
SOCIO-PSYCHOLOGICAL ASPECTS OF WOMEN

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Abstract: Does a woman have the liberty to define herself??? How many women have fought against their own psychological barriers to march forward?? On a global perspective, we can find many women stepping ahead and excelling in almost all fields. We could find a political woman leader, an astronaut, etc. among other professional and high-profile occupations. But on other side at our own home we could find a woman still fighting for her emancipation not just from the surroundings but from her own self. When individuals experience different psychological stressors, it is not uncommon for their lives to unravel and this is especially true for women. We carried out this research to assess the impact on women when society limits women's freedom of thought. When we magnify the geography of women from the latitude point of self-actualized and longitude point of non-self-actualized women, we found a common radiant equator: social factors influence women's psychological capacity for self-actualization. The aim of this research is to analyze this important - socio psychological aspects of women for achieving self-actualization by pondering into three vital dimensions –education, employment and unemployment, health and nutrition. The results of our research reveal the necessity of understanding self-actualization and self-initiative by women as a means of determining their individuality along with the support of society which includes the individual woman, family, government in overcoming the existing limiting factors which in-turn will create a strong impact over the nation at wider range.

Keywords: Education, Employment, Psychology, Society, Women.

Introduction: This research aims at analysing the socio-psychological aspects of women and level of self-actualization between women because of the curiosity to understand the path taken by 2% of the women in leadership roles though various limitations and challenges are present in our society. As per August Comte, the father of sociology "society" is defined as a harmony of structure and function possessed by social organism [7]. And the task of psychology according to Wilhelm Maximilian Wundt is to precisely analyse the processes of consciousness, to assess the complex connections and to find the laws governing such relationships [11]. Despite the emergence of various studies, acts, schemes and reforms to enhance overall development and provide equal opportunities, women have still been relegated to a weaker position in the society.

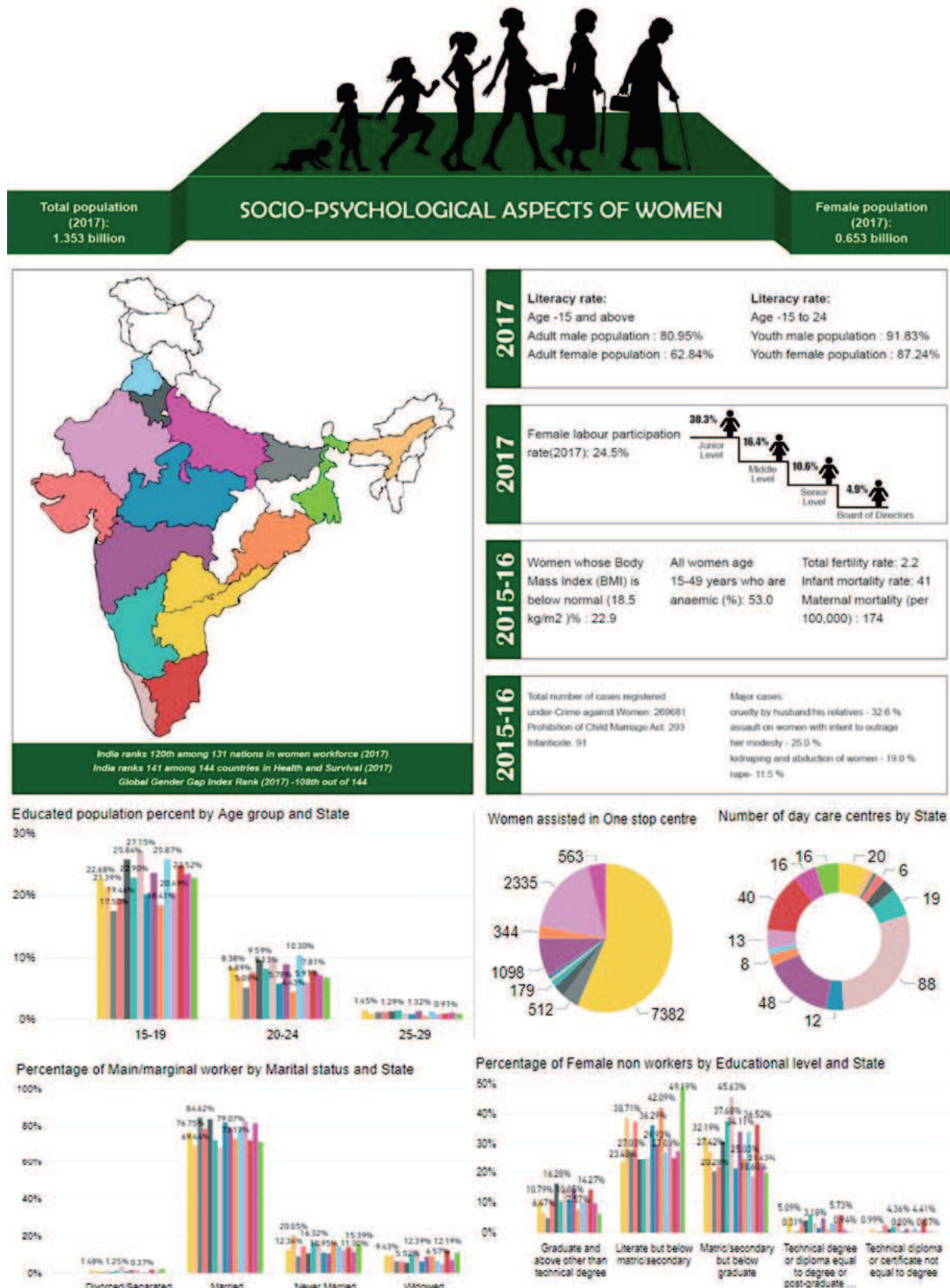


Fig. 1: Socio-Psychological Aspects of Women
Source: Estimated from Indiawomenstat.com

So, there is an essential need to understand the societal framework with respect to its influences on women in every aspect of her life leading to various ups and downs. Apart from the gender bias, there are also other key factors that impact the life of women. The individual actions of the person are dependent on the psychology of the person. To understand the impact of society at a fundamental level and how it influences women's psychology, three crucial domains are identified:

- Education
- Employed and unemployed
- Health and Nutrition

The kind of education imparted plays a major role in structuring one's psychology and in turn psychology has an influence over the health of an individual. In the case of a woman, when she is educated the entire family, in turn the generation itself is uplifted to next higher level [3]. Many women build barriers for themselves and they suffer serious setbacks in exhibiting their talent at a higher level through occupation and other outward facing roles. Only a very few march forward and among them only some achieve their targets by boldly facing the hardships with perseverance. The domains are identified to analyse the various traits that have been shown for defining themselves and also the steps taken to come out of their own psychological barrier which is resulted partially or fully from the society's influence.

Research Methodology: To identify and understand the various socio-psychological factors that govern the development of women at every stage of life, the following research methodology was devised :

1. *Domain identification:* Identification of different domains that plays an influential role in society with respect to structuring the psychology of women and its relation.
2. *Research Method:* Primary and Secondary.
3. *Research questions:* Formulated critical research questions for the identified domains.
4. *Research tools:* Used focus group discussions, surveys, interviews and self-interrogation to do qualitative research. Data collection from Indian Government was incorporated to understand the historical data.
5. *Field work plan:* Identified age group and different sectors for qualitative research.
6. *Analysis:* Synthesis of the data collected from Government website and data recorded from individual samples. Analysing and summarizing the key findings in relation to the identified domains and providing possible recommendations.

Research Questions:

- a) What is the reason women are not able to do self-actualization?
- b) What are all the society related factors which influence women and its impact in structuring of women psychology?
- c) What is the relationship between health, nutrition and women psychology and its significance?
- d) How important it is to have self-awareness on the above parameters?

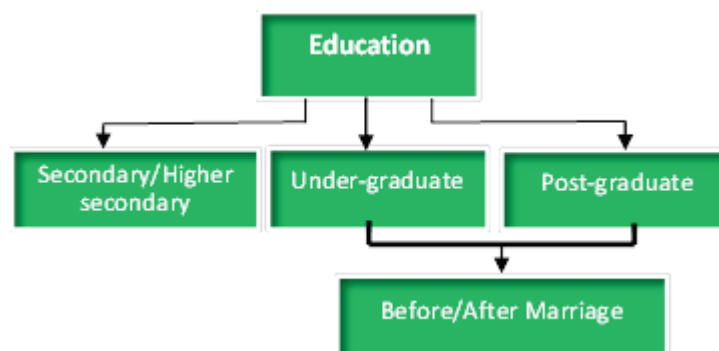
Education: To understand the major role played by the society, below table gives a holistic view on status of women across periods [4] :

Table 1: Status of Women Across Periods

Period/Century	Status of women
Vedic period	Achieved supremacy over men in their pursuit of knowledge
Epic age	Golden Age for female literacy, held honourable status in society
Medieval period of Muslim Rule	Black period, very low status for women
19th century	Society realized need for improving women's status. Christian missionaries during British rule in India provided better opportunities for formal women education.
21st century (present era)	Very good opportunities of education and employment

In our research, Education is taken as one of the major domains because this is an important mode for knowledge transfer, increases the analytical skill and develops questioning ability. Schools provide an opportunity for overall development. Schools and the method of education imparted have a great influence in structuring the psychology of the student. The part played by the society on this factor has direct or indirect influence on the carrier as well as the individual's health and nutrition pattern. Apart from these, education provides a platform to explore the available opportunities and reach greater heights in education or employment related issues by self-defending at threats posed by the society at various phases of life.

Analysis: This domain is categorized into three main phases in order to understand the major factors which eventually become psychological barriers for women to explore and exhibit their true potential.



Secondary Education: Stage at secondary education is chosen as starting phase for analysis, since major biological changes happen during this period. During this phase, societal influence in a greater sense in structuring the psychology of girls by classifying the tasks with respect to gender. There are many instances where the society puts restriction even though there is a scope for utilizing the talent in a better way. Ex in sports, the girl child is predominantly less left as she ages. The thought of restricting girls from standing on their own evolved and prevails in the society because of threats in our society and the fear to protect every girl. Naturally parents and society think when a girl is at home or near the family members the chances of risk taking is reduced. But that may not be the case always. Isolating oneself from facing the world and exploring our self, thinking about the mis-happenings will only swaggar the mis-doers. Amidst the limitations, few

women have achieved in even less preferred fields for girls like in sports because of the encouragement and support given by the family and the determination of the girl to take up the challenge.

Till Higher education, gender variation is not felt much and does not become a concern of matter for an individual and the society. Though scientifically, biological changes occurring at this stage is a reason for the development of invisible boundary between opposite genders, the way the society handles it has a major influence. The same society which restricted girls from acquiring education has accepted to impart education and has stepped up a level in which majority of them agreed co-educated school system. Co-education schools are also the primary place apart from family, where the children of different gender get to understand their own as well as behaviours of opposite gender. Some of them have accepted co-education system, for some it's a day dream but there are other groups of people who are still not ready to accept the concept of co-education. When their children after studying from non-co-ed school is put into co-ed colleges, the psychology gets affected leading to behaviour changes to overcome the situation they are put into. Even in those cases, boys could easily adjust since they have the liberty to hang out with friends from school. But the society doesn't encourage much when it comes to girls. Co-education systems have to be appreciated for providing healthy competition in imparting education between students irrespective of gender. But for people of low income where survival itself is daunting, thinking sending to schools is a day dream. There are scenarios where students are sent to school only because schools provide food. When such is the case, the plight of girls will be still worse.

Other than education, even though the opportunities are open, the choice of choosing games or the way they are encouraged to develop a skill is also indirectly determined by society. Even if they perform extraordinarily well, they are ceased from it after a certain age. Despite that many women champions like Sania Nehwal, P.T.Usha, and Marry Kom have emerged. It is the courage and determination to move forward has made what they are today. That's the satisfaction that they could tribute to themselves for achieving in spite of obstacles and hurdles all through their way. 75% desire of deciding what to become in life gets initiated during this age though it is not well defined. Society puts a restriction even over this rough imaginary thought of females. For example, when a girl says even by word of mouth that she wants to be a pilot, spontaneously there comes an opposition from family, relatives, surrounding people "how a girl can pursue such things". Even if possible; the immediate thought would be will "this education qualification" be a bothering in getting good marriage proposals. Overall mind set when it comes to bringing up a girl child is to grow up well, impart education and arrange marriage for her. That last part is often thought as she 'settling in her life' and even how her better-half can be is decided by parents and relatives. Anything against the will of the society will put either the girl or her family at stake. Naturally the most powerful weapon handled by the family is emotional blackmail and parents are also put under pressure by the society as the girl reaches at an age that they think is suitable for marriage. This is in case of arranged marriage. Though love marriages are present, this is the case with arranged marriages. Even if the family accepts love marriage, the society gives a different label to the family and treats them differently. When it comes to boys, he is expected to be professionally equipped and have a steady income. The thought still prevails in society that boy child will look after parents during their last days since girl will be moving to new home after marriage. If that is the reality, don't know why so much old age homes have come into existence irrespective of having

the so called 'the proud son, the son who carries the family name'. A boy is seen as an asset whereas a girl is seen as a liability. It is these thought processes that create difference in providing infrastructure, facilities to boy and girl child in a family though there may be exceptions. This difference makes girls dependent over others even for minor activities. This in turn develops an inhibition in speaking with new people, less courage to face things which in turn have major impact when she leads a family.

Under graduation and Post-graduation: Most of the families make their daughter earn an under-graduation degree at the minimum. Reason is education became one of the main factors for marriage, to assist men, educate children, advancement of technology and emergence of gadgets. So, society and family had a reason to educate women with basic qualifications. But the same society doesn't give much preference for pursuing Post graduation. This is because the society thinks that it's worth spending the expenses for marriage, rather than investing for studies. Another reason for society accepting to do under-graduation is, nowadays it has also become one of the prestigious matter for parents to boast. In most of the places, degree is earned just to print in marriage invitations! But there are other perspectives on it. To excel and get into research career, higher degree is needed. But the sad part is despite the hard work, more qualified women are not preferred much in our society. On the other hand, for fields like Nanotechnology higher degree is an essential need. Lack of it results in limited job opportunities. When the girl realizes that her efforts to excel in studies, was only for just boasting and not achieving her ambition, she breaks down, becomes emotionally and mentally weak. Lack of proper guidance at those crucial moments, will affect her psychologically at large.

Even if she overcome the hurdles and finally finish PG, most of the boys and their family don't prefer her marriage proposals. There is an unsaid rule prevailing in the society that the bridegroom should have higher education profile than bride. As a result, she gets de-motivated psychologically which leads to self-conflict. Even the minimal options left out in the society makes her feel that the struggles, efforts took for years is meaningless and better she could have chosen the other path of life in earlier stages. This thought would have strong influence/impact while bringing up her daughter especially. This is a negative growth and will make women as weakest section of society. For women, society plays a major part in deciding and structuring the kind of life she can lead beyond her dreams and desires. Very few take up the challenges, work with patience and perseverance, which gathers the attention of helping hands from the same society to provide necessary infrastructures and motivates them to march ahead. While many, drop their aspirations and ends up in giving up to sacrifice their life for family needs.

Employed and Unemployed:

Introduction: With awareness and education, there is a shift in paradigm of women's entry into business from 3 Ps: Pickles, powder and pappad to assertive and empowered entrepreneurs.

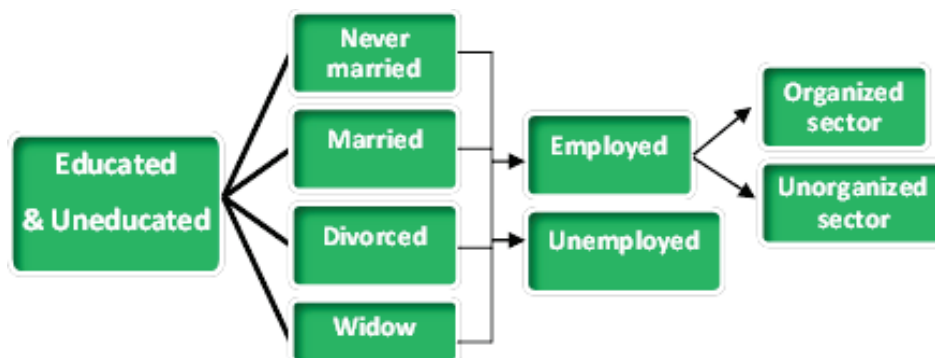
Before freedom women had a key role in ruling the country as queen but after freedom still 33% in Indian Parliament is a day dream for Indian women. Let it be the salary or even the rate of goods, the value is increasing day by day. But the saddest part is, the percentage of power given to women is frozen below 33%. Even in the medical profession which women chose first, they are specific in choosing specialization [5]. When we talk about great personalities like Mrs. Indira Gandhi, we can

see her determination to make opportunities and how she excelled by giving the best back to the society. She is the second-longest-serving Prime Minister of India. In a poll organized by BBC in 1999, she was named as "Woman of the Millennium". Influential women like her were able to instil confidence and boldness into other women. They proved as living example depicting dreams are not far to reach, it is the path that we take makes all the difference. Her confidence and boldness lighted many heart of Indian women with confidence to step into field of politics which were in unreachable heights. Even after such historical evidence we still fight for our meagre rights in Indian administration. If each woman has this iron will to achieve their dreams without self-restriction even this society will not be a barrier, here is where the study of women psychology comes into ground to help the women to identify the root cause of self-restriction and influence of social factors which stops women to cross the boundaries.

Among the working women, 50% of them go for job because of low economic status and not for their aspired dream. For few dreaming is do or dare game. It's not easy for them to determine the nature of job they wish to take up. 30% go for work because family is dependent for livelihood. Only 20% create a space for their dreams, strive hard and get into their goal to fulfil their ambition. Only 10% emerge as successful person with work-life balance. The nature of hurdles, environment at which each woman live will vary but at the ground level, women face more or less similar kind of problems. When 10% of women are able to succeed with work-life balance, why 90% of women couldn't? It is the socio-psychological factors which have to be analysed and understood to bring out the potential that's deep-buried in 90% of women.

For effective analysis, we have taken the second domain 'working and non-working women' into a structural analysis as follows:

Analysis:



In our research, we have taken major working sectors to analyze the educated and Uneducated women falling under 4 categories mentioned in the above flowchart to infer the possible practical reasons regarding that 90% of women.

Never Married: The confidence, will power, exposure gained during this period has major impact in her successive stages of life. It is at this stage after graduation, when they go for job they get a platform to groom themselves in all aspects. The zeal of the women at this stage is not made best use of. Only some portion of the womanhood, get this opportunity. The reason for the cause has various perspectives to look into.

Most of the women narrow down their option of reaching higher heights because the employment opportunities demand shift from their present location. Some jobs are transfer oriented. For that matter, even the bank jobs which society believes is suitable for women are also of the same nature. When women get recruited in reputed organizations, family members let their daughter to go ahead. After all these, when she settles in a job and looks for higher prospects, she gets married. And after marriage majority of women resign job because of work life balance and need for child care. Though women have entered into major fields, opportunities for going up the ladder are not given much in many organizations unless they prove themselves since the period of stay in the organization is uncertain. This may also be a reason for companies to opt for campus recruitments so that they can utilize and mould the recruited as required for company for at least 2-4 years. Some recruiters prefer if the person is from same state at the minimum, since safety has to be ensured. Naturally, job opportunities are narrowed down. There would have been situations where talent is there, only training and grooming up is required. But they are denied from an opportunity which is a reason for why 90 % are not able to emerge as 10% success people.

In addition to the above factors, the key deciding factor is 'marriage'. The society have set standards that bride should be less qualified than the bridegroom. So, parents who encouraged their daughter to achieve more in the initial phases of her life are forced to restrict her from achieving and working for greater objective. This reduces the search for better opportunities at right phase of life.

Married: Only few are allowed to work luckily with the acknowledgement of men after marriage but there are lots of constraints. The girl in Indian-society is brought up by saying constantly that she have to be a better daughter-in-law, have to be sacrificing, adjustable and bring a better name for their parents. This thought that's inscribed into women's mind directly or indirectly dominates every activity even if they have their own way of leading their life. So their main focus and concentration is around family members, how to satisfy the needs of every relationship at in-laws house and how to manage family effectively. The freedom that they are able to enjoy at their birth house and the time to devote for their betterment undergoes a major transformation from the moment the family fixes alliance. Ultimately time and efforts to excel in job is reduced, leading to stress. Here comes imbalance between work and life. Few women are able to balance both and come up in job successful whereas most of the women are expected to give first and foremost preference to family needs and not her profession.

Within a year or two after marriage the family starts expecting child. In our society this is a prestigious issue for a family. The longing for child leads to depression, pressure from external sources and have a major impact psychologically. Emotional factors play a major role. Once the daughter gets married and child gets born they feel majority of their duty to this world are over. So there comes a pressure from family and society which in turn affects the psychology since there is less room for self-decision. Every decision is inter-related with family directly or indirectly and most of them needs acceptance from in-law members. If a woman does anything against their will, the blame goes to her parents and the society treats them differently. Many women, who resign job during pregnancy and to take care of their child never, return to workforce at all. But if they are able to make their network as supporting pillars, they will be able to achieve their vision. Women who does all house hold works at the same time performing her organizational commitments, may many times get health problems.

Naturally concentration in work reduces, career development becomes a day dream and there comes a conflict of whether to reach her ambition or sacrifice it. Present scenario has changed to some extent. Men are also helping and supporting women in balancing work and life. Even though they are ready to help, society overlooks it as a prestigious issue and restricts resulting in limited opportunities.

Some organization gives less leave for maternity leave which may be a threat for women to continue. If in those situation they are unable to cope up, how much ever potential they have they are forced to leave job. After marriage, the space between colleagues or friends reduces. Husband and his relatives becomes their only reachable network.

If women start to feel that her freedom is curtailed, less space and respect is given for her ambition and her actions are determined mostly by members at home and society, it indirectly reflects in most of her activities. This may lead to psychological distress. When this is not spoken out and resolved, it will bring in problems in family taking away peace to an extent of getting divorced.

Divorced: The frequency of women getting second married is less. When it comes to India, most of the women themselves are not interested. The way the society treats majority of the divorced women is disheartening. The reputation, self-respect of her is brought down between her family members, at workplace and mainly at places like functions and get together. This negatively affects her psychologically more and she needs lot of determination to overcome this which is an additional stress to the stack of common problems prevalent for women [2]. It is considered that women is respected in society only when she adjusts and lives with her better half how much ever he is worse in character. It is a preconceived notion that for women to live, the support of men is needed. This is because of the fact that she is the one who bears the child. The nature's creation of sharing within her a part of the body for initial developments of child, which many a times is often related and praised comparing to a creator is taken advantage negatively. It is also said that men give life to women by marrying but the design of nature is one is dependent on another for their survival and existence. This factor has played a major role for men to be dominative in most of the cases and keep their voice high. Since the society has such notion and ill-treats most of the divorced women, the thought that they are unsafe eventually develops inherently. When the women divorces, its impact over the next siblings is more and it is even more when the sibling happens to be sisters. She has the choices of living with parents, choose second marriage or live independently. The necessity of utilizing her skills to generate income is even more demanding when she has children. Even if she shows utmost positive energy and with determination pursues job, every day every second the fear of safety and chances of other disrespecting her develops eventually. And if this fear is understood by people around her, there are more chances of she falling as a prey in the hands of society and further life becomes still the more miserable. Only 10% of women get second marriage, and whether it is becoming successful is a question mark.

On the other hand we do have women didn't get remarried on losing her spouse. Though it is in 4th category here, this category of women have more social threats and need more strength and will power to overcome their psychological barriers.

Widow: The customs meant for women preceding the death of husband will lose the interest to survive and break her down emotionally into pieces. Even if widow women try to overcome the situation, the plight of her gradually worse as days passes. The society isolates her, treats her indifferently. She is restricted to attending functions, customs and other traditions. Why to go for functions that gets held rarely, even looking at her while people leaving home is considered inauspicious. After all she is also a human being. Though the worries of losing her husband resides at one corner, the way the people, the society treats will knock her down. It is also one way of harassment. This will bring inferiority complex in her mind and keep her away from mingling with people. When a person tries to spend time alone thinking of all these sufferings, she gets disturbed psychologically. Most of them give up their life and spend the left out days in disparity. But this is where she needs to be strong and stubborn enough. She should knock down all these challenges; bring in confidence and work hard to stand in her own leg. At times the people around speaks ill of people who go for work. The character of working women is spoken ill off and the feeling of insecurity takes place in their mind firmly.

The situation becomes even worse if husband has taken full responsibility of family when he lived and wife is unaware. When he passes away, she is left stranded. During these critical times, it is the education she acquired gives her courage by thinking in a broader sense to take next actions and make ways for her livelihood.

Once she makes up her mind to face the challenges in her way and lead the life, it only implies she is already successful. She should learn the key to control emotional barriers that stops her from walking forward which arises due to socio-psychological factors. When she makes up the decision to get employed, already 50 percent of barriers are handled. Once she makes her surrounding as supporting network, her achievements will not be hindered instead will be supported. Many a times women itself becomes a barrier for her. Though at present many talks and initiatives are about women empowerment, it is necessary to understand that discrimination between women have to be brought down first. Only when women are supportive to each other, they can work for women betterment.

Obstacles and barriers are not less in non-working women's life though listed a lot in working women's life.

Unemployed Women: In this cadre, women without and with education background who were employed but left job, and unemployed are considered.

Every woman has the capability to work and satisfy her as well as surrounding needs. The word "employed" generally means earning or making profit. But these women spend their entire life after marriage exclusively for their family without expecting "profit" for her.

Women exhibit different skills and they develop it day by day. Women have evolved to do multitask. She knows how to tackle the family members, how to satisfy every relationship. This shows her managing capability which is very important for any organization to be successful. She uses different strategies to mould her child into a better personality, a Psychologist. Real education starts from home. That teaching will determine the good qualities of child. The studies she pursued

bring in a change in bringing up her child. This shows her teaching skill. There are many homemakers who take 'tuition' to school students. When she wants to keep maid for works at home, she analyses well about the person before permitting her. This shows the skill of HR manager. She is good at planning and running the family with what is available with men's earning. Even if it is limited, she knows how to fulfil everyone's needs and save money which is evidential for her administration skill. That's the major reason for a family to be success. Before marriage the responsibility shared by both men and women is entirely different from what is after marriage. It is said that behind a man's success there is the effort of women. That effort is nothing but the above said skills. Negotiation skill which is important for "Marketing field" is exhibited while buying products. When she has diverse skills why she is unable to be successful individual or live a life on her own way. The reason is she is not ready to self-defend. Our aim is not forcing everyone to go for work or comparing with men or to fight against men. By this research, we are trying to make every woman retrospect the fact when skills are there and there are various possibilities to make opportunities, why it is not made better use of. When they start utilizing it not only helps their development but the entire successive generations. For example if a woman is an Artist, and she continues without stopping, her child will also inherit some of that quality. Gene of a child is determined by heredity as well as environmental factors. There will be a difference in an educated and uneducated mother, working and non-working mother's approaches and efforts in providing opportunities to her children. Even if the mother is not imparted education, from her environment and her personal experiences she strives maximum to educate and bring her children to great position but at times when problem arises, men easily put the word that "am striving and earning hard but u r sitting simply at home". The art of cooking is channelized and made as better source of income generation in shops like "Burma idiyapam shop at Madurai" by women. From a very long time, women are good at interior designing. Most of the women spend their leisure time in learning art and crafts and gradually extend its scope and grow as Women Entrepreneurs. Example: Modern jewels are in great demand in the name of fashion from small girl to old women. Woman can make use such requirement as an opportunity for them and develop their skill at a wider scale. The serving nature of women has helped and made better use off. For all men who have lived under the care of mother, sisters can understand the potential of women very well. The society thinks she is not mentally strong enough to handle the pressures but we have successful women in fields like army, politics, sports, administration etc. It is said that for a lady staff, three men staff is needed for security in certain workplaces. Who created this situation? Who is responsible for bringing such situation? The society is indirectly responsible for such mis-happenings.

We don't want women to cry within inside and making excuses, instead to try her efforts which will result in overall development of her family in turn the society and ultimately the country itself.

When the mother is uneducated and father is educated, the child gets more attached to his or her father. The society thinks that if women are at home they are safe, that's also a reason for stopping them from letting out but it's not ensured cent percent. It is evident by daily newspapers which speak about women harassment by their own family members.

Women playing various roles and at various stages of life needs to understand the importance of health and nutrition. Following domain analyses the socio-psychological influences with respect to biological metabolism of women.

Health and Nutrition:

Introduction: Health is not merely an absence of disease or infirmity but a state of complete physical, mental and social well-being [1]. It is disheartening to know that India ranks 147 among 144 countries in Health and Survival [12].

The health of every individual is important but when it comes to women, it’s becoming even more important. The knowledge about better nutritional food practices will make the family healthy and in turn the entire generation since she plays the major role of caretaker. When their health plays a very crucial role, women and children are found to be the most vulnerable groups. In India, 53.0% women are anaemic between the age group 15-49 years.

When the base of the better society depends on the health of women, why is this condition? What are the socio-psychological factors responsible for it?

Financial status, illiteracy, ignorance and lack of awareness are major reasons for impacting physical, mental and social health of women.

Analysis:

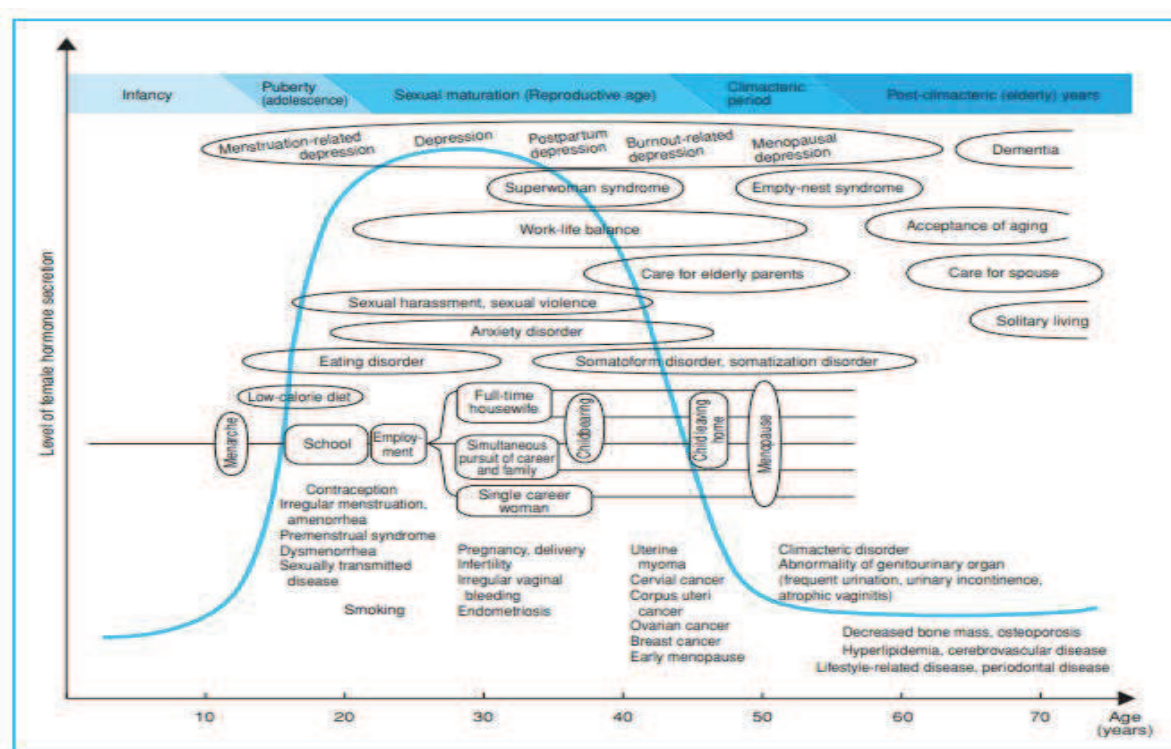


Fig. 2: Mental Health Issues and Disease Specific to Women [13]

There was a period when women gave birth to 10-12 children and lived life span of 80 plus years. But in the present era, people are finding it difficult to raise two children healthily.

The health and nutrition practices have changed significantly over the years. In olden days, people lived more in harmony with nature. They had the knowledge of curing ailments by naturally

available materials and preferred Allopathy less. More than tasty food, their concern was to have nutritious food for a good health. The day-to-day activities and the practices we had in olden days helped in keeping body physically fit. But with rise in technology, infrastructure and nuclear families, there had been a gap in transfer of knowledge. People prefer to finish works quickly with ease. In this fast running world, where people are chasing their dreams, they often forget to take care of themselves, especially working women. Below table depicts statistics on 5-point scale from 1(never) to 5(always), on the pressure felt in managing professional and personal life by women scientists [9].

Table 2: Triple Burden on Women Academic Scientists

Statement	Average	SD
Degree of tiredness due to pressures of being a scientist and a homemaker		
Physically	3.32	0.88
Emotionally	2.72	1.07
Mentally	2.67	1.07
Feeling that life has become mechanical	2.65	1.08
Overall	2.90	0.11

Most of the women don't give due care and importance to their health. Only some percentage of people eat balanced nutritious food and are physically, mentally healthy but most of the people skip food or prefer to have fast food. This shift from our traditional food to fast food have been, though people know it's not healthy is because of westernization, media influence, pseudo-prestige, increase in ready-made foods and easy accessibility of it.

Other primary society factor that has a direct influence over nutritional intake is the income of the family. Most of the low, middle and high socio-economic group led sacrificial, convenient and an ill-balanced food style respectively. Most affected group is the women from low economic group; they fulfil the needs of family members at the expense of their own needs. There is a presumption that costlier the food is, it's more the healthier. This is because of lack of awareness and ignorance. So, educating different socio economic group about best practices of accessing viable resource at their reach is one of the vital steps needed. And also educating women, will have influence over reproductive behaviours, opting for better contraceptive devices and raising healthy family.

If nutrition supply is limited, it has a persistent effects and the impact prevails during pregnancy resulting in malnourished foetus and maternal mortality rates. This leads to cognitive impairments, higher chances of death and more exposure to disease and affecting emotional health. Epidemiological socio-psychological distress clusters like domestic violence, street violence, community disintegration, substance abuse, family breakdown are darkest pages of women that imprint long term psychological effects in her minds. Violence experienced by women are not put-forth by the women community at large because the society avoids, neglects and treats her differently. Lack of justice, fear of similar incidents, self-reluctance withdraws her from normal life. This may act like a slow-poison taking away peace of her mind, affecting her own self and her family. This thought that – poor women cannot or should not speak for them should be dispelled

from our society. This also a major reason that accounts for why many women don't step forward in spite of all the potential they have. One stop centre scheme under Ministry of Women and Child development provides assistance to women victims at various levels including psychological and counselling services.

Apart from physical and mental health, public health also has a prominent place in women's wellbeing. Diarrhoea causes around 2000 mothers to lose a child every day because of lack of access to safe and clean water. It's horrible to note that 97 billion hours are spent each year by women who do not have toilet facilities to find a place to go. And because of this, 3 in 101 women worldwide face risk of attack, harassment and disease. Access to clean toilet is a basic human need and providing that facility would make women's life much better especially during menstruation periods. In Bangladesh, enrolment ratio of girl student increased by 11% after the introduction of school sanitation program [10].

Women should realize that their health is of due importance and the care they take in them serves as backbone for the entire generation's health and wealth. It's very important for women to understand her biological and related psychological changes that happen at every stage. Accordingly nutritional requirements should be met since every stage is influenced by the previous stages. It's shocking to know that 70.9% girls in India are not sure about their first periods and many think they have incurred serious illness. Most of the women don't feel so good about menstruation. As the menopause stage starts, many women feel it's better to have the uterus operated out. They feel the job of uterus is to only give birth to child but it does a great job of balancing hormones. Women should feel good and celebrate their womanhood. Men must also be educated on the framework of different stages of Women, so that they can extend their support psychologically as well. A healthy body and mind can achieve aspired vision and mission. Physical exercises should be made part of regular day to day activities which will help in developing a balance between mind and body, giving clarity in our acts. When any guidance is required, she should be ready to put forth and reach out for help like need for supportive parenting. She should be strong, act decisively by thinking what is needed for her. Any abuse that happens, don't ignore but speak up. Only by these acts we can ensure safety and security. When a woman has strong determination and is physically and emotionally strong, her dreams are in her reach. She will definitely live a life of her choice and will not repent for being born as a "women". An interesting research finding shows that a woman who decides over household resources is better nourished and healthy women [6].

Voices of Few Women Who Achieved Their Aspirations [8]:

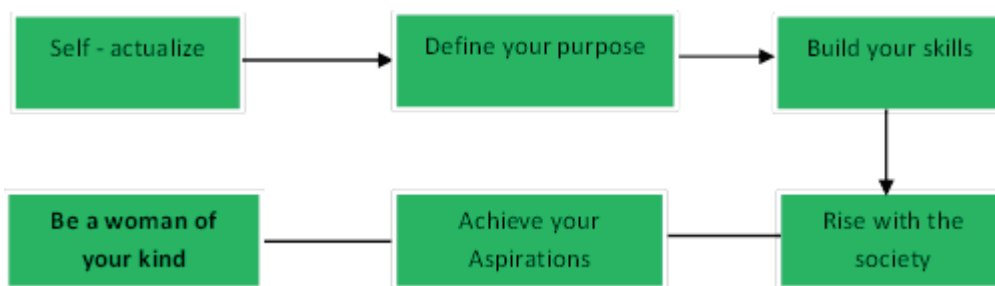
Preetha Reddy: "You may well ask why I place such an emphasis on meditation. It is because while I am a working woman, I also need time for myself, for my soul and my mind... No day is complete till I find some time to connect with myself. The truth is that we are more than working entities. We need avenues for expression beyond the corporate arena."

Anjali Bansal: "Defining a clear destination, along with maintaining a sense of larger purpose and passion for the journey, takes you far. Define your own work-life balance based on what drives you, and don't let others guilt you into making decisions."

Debjani Ghosh: “Leave gender out of the equation once you enter the workplace. Work hard, work smart and don’t expect to be treated differently because you are a woman. The first step to equality is viewing yourself as an equal, worthy of the same treatment, compensation and rewards as men.”
 “Celebrate your accomplishments. I see that a lot of women are not comfortable taking credit for what they have accomplished. We need to stop selling ourselves short.”

Vijayalakshmi Iyer: “I am often amazed at one of greatest virtues of our brain – its malleability. It can be trained and conditioned so that we can extricate ourselves from the ordeals of the past. Believe in the power of your mind, where the whole world resides. What holds us back, whether in our careers or our personal lives, is not some external reality but our own thought processes.”

Recommendations: Based on our research, the following methodology is proposed:



Inference: Various socio-psychological barriers stand as obstacle in utilizing and bringing out the hidden potential full-fledged which when utilized can also change the successive generation into different level on par with excelling in their own area of interest. So, there is an essential necessity for the women community to know their strengths, own barriers and methods to overcome it by self-defending as initial step. Once they take effort to come out of the invisible boundary they have created for themselves, it will be easier to tackle the hurdles on their way. This is vital for an overall development of family, society and in turn the country in wider and broader sense on a long term perspective. To take this initial step, exposure, equal treatment, and support from the society is needed. Today’s women may psychologically overcome all these social as well as psychological barriers but it’s very important to ensure that her children is also brought up in a better way. The opportunities provided to children should not vary depending on gender. For example a boy shouldn’t cry and a girl is only apt for crying. Such black dots in grooming up the child should be corrected. Here plays the role of men and women constituting the society are present. A joint venture by both male and female in every family will give great results. And in turn each of these families that make the society will be developed with broad mind, minimizing the sufferings of entire society. Women will also be able to achieve greater heights and live life by realizing “being born as a woman is a boon and not bane”. As a future step, proposed methodology will be implemented to wider women community.

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