

A Study on Women Safety Measures to Overcome Stress

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Abstract

Women is the most precious and powerful source for the overall development of the country through various forms of success in socio-economic, cultural and artistic aspects, sports, health and other personal contentment and wellness. Such a great driving force of power has been suppressed by the hazards of insecurity through the means of violence, inequality and sexual harassments. Statistically, the brutalism against women is increasing to a greater extent. The Constitution of India has been supporting much for the empowerment of women by advocating many laws and legal acts like Domestic Violence Act and Dowry Act which ensures the protection of women from the opposing gender and other torment relations in all means of abuse and demands. Apart from the intrinsic securities, and friends and family shielding, women tend to face various challenging circumstances which results in emotional and psychological pain of stress for them. They should learn to stay strong and have the awareness and safety measures to overcome the stress factors, develop their confidence, and mainly modeling their valor abilities to their children thereby raising a courageous daughter and a responsible son who knows the behavioral and disciplinary patterns towards womanhood. Sexual harassment can jeopardize the victim's emotional and mental health. It may result in loss of self-esteem and depressive hormonal imbalance. This study aims to find out to what extent the safety measures helps to overcome the stress among women in India.

Keywords: Women, safety measures, Act, protection, stress.

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1. Introduction

Women are the backbone of society. They are the ones who drive the system by means of love, affection, integration and courage. The woman, through their developed skills, expertise, knowledge and abilities perform the task effectively and efficiently and maintain the balance at home and work place, as well. To a greater extent, women are exploited, thereby facing more stress under many conditions. Fear and anxiety makes them nervous. Hence the need of the hour is to find out how far safety measures adopted by women protected them from a crucial environment and helps to minimize their stress. Stress is defined as "a state of psychological and physiological imbalance resulting from the disparity between situational demand and the individual's ability and motivation to meet those needs." Environmental stressors had a great impact on women such as cataclysmic events, stressful life events, daily hassles, and ambient stressors (Evans and Cohen 1987). Cataclysmic events comprise sudden catastrophes that

affect many individuals at the same time. The concept of precaution is better than cure to the women is one of the major mode to reduce stress. ^[1]

2. Significance of the study

The study helps to find out to what extent the women are using the safety measures and to what extent they are relieved from stress. The study also emphasis the precautionary steps should be taken to safeguard women themselves personally. ^[2]

3. Statement of the problem

Great stress faced by most of the women in the present scenario is domestic violence, gender inequality and harassment. The women should be more courageous and fight against those wicked and dishonorable claims. The women should remember the most valuable quote that "No one can make you feel inferior without your consent". The researcher is interested to find out to what extent the safety

measures helps the women to overcome stress. [3]

4. Objective

The main objective is to find out how far women are progressive in using the precautionary steps to minimize the stress level against the detrimental environment. [4]

5. Research Methodology

Research methodology is a way of systematically solving the research problem. The study deals with the sensitive issue of women; the convenient sampling is chosen to analyze the data. Two types of analysis are done. [5]

a)The sample size 50 is chosen conveniently in order to find out how far the women uses the precautionary steps for their safety. [6]

b) The sample size 10 is chosen to find the association of the safety measures helps to overcome stress between home and work place where women using spearman rank correlation coefficient.

The research design adopted for this study is Exploratory Research. Exploratory method was adopted because it deals with description of the state of affairs as it exists at present. A questionnaire is designed for women to measure their awareness for their safety.

6. Data analysis and Interpretation

From the above table, it can be interpreted that 48% belongs to the age group of 10 to 18 and 52% belongs to the age group of 18 to 22. [7]

From the above table, it is inferred that 52% of the respondents viewed that the harassment is in buses and 34% of the women are from the home, 8% of respondents opinioned that harassment is in railways and last 6% of the respondents complaints that harassment held in work place.

From the above table, it can be interpreted that 50% of the respondents are aware about the safety measures through the internet, 8% of the respondents through the books, 24% of the respondents through the television, and 18% the respondents through the friends.

From the above table it can be interpreted that 40% of the family members are not educating their women children about the bad and good touch.

From the above table it can be interpreted that 28% of women are not taking any precautionary measures to safeguard themselves. Only 14% of the respondents are carrying the items weekly in their hand bags.

From the above table it is inferred that 76% of

the respondents are not learned any martial arts to overcome stress due to harassments. It is suggested that martial arts are necessary to defeat the evils of the society.

H0: There is no significant association of the safety measures that helps to overcome stress both in home and at work place of women.

H1: There is a significant association of the safety measures that helps to overcome stress both in home and at work place of women.

The formula for calculating Spearman’s correlation coefficient

$$r_s = 1 - \frac{6 \sum d^2}{n(n^2 - 1)}$$

where d = difference between the pairs of ranks and n = the number of

$$\begin{aligned} &= 1 - (6 * 54) / 10(100 - 1) \\ &= 1 - 324 / 990 \\ &= 1 - 0.327 \\ &= 0.67 \end{aligned}$$

The Spearman’s Rank Correlation for this data is 0.67. The P value is nearing +1 then they is a perfect positive association of the safety measures helps to overcome stress both in home and at work place of women.

7. Findings of the Study

The present study was aimed at analyzing the association of the safety measures that helps to overcome stress both at home and at the workplace for women. The results of Tables 1-6 had set a way to implement changes in the mindset of women to learn martial arts and develop their skills of self defence for their complete protection. Women should know the do’s and don’ts to overcome the stress. From Table 6, the results were evident that statistically there is a perfect positive association of the safety measures that helps to overcome stress both at home and workplace of women.

The need of the hour has clearly set aside the women to realize that stress prevention mechanisms should be put in place for a better future. It acts as a continuous process, never-ending and the flow keeps constant always. The findings of the study distinctly portrays that a woman should always be alert and aware of the articles which support them. Thus, they can create a healthy atmosphere which would be beneficial to the family and as well as the society.

TABLE 1: AGE GROUP OF WOMEN RESPONDENTS

SL NO	PARTICULARS	NO. OF RESPONDENTS	PERCENTAGE
1	10-18	24	48%
2	18-22	26	52%
	TOTAL	50	100%

TABLE 2: PLACE OF HARASSMENT

S. No	Particular	No. of Respondents	Percentage
1	Work place	3	6%
2	Home	17	34%
3	Railways	4	8%
4	Bus	26	52%
	TOTAL	50	100%

TABLE 3: AWARE OF WOMEN SAFETY MEASURES THROUGH:

S. No	Particulars	No. of respondents	Percentage
1	Internet	25	50%
2	Books	4	8%
3	Media	12	24%
4	Friends	9	18%
	Total	50	100%

TABLE 4: FAMILY MEMBERS EDUCATED WOMEN REGARDING SAFETY MEASURES

S. No	Particulars	No. of Respondents	Percentage
1	Yes	30	60%
2	No	20	40%
	Total	50	100%

TABLE 5: HAVING ITEMS SUCH AS PEPPER, KNIFE, CHILLIE POWDER IN HAND BAGS AS PRECAUTIONERY MEASURES

S. No	Particulars	No. of Respondents	Percentage
1	Daily	8	16%
2	Weekly	7	14%
3	Monthly	13	26%
4	Occasionally	8	16%
5	Never	14	28%
	Total	50	100%

TABLE 6: LEARNING MARTIAL ARTS FOR SELF DEFENCE

S. No	Particulars	No. of Respondents	Percentage
1	Yes	12	24%
2	No	38	76%
	Total	50	100%

TABLE 7: TO FIND OUT THE ASSOCIATION OF SAFETY MEASURES THAT HELPS TO OVERCOME STRESS BETWEEN HOME AND WORK PLACE OF WOMEN

Home	Working place	d	D ²
4	5	1	1
6	3	3	9
2	2	0	0

8	7	1	1
10	8	2	4
3	1	2	4
7	10	3	9
9	9	0	0
5	4	1	1
1	6	5	25

VII. Conclusion

A courageous woman has always been a stress-free woman, who proved themselves to be the best through their attitude and moral values. The ability to learn the martial arts and consciousness and realisation to overcome the hazards makes them more beautiful. Proper counselling and guidance also helps them to understand and overcome the anxiety and pressure. The potential to comprehend the differentiation among truth and lie, good and bad, reality and figment, do's and don'ts, and analysing the pros and cons of environmental reality makes them stronger to lead a stress-free peaceful life. The researcher concludes with an excellent saying of Mahatma Gandhi that "You must be the change you wish to see in the world."

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