

Vol 4 Issue 10 July 2015

ISSN No : 2249-894X

*Monthly Multidisciplinary
Research Journal*

*Review Of
Research Journal*

Chief Editors

Ashok Yakkaldevi
A R Burla College, India

Flávio de São Pedro Filho
Federal University of Rondonia, Brazil

Ecaterina Patrascu
Spiru Haret University, Bucharest

Kamani Perera
Regional Centre For Strategic Studies,
Sri Lanka

Welcome to Review Of Research

RNI MAHMUL/2011/38595

ISSN No.2249-894X

Review Of Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

Advisory Board

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Delia Serbescu Spiru Haret University, Bucharest, Romania	Mabel Miao Center for China and Globalization, China
Kamani Perera Regional Centre For Strategic Studies, Sri Lanka	Xiaohua Yang University of San Francisco, San Francisco	Ruth Wolf University Walla, Israel
Ecaterina Patrascu Spiru Haret University, Bucharest	Karina Xavier Massachusetts Institute of Technology (MIT), USA	Jie Hao University of Sydney, Australia
Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	May Hongmei Gao Kennesaw State University, USA	Pei-Shan Kao Andrea University of Essex, United Kingdom
Anna Maria Constantinovici AL. I. Cuza University, Romania	Marc Fetscherin Rollins College, USA	Loredana Bosca Spiru Haret University, Romania
Romona Mihaila Spiru Haret University, Romania	Liu Chen Beijing Foreign Studies University, China	Ilie Pinte Spiru Haret University, Romania
Mahdi Moharrampour Islamic Azad University buinzahra Branch, Qazvin, Iran	Nimita Khanna Director, Isara Institute of Management, New Delhi	Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai
Titus Pop PhD, Partium Christian University, Oradea, Romania	Salve R. N. Department of Sociology, Shivaji University, Kolhapur	Sonal Singh Vikram University, Ujjain
J. K. VIJAYAKUMAR King Abdullah University of Science & Technology, Saudi Arabia.	P. Malyadri Government Degree College, Tandur, A.P.	Jayashree Patil-Dake MBA Department of Badruka College Commerce and Arts Post Graduate Centre (BCCAPGC), Kachiguda, Hyderabad
George - Calin SERITAN Postdoctoral Researcher Faculty of Philosophy and Socio-Political Sciences Al. I. Cuza University, Iasi	S. D. Sindkhedkar PSGVP Mandal's Arts, Science and Commerce College, Shahada [M.S.]	Maj. Dr. S. Bakhtiar Choudhary Director, Hyderabad AP India.
REZA KAFIPOUR Shiraz University of Medical Sciences Shiraz, Iran	Anurag Misra DBS College, Kanpur	AR. SARAVANAKUMARALAGAPPA UNIVERSITY, KARAIKUDI, TN
Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur	C. D. Balaji Panimalar Engineering College, Chennai	V.MAHALAKSHMI Dean, Panimalar Engineering College
	Bhavana vivek patole PhD, Elphinstone college mumbai-32	S.KANNAN Ph.D , Annamalai University
	Awadhesh Kumar Shirotriya Secretary, Play India Play (Trust), Meerut (U.P.)	Kanwar Dinesh Singh Dept.English, Government Postgraduate College , solan

More.....

PSYCHOLOGICAL PROBLEMS FACED BY WOMEN



Shanta B. Astagi

INTRODUCTION :

The fifth - dimension is ability to interact effectively in public sphere, which includes - political awareness and ability to access services and - programs. Hashemi and Schuler (1993) explains, not to include accessing markets in this - dimension; however they describe this dimension as an indicator of - empowerment - because women are handling cash and interacting with men, two things women do if they make - purchases at a market.

The sixth - dimension was participation in non-family groups, which r e p r e s e n t s - participation in NGO programs, taking group actions, and participating in a forum for creating a sense of solidarity with other women (Hashemi & Schuler, 1993). This allows women to reduce their emotional-

ABSTRACT

The first dimension is sense of self and vision of a future covers assertiveness, actions indicating a sense of security, and not experiencing visibility as shameful (Hashemi & Schuler, 1993). They explains increased assertiveness a sign of transformation in a woman's self-perception is often expressed in such seemingly simple actions as not leaving the road when a man appears, not hiding behind her saree or burka, talking directly with men and outsiders, being outspoken, and looking men and outsiders in the eyes, rather than looking down. This was interpreted as an interpersonal or subjective state and concluded that this dimension of empowerment was best measured by participant's observation in communities.

The second dimension identified was mobility and visibility, as the previous dimension Not Modest already measured visibility. This dimension is limited to measure women's mobility, and actions that involve women leaving the home.

The third dimension is economic security, which includes ownership of property or other economic assets. One of the important tasks for research on women's empowerment is to triangulate gendered dimensions of empowerment with economic power (Kabeer, 1999).

The fourth dimension is status and decision-making power within the household, which includes decisions on the allocation of resources within the household, control over money and purchases, and enhanced status in the family. Therefore, this theoretical dimension was both concentrated, focusing specifically on decision-making, and expanded to include influence on decisions made by community members.

KEYWORDS : women, Psychological, Management

SHORT PROFILE

Shanta B. Astagi is working as Associate Professor at Department of Sociology in Govt. First Grade College Kamalapur Dist: Gulbarga

dependence on their families and, by building alternative support networks, to increase their - potential to assert themselves within the family as well as the community (Hashemi & Schuler, 1993). They further argue that this dimension is - significant because it indicates women's level of interaction with non-family members, another related variable was chosen.

1.15 Psychological Problems faced by Women

Stress Management:

Stress is universal in nature and affects persons irrespective of age, educational qualification, socio-economic status, religion, caste or creed. It is important to remember that women are more vulnerable and susceptible to stress.

Associate Professor, Department of Sociology, Govt. First Grade College Kamalapur Dist: Gulbarga

Recreation and participation in Pleasurable Activities:

Lack of recreation and inability to recognise the need to participate in pleasurable activities is most often the source of worsening psychological distress. It is possible that women can easily overlook this in the process of full filling various roles and obligations.

Social Supports:

Social supports are very vital for coping with life difficulties. Lack of social support is often associated with development of depressive illness in individuals. Women who do not seek and maintain social supports and networks are highly vulnerable to psychological distress and depression.

Diet:

Evidence suggests that high caloric diet, use of saturate fatty acids in the diet and sedentary way of life is responsible for complications on the background of non-communicable diseases. With several stress responses occurring in an individual life, lack of sensible diet is likely to complicate and have impact on mental health.

Exercise:

Changes in life style should include active physical exercise like walking, cycling, swimming and jogging. Every woman should actively consider incorporating this aspect in her life and practise it regularly and this will help her cope with stress, improve quality of life and impact positively on mental health.

Meditation:

Practising meditation on a regular basis facilitates relaxation in the individual. This has been found to be very useful to improve attention, concentration, memory and to achieve a sense of peace and tranquillity. Benefits of meditation will become more and clearer as the

individual incorporates this activity as a part of his life.

Relaxation:

Relaxation exercise, if practised on a regular basis helps in fine tuning of the autonomic nervous system and as a result arousal, agitation, and anxiety are effectively controlled. By relaxation exercises modulation of stress responses can occur resulting in changes in thinking, feeling and behaviour. This results in improvement in mental health of women.

Harmonising personal needs with that of Family Needs:

Women play multiple roles in the present day context. Striking a balance between family, professional demands and personal needs is very essential to effectively handle the responsibilities involved in the above mentioned roles.

Effective Communication:

Effective communication is an ability to communicate verbally and nonverbally our desires, needs and options in an appropriate manner. This skill also involves actively seeking help and advice in times of crisis.

Assertiveness:

Assertive behaviour means standing up for your personal rights and expressing your thoughts, feelings and belief in direct, honest and helpful ways, which do not violate the rights of others. Saying 'no' for extra work after office hours, if this happens on a regular basis is a good example which illustrates this skill.

Problem solving and Decision Making:

Problem solving and decision making are two complementary skills which are useful to deal with problems in our life in a constructive manner. Unresolved problems can cause conflicts, mental stress and physical strain.

Similarly, decision making involves considering various options and understanding the effects of different decisions.

Time Management:

Time management is a creative problem solving strategy to cope with personal and professional demands in individual life. Time management techniques are ways of gaining control over our life and finding solutions to various time wasters. Effective time management leads to more productivity and hence reduces stress.

Coping with Emotions:

Coping with emotions refers to identifying anger, hatred, hostility, sadness, frustration in ourselves and understanding how they affect our behaviour and being able to respond to emotions appropriately. It is important to appreciate that these emotions can have negative impact if we do not react appropriately.

Poor mental health is the main reason for decreased efficiency in work, increased consultations in medical settings due to psychological distress, frequent interpersonal problems at home and poor satisfaction in family life. This is not specific to women but true for men also. Problems and stress related symptoms are more frequent in women compared to men. The global burden of disease study points out that disability adjusted life years due to depression in women is for more than their male counterparts. Focus on women's health and development of initiatives to improve the quality of life and mental health is being recognised as important in recent times. Promotion of mental health can be achieved by imparting skills training, counselling and stress management strategies. It is imperative to understand that promotional activities are very cost effective strategies, but the benefits of this, is seen only in the long term. Good mental health likely to lead to better satisfaction and increased ability to face the

challenge that arises out of greater responsibility women face in their life. Empowerment, education, equal opportunities can enhance participation, but the stress arising out of the dual roles can be very distressing, development of systems of care and providing specific interventions can go a long way in enhancing mental health of women and improve their quality of life.

Special Initiatives for Women

1. National Commission for Women

In January 1992, the Government set-up this statutory body with a specific mandate to study and monitor all matters relating to the constitutional and legal safeguards provided for women, review the existing legislation to suggest amendments wherever necessary, etc.

2. Reservation for Women in Local Self - Government

The 73rd Constitutional Amendment Acts passed in 1992 by Parliament ensure one-third of the total seats for women in all elected offices in local bodies whether in rural areas or urban areas.

3. The National Plan of Action for the Girl Child (1991-2000)

The plan of Action is to ensure survival, protection and development of the girl child with the ultimate objective of building up a better future for the girl child.

4. National Policy for the Empowerment of Women, 2001

The Department of Women & Child Development in the Ministry of Human Resource Development has prepared a "National Policy for the Empowerment of Women" in the year 2001. The goal of this policy is to bring about the advancement, development and empowerment of women.

Conclusion

Women are the most dynamic and fastest-growing in the world today. People that face life in difficult circumstances are stronger when they are organised together and can shape their own destiny if given the opportunity to participate in a free, open and non-threatening environment. Women perform several roles within the wider society. In response to these roles and responsibilities, innovations that address the practical needs of women as well as their strategic interests are crucial. Innovations need to be accompanied by enabling mechanisms to ensure their achievement. This is the route to social transformation in terms of women's empowerment. Women empowerment takes place in the fields of Economics, Education Social, Cultural, Psychology and Politics. It represents Economic Independence, Selfreliant, Self-confidence, Respect, Leadership, Recognition, Political, Social and legal awareness all these leads to social transformation. Today's successful women entrepreneurs are sharp, savvy and highly skilled. Some have solo-enterprises, while others run multi-national organizations. More and more women are entering the world of business. In fact, they are starting businesses twice as fast as men, and on the whole, they are more successful doing it. For all of us in business, government, education and civil society, the implications will be vast and profound. Everyone's success will be contingent upon women's success. We have seen, time and again, that as women rise in their communities; the communities themselves rise to new heights of prosperity and health. Women stepped into roles in areas traditionally dominated by men, such as politics, agriculture and the formal economy. This leads directly to the third area in which business, government and academia can help promote global women's economic empowerment and that is by staying committed to sustainability initiatives and it leads to social transformation. These concrete ways

business, government and academia can have a significant impact in generating female empowerment around the globe. The first way we can help fuel women's empowerment is the most obvious, accelerating women's leadership. One area of major concern for social transformation is our women employees across all of our global geographies is work-life balance. The only way more nations will rise out of poverty and become more politically stable, will be by women achieving gender parity on a global scale.

References:

- 1.Mishra .S.P.(1996) Report 'Factors Affecting Women Entrepreneurship in Small and Cottage Industries in India', International labour Organisation, Swedish International Development cooperation Agency.
- 2.Morgan, A. (1995) 'Adult change and development: learning and peoples' lives' in D.Sewart (ed.) One World Many Voices: quality in open and Distance learning, Milton Keynes: ICDE, and the Open University.
- 3.Mosedale, S. (2005). Assessing women's empowerment: Towards a conceptual framework. *Journal of International Development*, 17(2), 243-257
- 4.Nanda, Y.C. (date unknown). Significance of Establishing Linkages with Self-Help Groups and Banks. <http://www.gdrc.org/icm/nanda-link.html>Prakash, R and Motilal Nehu, S (1998) Marketing produce through self-help groups. *ILEIANewsletter*, December 1998.
- 5.National policy for women empowerment (2001).
- 6.OECD 2nd Conference of Ministers Responsible for Small and Medium-Sized enterprises promoting entrepreneurship and innovative SMEs in a Global Economy (2004) Organisation for Economic co-operation and development, Istabul, Tukey.
- 7.Partap Singh Vs Union of India, (1985)4 SCC 197.

8. Prabha S Chandra et al, (2009), contemporary topic in women's mental health, world psychiatry association.

9. Prabhakaran K.P. (1997) Toguru Sudhakar Reddy Vs. The Government of Andhra Pradesh, AIR 1994 SC 544. Union of India Vs. 11 SCC 638.

10. Promilla Kapur (2001), Empowering the Indian women.

11. Puhazendhi, V. and Satyasai, K.J.S, (1993). Economic and Social Empowerment of Rural Poor through Self-Help Groups, Indian Journal of Agricultural Economics, 56, 18-23.

12. Puhazendi V and Satyasai KJS (2001). Economic and social empowerment of rural poor through SHGs, Indian Journal of Agricultural Economics, 56(3).

13. Ram Naresh Thakur (2009). 'Rural Women Empowerment in India' in Empowerment of Rural Women in India Kanishka Publishers, New Delhi.



Shanta B. Astige

Associate Professor, Department of Sociology, Govt. First Grade College Kamalapur Dist: Gulbarga.

Publish Research Article

International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Books Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- ★ Directory Of Research Journal Indexing
- ★ International Scientific Journal Consortium Scientific
- ★ OPEN J-GATE

Associated and Indexed, USA

- DOAJ
- EBSCO
- Crossref DOI
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database

Review Of Research Journal
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.ror.isrj.org