



Challenges and hurdles in the Journey of Women and suggestions or measures to overcome it

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Abstract

Due to the rigid thinking of people women's life has become a big struggle in which they have to face many problems like female infanticide, gender inequality, health issues, early marriages, restrictive environment results to depression which again results to health issues and suicide attempts, low literacy rate, domestic violence, sexual harassment, dowry, divorce, rape cases, etc. government has formulated many laws for removing these problems from women's life but many laws are just remained in the books only. Today if we see in many cases women are responsible for the problems of other women. So the first and foremost measure to solve this problem is that women have to change themselves first, have to understand difference between adjustment and sacrifice, have to create an internal motivation and self confidence and then have to demand for equality. Only governments laws cannot make change we as a human being keep on changing our life style according to our comforts and run towards the comfortable commodities similarly with the change in mobile phones, clothing sense we need to change our such a rigid thinking and should together create a safe world where women can fly with the feathers of confidence and achieve success.

Introduction

This is the fact that the culture and traditions of India are famous all over the world, where people use to worship various female goddesses. But it is now creating the biggest dilemma in the minds of young thinkers. How unique our culture is! Where one side people use to worship female goddesses, appreciate their sacrifices and give examples of their kindness and bravery but on the other side they are not ready to understand and accept the importance of females in today's society. Due to such rigid and backward minds women are facing various problems like gender inequality, low enrollment ratio in higher studies, restrictive environment results to stressful environment, sexual harassment, domestic violence, rape cases, dowry, health related problems, etc. Today we talk about big problems but these big problems are the results of small problems which a woman has to face from her earlier life phase.

Taking birth as a woman in the Indian society can be said as curse for the women. We believe that Indian people are modernized now, are they really? Who can change their mobiles with new updated models, change their clothing sense, change their life style and run towards comforts but can not change their rigid and wrong thinking for women. This wrong and rigid thinking made the life of women a big struggle for them from the beginning of life.

Female infanticide

Female infanticide was the most common practice of killing girl child in mother's womb which has been criminalized in India but remains an under-reported crime due to lack of reliable data. The National crime records bureau summary for male and female infanticide reported cases in 2010 was near about 100. Now a days it rarely takes place, but then also still there are few regions where sex determination takes place illegally. Due to this a woman suffers physical and mental weaknesses which is the great hurdle for her to pursue a healthy life.

Gender inequality

Gender inequality in India is a multifaceted issue, where it is examined that women are at a disadvantage in several important ways.

In case of **health**, if we see women are provided with less care as compare to men.

Gender begins before birth as females are most commonly aborted sex. If a female fetus is not aborted, the mother's pregnancy can be stressful experience, due to her family's preference for a son, which may create many complications during delivery period, starting from this point her health get Detroit.

Another reason of this issue is domestic violence. Recently in a Nepal's village on 7th feb, 2018, 28-years old woman from West Bengal claims that her husband and in-laws sold her kidney during an appendix surgery because her family failed to provide a dowry of Rs.2 lakhs.

Women health issues includes malnutrition, lack of maternal health, diseases like AIDS, breast cancer, domestic violence and many more.

India contributes to nearly 20% of all maternal deaths worldwide between 1992 and 2006. The primary reasons for the high level of maternal mortality are directly related to disparities of economic conditions and cultural constraints limiting access to care.

The rate of Suicide has been found to be higher in women as compared to men in India, of which most common reasons are- Depression, Anxiety, gender discrimination, Domestic violence, etc.

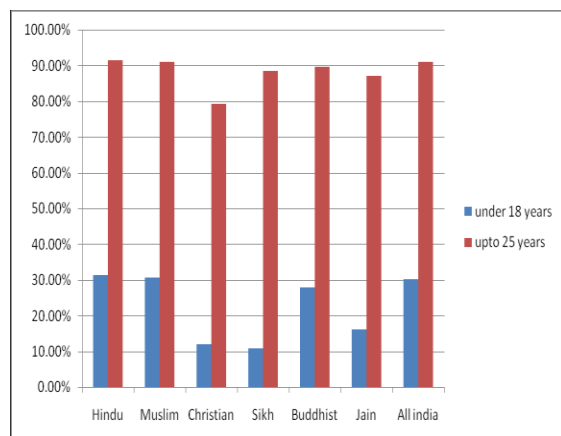
In case of Education also, gender inequality is found, according to census of 2011, literacy rate of men was 82.14% and of women is 74.04% in India. Still in many societies of india, females are not allowed to pursue higher education due to some reasons like marriage, due to having belief that after getting more educated they may not adjust with in-laws or demand to do jobs, etc.

Restrictive environment

Many times parents and society create such a restrictive environment for women which results to depression, suicide attempts, lose of confidence, etc. according to WHO report on sep 10, 2016 , in India the number of women attempting suicide in the country is 2.5 – 3 times than that of men. There are few common restrictions girls use to face like they should not be allowed to go outside after near about 7pm, they should not use mobile phones late nights, they should not reside in hostels and not allowed to go in another state for further studies, they should pursue some professions where they should be less burdened and can return home on time, etc.

Early marriages

The latest census report on the decadal headcount in 2011 reveals that child marriage is rampant,



with almost one in every 3 married women have been wed while she was still under the age of 18 years. The census data also show that 91% of all married women were married by the age of 25 years. The legal age for marriage is 18 for women. But an alarming 30.2% of all married women, or 10.3 crore girls, were married before the had turned 18, as per census 2011 data.

3 in 10 married in teens, 9 in 10 women by age 25

Percentage of underage marriages lowest among Sikhs, highest among Hindus

According to survey made by me, out of the samples of 25 houses, in 15 houses girls got married in the age of 20-21 years and only 1 were allowed for inter-caste love marriages. Due to having low age maturity level remain low, which results to difficulty in handling situations with care and patience and thus results to misunderstandings, depression, divorce, etc. According

to astrologer Dr.A.S.Kalre's report, reasons of increasing divorces in india are marriage against the wishes of man or woman, interference of parents of the girl in her married life, conflicts with in-laws, etc

Domestic violence

according to WHO's report of year 2013-14, 30% women have experienced violence and that the consequences for their health can be devastating. The fact that 385 of all murders of women worldwide are committed by intimate partners stands out as one of the most startling figures in the entire report. Non-fetal injuries are one of the most direct effects of violence. The report uses the USA as an example where half of women in abusive relationships are physically injured by their partners and that most of them sustain multiple types of injuries- the head, neck and face being the most common, followed by muscular, skeletal and genital injuries. In the area of Gandhidham and Adipur, out of 25 houses 5 women were found facing domestic violence out of which 1 had committed suicide attempts by burning herself, 1 has been so depressed and even mentally unstable, 2 are not taking any legal actions and 1 is divorced.

Rape

It is the most common crime against women in india. According to PTI new delhi, in 2016 over 34,600 cases of rape have been reported across the country with Madhya Pradesh and Delhi topping theb infamous list of states and union territories respectively. A total of 34,651 rape cases were reported in India in 2015. Among these, in 33,098 cases the offenders were known to the victims, as per National Crime records Bureau data. Nearly 3.27 lakh cases of crimes against women were reported across the country. Of these over 1.3 lakh were sexual offences- 1.2 lakh in states and 9,445 in union territories. How anyone can forget the Nirbhaya incident of Delhi in 2012!

Other crimes

According to a social research in 2017, in India, a crime against women is reported every two minutes which makes it 720 crimes a day. A study conducted based on the facts from 2016 shows that 96% of the times, these crimes are committed by relatives, neighbors, cousins and people who are positions of authority and stem from deep rooted attitudes that look at women as beings inferior to men. The rising number of crimes against women is a result of the inactive and inefficient security and judicial system along with the deeply entrenched patriarchal beliefs.due to this large number of cases go unreported every year. Isn't it a shameful that our country has failed to provide its citizens the most basic right to life and security?

Objective of the study

- To assess life challenges faced by women of Gandhidham and Adipur.
- To study the violence cases against women in the same areas.
- To study the necessity of empowerment of women.

Methodology

Research design

The present study is descriptive survey type in nature where investigator attempted to examine the views of families about genders responsibility and roles and challenges faced by women in their life and even their struggle to achieve their goals in life.

Sample

Purposive sampling technique was adopted for collecting required data from the target population. 15 families of Adipur, 10 families of Gandhidham was selected as samples. Thus the total samples was 25 families.

Tools for Data collection

For procuring required data from the samples, Questionnaire made by me is used, consist of near about 15 questions. By visiting to samples area and asking the questions related to women's life contained in questionnaire the survey has completed successfully and got required datas and information.

Reports

EDUCATION (NO. OF PERSON)				
	NO.OF MEN	%AGE OF MEN	NO.OF WOMEN	%AGE OF WOMEN
UNDER GRADUATE	6	24	11	44
GRADUATE	17	68	12	48
POST GRADUATE	1	4	2	8

In case of education level, out of 25 families, there are 11 women, i.e.44% are under graduate which is directly showing the low literacy rate among women. Even at graduation level also 68% of men are graduate whereas only 48% women are graduate. These ratios are directly showing that still there is gender inequality in terms of education in our society and this leads to exploitation of women also.

A positive aspect is seen at post graduation level where 8% of women are post graduate and only 4% of men are post graduate which shows that women have capability to pursue higher education and the improvement has been taken place to some extent.

TYPE OF FAMILY	NO.OF FAMILIES	%AGE
NUCLEAR	19	76
JOINT	6	24

Out of 25 samples, only 6 joint families are found. Today people have forgotten the importance of joint family. In joint family the development of child take place faster than in nuclear family as he learn many values like adjustment, sharing, respecting, team work, etc develop in him, which results to ability of maintaining relations.

DECISION MAKING (IN NO.OF FAMILIES)				
	MAINLY HUSBAND	MAINLY WIFE	WIFE & HUSBAND	SOMEONE ELSE
MAJOR PURCHASE	7	6	7	5
DAILY NEEDS PURCHASE		20	2	3
VISIT TO HER FAMILY & RELATIVES	6	13	3	3
HEALTH CARE	2	8	12	3
CONTROL OVER EARNING	5	8	8	4

Still most of people think that man should be the decision maker in the family. In various aspects if we focus, decisions related to major purchase only in 6 families it is taken by wife. In health care also in only 8 families, decisions taken by wife. The more difference is seen in case of major purchase and daily need purchase i.e only in 6 families wives are allowed to take decisions related to major purchase but in case of daily needs 20 families allow the wives to take decisions this show underestimation of women by people of our society.

A positive aspect found here that to some extent concept of equality is promoting. In case of control over earning, 8 families are found where decision is taken by both husband and wife. In case of health care also, they both jointly take decisions.

MOVEMENT (NO. OF WOMEN ALLOWED TO GO)						
AREA	ALONE		WITH SOMEONE		NOT AT ALL	
	NO.OF WOMEN	%AGE	NO.OF WOMEN	%AGE	NO.OF WOMEN	%AGE
MARKET	16	64	9	36		
RESTAURANT	6	24	12	48	7	28
VILLAGE OR TOWN	11	44	14	56		0
EDUCATION FROM OUTSIDE	11	44		0	14	56
JOB	10	40		0	15	60

In case of movement from one place to another, women are allowed to go alone in nearby area but in case of village or town needed to go with someone due to lack of security and safety. In case of pursuing education after marriage also, 56% women are not allowed or some of them even don't want to pursue due to having workload. Even 60% women don't want to do job or may not be allowed to do so.

WOMEN TREATED IN DIFFERENT AREAS				
AREAS	FAIRLY		UNFAIRLY	
	NO.OF WOMEN	%AGE	NO.OF WOMEN	%AGE
EMPLOYMENT	12	48	13	52
HEALTH	19	76	6	24
EDUCATION	18	72	7	28

In case of health, employment 48% women believe that women are treated fairly, whereas in health 76% women believe that they are treated fairly and even in health also 72% think that they are treated fairly which shows a good improvement in these sectors in the areas of Gandhidham Adipur.

PROBLEMS EXPERIENCED BECAUSE OF GENDER		
	no.of women agree	%age
LOWEST SALARY		
POOR WORK PLACE TREATMENT		
GENDER DISCRIMINATION	13	52
LOWEST CHANCE OF PROMOTION		0
PROBLEM IN PURSUING HIGHER EDUCATION	1	4
SEXUAL HARASSMENT		0
OTHER	1	4

This table shows the problems experienced because of Gender in which 52% of women believe that there is problem of gender discrimination to great extent in our society as they may have faced it in their life phases.

PRIORITY OF WOMEN		
	NO.OF WOMEN	%AGE
FAMILY	18	72
WORK	2	8
BOTH	5	20

Most of human problems are caused due to the lack of ability of deciding the priorities in life. In India most of people get easily suppressed by families and sacrifice their dreams and goals just for the sack of their families. Women of India also have made their mind accordingly and thus due to such environment they

have made their Families as their first priority. According to survey 72% of women have families as their first priority. Family should be the priority but women should understand that there is difference between adjustment and sacrifice.

Causes of women's life problems:-



Suggestions:-

- **Parents orientation programmes** should be organised by schools and colleges to make parents understand the feelings and views of their children and how to handle them with proper and wise care.
- **Workshops** related to changes and development in teen age, good touch bad touch, how to control the wrong thought processes, stress management, proper use of internet and mobiles, etc should be

organized.

- Teacher should **explain all the concepts given in science textbooks** related to sex education, so that in curiosity student may not search on google and get more than the required details and may not use the knowledge in a wrong manner.
- **Equality should be promoted** at each and every place either it is school or home or society or professions or workplaces, etc
- **Ethical values** should be created in children through various means like TV serials, stories taught by teacher and parents, Dramas and various competitions, proper moral education, etc. so that respect for opposite gender can be created from earlier stage.
- **Self defence classes** should be compulsorily arranged for students in all schools.
- Parents and children both should be taught that **how to present their views** so that no ones feelings got hurt and may not results to depression.
- **Seminars** related to laws exist for women and new suggestions for its proper implementations should be organized.
- **Regular health checkups** should be compulsorily organized by schools for both boys and girls.
- Women should be serious about her own health and should **learn to say 'NO'** where needed.
- Women should be taught the **difference between adjustment and sacrifice**.
- Different activities by schools and parents should be organized to **improve the patience level and tolerance power** in students
- **Counseling sessions** should be arranged for the boys and girls of 18-21 years age group related to further life steps and marriage decisions, so that a proper understanding of maintaining relations create in the minds of young generation and may not results to divorce and violence cases.
- **Skill education** should be promoted so that girls can independently earn in future.
- **Selection of Profession** according to their interest should be allowed to follow if possible, so that they can come up with the colours of success. For this our university of kutch should provide all type of courses according to the convenience and requirements so they need not to go to any other district or state.
- **Role of media should be improved**, the serials showing injustice with women, their exploitation, etc should be banned.
- **Movies containing embracing scenes** should **be stopped** as it creates wrong thought process in the minds of young generation.