

Stresses Faced By Women

Neera Agarwal

Shri Venkateshwara University, Gajraula
Supervisor Dr. A.K. Rai, Visiting Faculty of Shri Venkateshwara University

Abstract: *There is a need to be more conscious towards the women aspects, to balance the overly masculine, intellectual approach to lines that is very much dominant. We have been closing our eyes the root cause of the stresses faced by women. Today, most of the women are doing jobs. But women find it difficult to maintain balance between work and family. In order for women to become successful and independent, they need to be satisfied. Women like men have every right to feel secure, confident and happy and to be participate actively in the mainstream of a nation, in solving all the problems of society and nation at every level. A joint effort of women themselves and that of the society and the nation is urgently needed in order to cope with the challenges posed due to recent changes in the attitude and role of women of twenty first century.*

Keywords: *Balance, challenges, Independent, Successful and Women aspect.*

I. Introduction

A new hope for women has brought by Twenty first century. There is a dramatic change in the role, ambitions and attitude of women during the last few decades of twentieth century and are happening quite fast even now. Women have departed from their traditional role of reproduces, mothers and wives only. She was dependent on father, husband or son. Now they have been able to establish their independent identity.

II. Issues

But, women do not feel secure, happy and satisfy with their position and social status. They are confused about their role and position in modern society. Employed women are becoming economically strong but not socially and emotionally strong. Why women have been relegated in secondary position, though they posses diverse capabilities and are participating equally in nation-building activities ? Why modern women are not happy, secure and satisfied, while they attain so much success in every field of modern world? There are multiple roles of women in life and in each role, they show their excellency. Women are suffered from physical violence, discrimination and emotional problems.

III. Women's Empowerment

With times, women have improved the situation. They manage the work both inside and outside the house such as industry, media, IT, politics, technology, administration/management, armed forces or civil services. They manage household activities and rear children with love and affection at home. Outside they work shoulder-to-shoulder with men almost in all the areas. Most of the women are financially independent. Today women are more conscious about their rights. It did not happen over night. Women fought a fierce battle to reach up to present position. They continuously work hard to get equality, liberty and oppurtunity. There are millions of women who have go through sexual harrasment, domestic violence, discrimination, abuse or are denied of pleasure of life because of their gender.

Women are confused in their role of a home maker or a career woman. On one hand she has to be a good wife, perfect mother and efficient home maker. On the other, she has to desire to establish her own identity as a career woman.

IV. Indian Women Feel Insecure

Women suffer deprivation, discrimination, humiliation and denial of basic human rights. Women are at disadvantage due to poverty, economic dependence on male counterpart, gender oppression, increasing number of crimes. Unfortunately, most of the times, it is her own family and people, who are responsible for her suffering. Women suffer silently. The modern culture has increased domestic violence and physical assaults on women. Most of the women are still victims of many social customs and traditions of society. Most heinous crimes like infanticide, feticide, early marriage, physical abuse, illiteracy, divorce, rape, dowry deaths, restrictions on widows, remarriage, etc. Crimes are increasing day by day.

To be independent within the family or at working place, some women become insensitive and narrow minded. It develop insecurity in women's mind. Too much stress on women's liberity has developed.

V. Position of Modern Women

Since Independence, there is a rapid change in social behaviour. Government is providing women better education, better medical facilities, better job opportunities and so on. Constitution of India gave them freedom, equality and access to education and employment.

Now this time women is conscious and have confident of her mind, capabilities and rights. She is able to take her own decisions. The order typical image, slowly and slowly, started getting diffused. Women got a foothold in modern world and started leading active life.

Twenty first century has brought a new hope for women. Many women have joined the work force and become quite ambitious about their own career in the same manner as men are.

VI. Home Maker Women

House wives' contribution is to develop the future citizens of nation i.e. their children. They provide guide lines to their children for their wholesome behaviour. Task of running a house or rearing up children is by no means easy. They face many difficulties and make many sacrifices while doing multi-faceted jobs within their house. All these jobs require lots of patience, tolerance and sense of responsibilities. Homemakers spend all their time and energy in managing all family affairs and making everybody happy and comfortable.

In return, she gets only lip service and apathy of everybody. A house wife is the most neglected person in modern society. House work is considered as a thankless and unpaid job. A house wife loses her individual identity. Economically, she always remain dependent on many throughout her life either on father or husband or sons. She is victim of many evil social practices like dowry, infanticide, violence etc. The worst part of it is that no homemaker herself raises voice against such misconceptions. The whole atmosphere has become so suffocating for a modern home maker.

VII. Career Women

Today modern women have departed from their traditional role of only house wives, mothers, and wives. Economic strains have forced women to work outside the home. A regular paid job has made her financially secure and satisfied, liberated and empowered. But she is economically strong, but socially and emotionally broken. It is very difficult and strenuous for a career woman to manage both the household tasks and the responsibilities of the job.

Sometimes, because of stress and strains, a career woman faces health problems. Her busy schedule affects on the growth of children. She is becoming more and more aggressive and rude due to the work burden. Career women neither could do full justice to home tasks nor to their duties at work place.

The number of employed women is also not at all satisfactory. It is only 12% of the total number of women.

VIII. Suggestions

The need of special attention in case of women arises not because they are intellectually inferior to men, but because they miss many opportunities, when some crucial years of their life are spent in fulfilling familial responsibilities. That time they serve humanity and the nation by taking care of the future generation, cultivating in them position qualities, and provide guidelines for their wholesome behaviour pattern.

Enhancement of women's self-esteem, stopping their progress from getting de-railed and getting their active participation in constructive work, the attention of social and political authorities is required to be focused on social mobilization and transformation of outdated social values.

A woman herself should make efforts for her empowerment and well-being – be it physical, emotional or spiritual and become an 'enlightened woman'. She has to make herself capable of thinking on her own about her well being, taking her own decisions rationally without fear or favour and without being swayed away by whims/fancies or emotions. She should be bold enough to counter the reactionary customs and social inhibitions, which have kept the Indian women in bondage and misery.

First and foremost task of the government is to make adequate arrangements for the education of all women. It would bring enlightenment and inculcate in them proper knowledge, attitude, work-habits and skills, scientific temper and confidence and courage to fight against evil social practices. Sound education would make them capable to understand their rights and duties enable them to take their decisions independently and to set their priorities rightly for fulfilling their dreams at various stages of their life. It necessitates providing a good and congenial atmosphere for development of their personalities at home.

Freedom/liberty should be utilized towards realisation of her own intellectual emotional, motivational and physical potential as well as to fulfil familial, social and national obligations properly. One must be free – not only to fulfil her own interests or needs or to live a life of luxury and extravagance, but also to care for others.

Create supportive infrastructure for women to enhance their confidence and ensure their security. Social and political authorities are supposed to provide a good and congenial atmosphere for development of women's personalities and create supportive infrastructure for working women to enhance their confidence and ensure their security.

Many laws have been enacted to eradicate social evils often remain ineffective on account of the lack of political will, general awareness in public, judicial insensitivity and bureaucratic apathy.

Legislations in favour of women should not remain just on papers. Its honest and sincere implementation in real life is urgently required as well. In most cases, women themselves do not raise their voice against injustice or claim their legal rights out of love and affection for their own people or to save honor of their families. Net result is that they are deprived of their rightful place within their families, society or nation. Economic independence is necessary to make women secure and restore their lost confidence. It necessitates providing enough job-opportunities at appropriate juncture of their lives and provide for them suitable atmosphere to work.

Special attention and measures/programs need to be taken for utilizing the intellectual, emotional, motivational and physical potential of women-folk. It could provide a substantial work force with a high intellectual, emotional, motivational and physical potential.

A joint effort of women themselves and that of the society and the nation is urgently needed in order to cope with the challenges posed due to recent changes in the attitude and role of women of twenty first century. It would be a blunder, if society does not realize that women are the backbone of Indian society. They not only provide management at home, but also work they work shoulder-to-shoulder with men almost in all the areas. They contribute, both directly and indirectly, in nation-building activities. Women have always been good managers and decision-makers.

There is a need to maintain balance between femininity and ambitions of women. With modernity, technological advancements, info-tech revolution has changed the role of women, her equations with others, her perspective and ambitions. Economic independence has made them stronger, confident and more vociferous. They are aware and informed about the solutions of the needs and problems of their own and their children more than their spouses.

As far as the ambitions of woman are concerned, she should set her priorities rightly at different points of her life. If she wants to pursue a career first, she should devote her efforts and energy towards it. But once she decides to enter into a family life, she should not take it for granted. She needs to be mentally prepared to shoulder its responsibilities as well. She should find out enough time for her family and children.

As a householder she along with her spouse is responsible to provide a secure and stable home environment. A well knit family promotes a feeling of inter-dependence and a feeling of being wanted and being loved. As far as government is concerned, it should have liberal policies for making jobs available to women as employment makes women not only economically strong, but socially and emotionally strong. Women like men have every right to feel secure, confident and happy and to participate actively in the mainstream of a nation/national growth, in solving all the problems of society and nation at every level.

There's no denying that today, in this modern and somewhat feminist era, there is an abundance of smart, successful and independent women. These women have taken control over their lives and have the power to do whatever they want in our society, something that wasn't possible, not so many years ago.

IX. Conclusion

The status of the women in India has greatly improved and there are many women who are holding high position in the government offices. This has proved that women can be even better than men if they are given an opportunity. Women are given equal opportunity like their male counterparts by the government.

Swami Vivekanand has said "An enlightened woman is a source of infinite energy".

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