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Problems Encountered by Women in India

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Abstract

The prime aim of this article is to draw attention to problems encountered by Indian women in present day. The paper also elucidates the problems of women education, and the implications of poor women education for family responsibility. Working women problems, health problems for women, dowry problem, family problem, child marriage problem, and many other problems has been identified with finding its cause and solutions. It was suggested in the paper that for optimal national development, women who are the first teachers in the family set up should be provided with adequate and functional education. At end of the paper some practical suggestion has been put before the society as well government for enhancing status of Indian women by strengthening empower mechanism.

Key Words: Problem, Women, India

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INTRODUCTION

It's been over sixty years since our country gained independence, but Indian women are still not allowed to move independently. Though woman is worshipped here as Goddess here, people can't just restrain from committing atrocities against them. Women here experience many hardships at various places right from home to working places.

I have heard some time ago that in developed countries like America, the couples do household works together, but it is not the case in India. Here, women have to do the household works alone while the husbands sit in front of the TV or read the newspaper slouching in a couch. After about eight to twelve hours of work, a typical working woman in India has to return home and make food for the rest of the family. There are, of course, husbands who help wives, but majority of husbands fall into the other category.

Dowry system in India is actually illegal according to the laws. But the laws imposed have not removed the curse of the system completely. A girl's family is forced to give some amount of money or gold while she gets married. Whatever may be the lump sum amount given, the in-laws are never satisfied and once the girl enters their house, they torture both the girl and her family, insisting to give them more dowry. Although all the cited problems occur frequently, very few are reported.

The biggest of all crimes against married woman is wife-beating. It is regarded the biggest crime next to rape. Several incidents have been reported in which wives were burnt alive or killed by some other means by their in-laws and husbands. But, as said earlier, the reported cases form only a miniscule of the actual number. I am not saying that there is no one here to take action against these crimes, but I would like to point out that the jurisdiction seems to be too slow in taking actions. There are programs creating awareness among people about crimes against women, but you cannot change someone unless he wishes to do so. Changes should be done starting from the individual level. The biggest curse of our society is that it is

dominated by a pack of male chauvinists, who can't just accept that women are also human beings. Unless these people try to change their minds, this society cannot prosper

Working Women Problem

Although, we all like to think that India has become more welcoming to women who are working outside the home, there are some fundamental problems faced by working woman, as was the case even two decades back. No one can deny that Indian society is still patriarchal in nature, and men are still considered the sole “bread-winner of the family”. We’ve been enjoying the benefits of being an independent nation for the past six decades. According to the Constitution, that means, men and women must be considered as equal.

However, women started enjoying equal rights only just before the start of the new millennium. Moreover, this is true especially for women in the urban areas of the country.

Rural women, who form the majority of the Indian female population, have yet to catch up with the concept of professional work, although women there are used to working in farms and cottage industries.

Let us look at some of the basic problems faced by working women in modern-day India.

Acceptance as a Working Professionals

Most Indian men are yet to come to terms with the fact that women are also capable of working with them, shoulder to shoulder, in any field or professional sphere. They still visualize women as individuals who should be in charge of the kitchen and other domestic affairs.

Work is either seen as a temporary evil for women whose husbands do not earn enough, or the domain of women who do not “know their place.” As a result, Indian working women do not get the respect they require from their male colleagues in the workplace.

Balancing Work-Family Life

No matter how high their position or designation is in the office, women in India are still viewed as the family manager back home. They are expected to return home at a certain time, cook, clean and take care of family affairs.

In fact, men who help out around their house are often the butt of jokes by their male friends. This makes life extremely stressful for women who have little help around the house and have to do it all.

Traveling for work is not Acceptable

One of the problems faced by married working women is that they cannot travel or go on tours without having to answer uncomfortable questions by most of their friends and family.

This is especially true for married women, who also have a flourishing career. Their professional obligations often depend on the support and understanding of family members.

A married man can go on long official tours outside his home city, without raising eyebrows and questions from his family members and peers, but his equally-successful wife would face disapproval. As a result, women often have to opt out of jobs that involve travel or settle for not being promoted as a result.

Safety of working Women

The “nosey questions factor” aside, there is still the concern for safety of working women who need to travel on official business. Women travelling out of their home city for work trips are considered vulnerable and an easy target to fulfill the lewd intentions of their chauvinist male colleagues.

Checking into a hotel alone is one of the problems faced by working women, even if the trip is purely official. Many hotels refuse to allot a room to a single woman (under strange pretexts) because of their own safety concerns or if a woman decides to stay alone, she is viewed with suspicion.

Unequal Pay

One of the raging topics of discussion in the context of problems faced by working women (not only in India, but also in many other nations) is that of equal pay. Legally, a woman is entitled to get the same salary as their male colleagues for the same kind of work done by them. However, gender discrimination is rampant as many companies still do not adhere to these guidelines and pay women less than their male colleagues.

Women Health Problem

There are several women's health problems ranging from mild to severe. All the problems faced by women need proper attention and timely treatment. There are several problems faced by women that are very painful and distressing that it cannot be explained in words. Most of the problems are so embarrassing to tell to others that women keep suffering without going to doctor. But in fact most of these problems have simple and effective treatment options. But not all the problems faced by women have simple cure and fast remedies but women can reduce their chances of getting into any worse condition by visiting their doctor even if they have doubts regarding their health.

Most of the women's health problems are due to the hormonal imbalance faced by women belonging to all age groups. The common problems faced by women are irregular periods, menopause, miscarriage, no periods, PMS, pregnancy, Fibroids, Heavy periods, Infertility, cystitis, breast problems, ovarian cysts, weight control, vaginal infections, sexual problems,

hysterectomy, painful periods, thrush and prolapse. These are only some of the common problems faced by women all over the world and there is much more to this list.

There are plenty of women's health problems during pregnancy itself. In each of the three trimesters of the pregnancy women experience some or other kind of difficulty. In the first trimester almost all women have to face vomiting, giddiness and the morning sickness. Headache is also common during the first trimester of pregnancy. The hormonal changes during pregnancy are responsible for causing all these problems. In the second trimester when the hormones become balanced most of these problems get automatic cure. Dehydration, lack of sleep, fatigue and eyestrain are some of the causes behind getting headaches during the first trimester of pregnancy.

Taking good care during the first trimester of pregnancy can control women's health problems during pregnancy. Pregnant lady needs sleep of about 9 to 10 hours so that their body can cope with the tremendous changes that occur inside their body. Taking a shower will also be effective if you are getting headaches. During pregnancy make sure that you don't keep your stomach empty and should drink plenty of water. If you will follow these two things then several of problems faced during pregnancy will not even occur.

After the delivery also women face several health-related problems. Women's health problems after the delivery are mainly associated keeping their energy levels high so that they can look after their babies well. The hormonal changes inside the body are responsible for causing several mental and physical changes that women find hard to cope with. Women's health problems only increase with age. Throughout the life women have some or other complaint regarding their menstrual cycles. During the menopausal phase too, women have to suffer several problems.

Women are very strong as they have lots of patience in them but instead of keeping patience and avoiding the regular physical checkup is not a good thing. The family members should force women in their house to go for regular health checkups. After the age of forty women should not avoid the yearly health checkups.

- ❖ Gender perspective on health
- ❖ Women socially and economically disadvantaged compared to men.
- ❖ Socio economic conditions determine how people approach health education.
- ❖ Differences in the health status of women and men.

Does poor reproductive health prevent poor women from escaping poverty? Poor reproductive health- early childbearing, maternal mortality morbidity, and unintended mistimed

pregnancy have negative effects on overall health and, under certain circumstances, on education.

Family Problems of Women

In many countries, the principle of equality within the family has not yet been recognized in civil law and, upon marriage, women may be deprived of many civil rights, such as the independent ownership of property or the right to work assumes the role of head and provider while the women is expected to subjugate herself without question to his authority. India face many serious health concerns, this profile focuses on only five key issues: reproductive health, violence against women, nutritional status, unequal treatment of girls and boys, and HIV/AIDS.

Dowry deaths increasing

The most media-sensationalized type of violence against women in India is dowry death. When a woman marries her family provides the husband's family with gifts (e.g., clothes, household, goods, cash). A dowry death is defined as the unnatural death of a women caused by burns or bodily injury occurring within the first 7 years of marriage.

Child Marriages

The problems include soaring birth rates, grinding poverty and malnutrition, high illiteracy and low life expectancy especially among rural women. The article cites a 1993 survey of more than 5,000 women in rajasthan, which showed that 56 percent of them had married before they were 15. Barely 18 percent of them were literate and only 3 percent used any form of birth control other than sterilization.

Women education problem

Education is the process of becoming critically aware of one's reality in a manner that leads to effective actions upon it. According to James Aggrey cited by NCCE (1998), if you educate women, you educate a family- i.e. a nation. The case of an uneducated woman is like that of an ignorant poor farmer who, in ignorance, sold his farm land situated on a large deposited of a gold to an estate developer.

Differences in educational level also hinder women from entry into the best-paid jobs. However, this may be a self-fulfilling for where it is perceived by parents that the best jobs go only to educated males it may be thought that investment in a daughter's education is a waste of money. Education in India is constrained by the socio-economic conditions of the people, their attitudes and culture. Resistance to women advancement within a patriarchal system is a further manifestation of our cultural practices which overtly and covertly interact to hinder women advancement especially from educational viewpoint. This resistance is further

engendered by cultural impediments imposed on women by her traditional assigned roles of housewife, mother, baby sitter, member of inferior sex, stereotyped gender victim, among others. Thus, it is stated that the problem of resistance to women advancement are culture based and they include those brought about by homework conflict; ignorance on the part of many parents, erroneous belief that religion is against the provision of sound formal education to the girl child, gender stereotyping and stigmatization, socio-economic constraints and poor attitudes of some parent (NCCE, 1998).

Suggestions

Parents and opinion leaders should encourage the members of the female sex to be more enterprising in their educational pursuit as a way of contributing meaningfully to national development.

Government should fund counseling centers at all levels of our education system adequately to enable counselors provide all round functional guidance and counseling to parents and others. This is imperative if all concerned must be assisted to see the female child first as a human being with all assets capable of immeasurable achievements.

Our thoughts and attitude are change in new modernization so we are easily helpful to our mothers, sister and wife.

Conclusion

In this article to present to our social problems and entire recent problem about our women health problem, dowry problem, working problem and many others problems so we are change our attitude, thoughts and respect to our sister, mother and wife.

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