Mental Stress of Indian Women

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Abstract

  Women are the real architect of society. There is no chance of the welfare of the world unless the condition of women is improved. Women are the largest untapped reservoir of talent in the world. In spite of that, woman of India still considered Number one Vulnerable Group of Indian society. Since long past to present time, Women of India have been facing highly the structural discrimination such as rules, norms, generally accepted approaches and behaviors in institutions and other social structures that constitute obstacles for subordinate groups to the equal right and opportunities possessed by dominant groups. At results, the mental stress occur havoc among the women of India which affects in the critical health issues of women and becomes the big barriers of wellness of women. The gender development index had pegged India's position at 140th among 156 countries thus there is always room for improvement and greater efforts need to be made for rapid transformation of women's position in our society. Women in India lag behind men in all social and human indicators- sex ratio, life expectancy, skills, education, well paid jobs, wages etc. All women are working women, it's just that some are paid some are not. In India, there are multiple socio-economic disadvantages that women of India experience which limits their access to health and healthcare. Women in India face multiple barriers due to their multiple identities. In a patriarchal society, disabled women face double discrimination of being a women and being disable. The present paper is based on some prominent factors which are the root causes of mental stress of women in India, which become overwhelming upon women and degrade the health. The present study is a descriptive study based on secondary data. The main objective of the study is to visualize the root causes of mental stress of Indian women and provide remedy measures.
Key words: Architect, Structural discrimination, Vulnerable Group, Health issues, wellness, Patriarchal.

Introduction

        Women development to women led development this requires not only empowering women but also empower their perspectives. Women empowering is the only way of get rid of mental stress of women. Indian women are as capable as any women in any part of the world. But unlike women in many Western countries, Indian women are denied equal opportunities for working with men in many spheres of life. In ancient India women got equal privilege like men. One finds mention of numbers learned women in the Vedic and Upanishad periods who were well versed in various disciplines of study. But situation changed during the Muslim

period of India. The women were sent behind Purdah under Muslim influence and unsafe conditions prevailing in their society. The mental stress of women in India basically comes into view at four stages.

Phase: 1 .1900-1947: during this period the mental stress of women in India mainly occurred due to some traditional social system. In this period, questions arose on the basis of women education, women voting right, health and nutrition, property act. Most of the rights were given to the women and some evil practice like Sati Dah was abolished and widow remarriage was encouraged.

Phase: 2. 1947- 1971. In this period the rights were given to women by Constitution of India. Various women organizations were formed and demanded various rights for women and also demanded equal access and equity in all sphere of life.

Phase: 3. 1971-1991: Implementing various act of women protection such as Dory abolished act, Act of Muslim women rights etc. In this phase prominent woman leaders of India started various movements in different field among them prominent women leader Gouri Devi started Chipko movement.

Phase: 4. 1991 to onwards: in this period the impact of Globalization falls largely on Indian society. The problems of women become more critical. Living relationship, female feticide, sexual harassment, cyber attract, honey trapping etc increase rapidly.

The mental stress of women in India was firstly rooted in traditional problems of the society. When it was strive to solve the traditional problems then the demand of women rights arose, after that the problems of structural change of Indian society emerged. The Sati burn tradition was abolished and widow remarriage was encouraged similarly various evil practice was declared illegal by law. Advancement in the field of science and technology brings changes to social, economical and political sphere of life at the same time the mentality of men towards women also had changed. New issues of women problems such as rape, kidnapping, direct and indirect form of dory demand, sexual harassments, domestic violence, child marriage, acid casting etc come into view.

Objective of the study:
1. To study the issues of mental stress of women in India.
2. To study the status of women empowerment in India.
3. To find out the remedy measure of mental stress of women.

Method of the Study

The present study based on descriptive method of study. Secondary data are collected from the books, journal, news paper, government order act. Discussion had done by critically analyzing the facts.

Discussion:

The issues relating to the mental stress of women in India can be categorized broadly in following headings
1. Social and cultural
2. Economic
3. Law
4. Political
5. Women Identity
6. Education
7. Health
8. Domestic violence

1. **Social and Cultural:** culture plays largely dominate to subordinate women. Culture compels women only to focus on – home, him (her husband) and looking good. Still in India in respect of marriage men mainly prefer the good look of the girl than her quality. Prevailing Devi-Dasi dichotomy in Indian society always subordinate women to men. According to the Devi-Dasi dichotomy that follows traditional custom and rules without protest she is considered as Devi and who refused to do according to traditional custom and rules she is considered as Dasi. Culture leads to early marriages e.g. As per NFHS-4 31% of married women are married before the age of 18 years. On the basis of culture women are prohibited from ritual e.g. women still are fighting to enter Sabarimala Temple, Hajiali act. In Kerela the Travancore kingdom did not allow the women of lower caste to cover their upper part of the body. Women in India believe in familism and not are feminism.

2. **Economic:** In India women are mainly depend upon men. Most of the men of Indian society do not want her wife work at out of home. According to the Norris women mainly work in secondary market e.g. 63% work force of women is in agriculture. Jobs are divided on the basis of gender. Women of India consider everywhere best suited for pink color jobs. According to the ILO there is 26% wage disparity in Indian and high educated unemployment among women is 48%. Domination in domestic work which is also unpaid, as per Oxfam, 3.26 billion hours of unpaid care work each and every day. NSSO reported that only 3.4% women in India have undergone any farm of vocational training. Indian prominent economist Nobel Prize winner Amartya Sen stated that involvement of women paid employment results in less antifemale biasness. Lack of ownership of property is the single most factor affecting women mental stress in India.

3. **Law**: Still in India most of the men do not fear law e.g. 4th may 2023 two women were allegedly raped and murdered by a mob in Imphal, Manipur. Divorce and Talak still very easy in India. Exploitation of women is high among the vulnerable groups. Most of the cases women of India unable to take decisions for themselves and for others. The legal process of conviction is very slow. NCRB reported that crime against women have a pendency rate of 91% and conviction rate of 30%.

4. **Political:** Less participation of women in political affairs. Only 12% of women represent in Lok Sobha and 3.4% in Supreme Court. In the matter of casting vote the male members of the family decide whom to cast vote.

5. **Women Identity:** women are not born women they are made women e.g. Panch Pati, Surrogate representatives etc. Women are identified by their father and husband name. Women internalize the structures that binds them to their own oppression and hence women inherit several tenets of patriarchy under the grab of choice e.g. Hijab. NCERT also used controversial topic - based women figure is largely 36, 24, and 36 but later it was removed. Women in identity largely judge- women largely still carried the identities given to them by society. Their role very limited to make this identity.

6. **Education:** Judgment regarding of women education in the families are still like educating a girl child is watering the neighbors' plant. UNICEF state that 27% of girls in India married before 18 years. Early marriages due to stress on sexual purity and prevalence Dowry. In 2019, 40% of girls below 15-18 years dropped out of school to help in house work. For secondary education, separate schools demand in various parts of the country as many parents do not like co-education at secondary stage.

7. **Health:** Girl child is breast fed for lesser period of time when compared to boy. Most of the women take meal at last after other member of the house had taken which create nutrition problems, Calcium Lake, anemia etc. Natal inequality, High maternal mortal rate, forced pregnancies etc increase the mental stress of Indian women.

8. **Domestic Violence:** Four types of domestic violence- physical, sexual, psychological and Emotional overwhelm the mental stress in women. Women violence in India is not an individual act of machismo rather it is deeply entrenched within the social structure. UNHRC reported that 53% of children faced some form of sexual abuse. As per Gender Social Norm Index-2021 (UNDP) 28% of population thinks it's justified for man to beat his wife. NCRB reported that crime against women have a pendency rate of 91% and conviction rate of 30%. National BAR association Survey-2017 state that 70% of women do not repost sexual harassment faced at work place due to fear of repercussions.

Findings: The mental stress in women still is a critical problem in India. The worst status of Indian women at different parameters indicates the ever-increasing mental stress of women in India. The following findings reflect these

1.

sis	05-2006	15-2016	ange
volved in decision about their own health	%	%	%
volved in decisions about large household purchase such as AC, Land Vehicle etc,	%	%	%
ife beating is not acceptable	%	%	
rning more than or equal to husband	%	%	%
edian age at child birth	years	years	
ucated women	%	%	
hployment in non manual sector	%	%	

Source- *Economic Survey of India 2016*

Table No.1 shows that changing status of women in different parameters which are not satisfactory. This creates the massive mental stress in women, still 47% of men support women beating by men. The most of the women birth child at the age of 20. Discriminations are found in all the cases compare to counterpart.

2. Basic needs deficit, Resource deficit, Infrastructural deficit and Trust deficit are root causes of issues relating to the mental stress in women.

3. Less participation in household decision making, only ¼ are engaging paid work, a few women have property rights, 54% women have mobile phone, low participation in politics etc are worst depiction of Indian women.

5. Indian women largely suffer from gender discrimination in different aspects and disparity in education.

6. Extreme domestic violence are faced by women in India. The main causes of violence are found:

A. rising economic mobility of women

B. Materialization of marriage.

C. Weak and delay in implementation of laws.

    D. Assertion of women which is not tolerated.

    E. Women are considered as soft target.

    F. Media Vulgarization of women.

    G. Erosion of values.

    H. Socialization of boys.

    I. Acceptance of violence by the society.

7. Women Violence are found mainly two types-manifest (Physical, sexual) and Latent (Beast Feeding). As per UNODC women make up 49% and Girls 23% of all victims of trafficking.

Remedy measures:

Women empowering is the foremost measure of eliminating mental stress of women in India. According to the UN special report on right to Food 2017- ensuring women empowerment is most cost effective way to ensure food security. Development is possible with empowerment of women (Supreme Court of India). IMF reported that GDP of India would increase by 27% if women are placed in decision making position.

National Policy on Women Empowerment 2016(Draft) postulates the following measures:

1. Special emphasis on single women, elderly and migrant women.
2. Shift from welfare to right based approach.
3. Norms for gender budgeting.
4. Recognizing Cyber Crime.
5. Gender sensitization to reduce patriarchal.
6. Implementing gender transformative, health strategy which shifts the focus of family planning from female to male sterilization.
7. Raising GER of Girls in secondary education by minimizing distance between home and school.
8. Engaging men and boys to instill respect for women.
9. Time bound trials of heinous.
10. Focus on----
    a. Narrowing wage gaps.
    b. Increasing participation in work.
    c. Increasing entrepreneurial opportunities.
    d. Recognizing unpaid opportunities.
    e. Providing provision for paternal leave.

Women development to women led development this requires not only empowering women but also empowering their perspective. The process of empowering is political process, because it aims at changing existing power relationships between men and women. True women empowerment is not just where women are able to improve her conditions but also where women can contribute in changing the life of others.

Conclusion:

Position of women in Indian society is varies. Some women are liberate, some are empower and some are not empower. Any statement made about women empowerment would always have it contradiction present. Nature of women is diversified group and not a homogenous group. Women are divided on the basis of cast, class, ethnicity, religion, regions etc. since women's are not homogenous, the problems faced by them are diversified in various spheres such as identity, education, employment, culture, health, women violence. Contractors in Beed, Maharastra stopped hiring women cane cutters as in their opinion, women who menstruate are likely to take breaks from work and hence be less productive. As a result of this, many women in BEED have gone for Hysterectomies (removal of uterus). All this factors become havoc of mental stress in women and it leads degradation of women health. It can be

minimize through the educational empowerment, skill building, Legal awareness, economical empowerment, legal empowerment and political empowerment of the women. Safeguarding the mental stress of women is the basis for a peaceful nation. A woman's peace paves peacefulness in the family, then the whole community, and ultimately the whole nation.

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