the mindset of most of the people and to introduce the positive approach to increase the population of girls and value of girls in the society. The initiative should be taken by like-minded people who understand the importance of girls. The "Beti Bachao Beti Padhao" scheme was launched by Central Government on 22nd January 2015. The girls carry important role in the society culturally, socially, economically and politically. Our government give equal importance to girls as it gives equal opportunity. So, the girls' education is most important in bringing the change in the society. As it is been said 'if a woman is educated then the family is educated', so we can say there cannot be educated men without educated women. Every child needs to grow-up with love care and guidance of their parent but if girls will be denied to education the childhood will be motherless for many. "The fastest way to change society is to mobilize the women of the world"-Charles Malikleo.

As said by [10] half of the population is women in the country, out of which few percentages are working women. They work outside of the house where they face many problems. They resist to go out to work because of these problems. They have to work at home and outside of the home also for which they need to make balance between work and home. The working women need to work around 14 to 15

hours a day. The major issue to work is their safety and security. Another issue is that they do not get support at home. The attitude of the society towards the working women is not favorable in most of the cases. They feel bullied, physically and mentally harassed.

3. METHODOLOGY AND RESEARCH DESIGN

The research methodology was selected after finalizing the purpose of research. A closed ended questionnaire was prepared to collect primary data from the students of class 5th who are about to enter their teenage. For this research purpose, the collected data was used to analysis the mental status of young girls of age group between 10 to 12 years. The data was collected from 30 students of class 5 of Mahamaya Balika Inter College, Sector-44 Noida, Uttar Pradesh who are day boarders and come from different societies. The data was collected through a questionnaire and it consists of 10 closed-ended question where the girls were supposed to answer with a tick at YES or NO for the desired answers. The questionnaire was framed to know the mental status of the girls about the violence and discrimination happening in the society. The questions were related to “Beti Bachao Beti Padhao”, “MeToo”, “POCSO”, “Sharing of Problems” etc.

4. DATA ANALYSIS AND FINDINGS

The data which was obtained or gathered from questionnaire is presented in the form of graph and table. Data collected and presented as graph is used to make decisions. Graph is useful tool because in this data is organized so the information becomes clearer. This organized information is used to draw conclusions and to make decisions. Graph is common method to visually illustrate relationships in the data. Here the bar chart is used to analyze the data. A bar diagram makes it easy to compare the sets of data between different groups at a glance. Here table is also used with graph for data presentation and analysis.

In order to see the results or findings by the questionnaire done with 30 students of class 5 of Mahamaya Balika Inter College, Noida to know the mental status regarding the prevalent violence and discrimination of women in the society before they enter to hostel in class 6. It has been done to know what exactly the girls of age group of 10 to 12 years know regarding these problems. The students were given a questionnaire of 10 questions which they answered as per their knowledge and confidence. After analyzing the data collected through questionnaire reveal the following information.

Questions	YES	NO
Self Defence	23	7
Safe in Society	25	5
Physical Violence	6	24
MeToo	1	29
Nirbhaya Case	5	25
Women Helpline No.	25	5
Good Touch Bad Touch	30	0
POCSO	0	30
Beti Bachao Beti Padhao	30	0
Will You Share	29	1

Figure 1. Result of Questionnaire

Prime Minister of India Shri. Narendra Modi launched the scheme of ‘Beti Bachao Beti Padhao’ on 22nd January 2015 at Panipat, Haryana. This scheme had been initiated with an aim to improve sex ratio of child and to increase the value of girl child. Government’s aim is to put emphasis to focus on

three tined problems prevailing in the society like sex selective abortion, implementation on PC & PNDT Act and survival-protection-education. As shown in the figure 1 and figure 2, after analyzing the results collected through the questionnaire, it has been found that 100% girls were aware with the above scheme which is very appreciable. As many of such motivational and educational workshops and talks from different resources were conducted by the college itself.

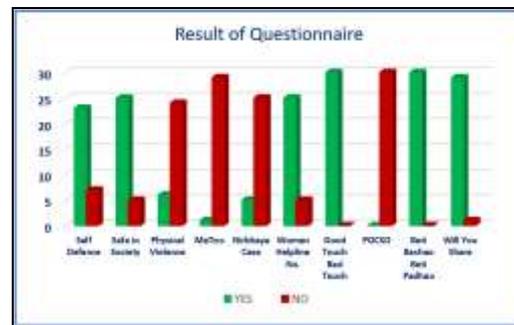


Figure 2. Bar graph of result

As children are most vulnerable to CSA (Child Sexual Abuse) between the ages of 7 to 12, there are offenders who target victims as early as infancy. The best time to talk to the children about 'Good and Bad Touch' is as soon as they are capable of understanding your words. For children, 'Good Touch' is touch that gives them care and warmth which is very necessary for their health and safety. 'Bad Touch' is a touch when children don't feel comfortable and secured. 'Bad Touch' is a secret touch which give them scaring feeling and the child feels insecure and uncomfortable. As shown in the figure 1 and figure 2, after analyzing the results collected through the questionnaire, it has been found that 100% girls were aware about 'Good and Bad Touch' which is very noticeable. Also, the college had taken initiative to show them movies related to 'Good and Bad Touch', like 'TOUCH', 'KOMAL', 'SHARING IS CARING' and 'TOUCH ME NOT'. The girls have learnt the meaning and understood what is wrong and what is right to them.

Still there are few issues on which attention to be paid to make the girls aware, alert and confident to handle the odd situations. One of the issues to be taken care of is awareness about the 'Self-Defense' as about 23% girls were not aware because these girls are day boarders coming from various areas of society. It has been learnt when these girls will join hostel in next session, this issue should also be taken into consideration and different workshop and self-defense classes will be conducted to them. So that they will learn about self-defense and will be able to face challenges if required.

5. CONCLUSION

Violence against women is not new. In Indian society women are being victimized since long. After independence many rules and regulations have been framed in our society to support the women. Proper arrangements have been made for the redressal of complaint of women and efforts were made to give them economic independence. Now-a-days women are considered important, effective and meaningful companion along with men. Despite all, these violence against women are increasing continuously. They are beaten, kidnapped, raped and murdered. Prenatal determination of sex and abortion has been listed as crime, yet people do not hesitate from doing this sin.

Violence against women is increasing continuously. Despite of the rules and regulations framed in favor of women, eve-teasing, misbehavior and acid attacks are such incidences which have forced girls not to go out of the house, resulting to the fact that many girls are deprived of education. In this research mental status of young girls who are moving towards their teenage, the information regarding their awareness about various area which were asked in the questionnaire to find out the level of their

confidence, alertness and sensitiveness for violence happening towards them. It is observed that how much they are informed about the acts framed to save the girls and their strength to face the challenges. The findings highlighted the measures to be taken to improve the scenario of girls and areas were found in which the college, society and government need to formulate rules and regulations for upbringing of young girls. By the time these young girls will reach their teenage they would be able to understand the problems which they might be facing due to their hormonal changes and external factors of the society.

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