

# CIVIL SOCIETY & GENDER JUSTICE

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Dr. P B Sharon,  
Rahul Agarwal



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First Published 2022

*A catalogue record for this publication is available from the British Library*

*Library of Congress Cataloguing in Publication Data*

Includes bibliographical references and index.

Civil Society and Gender Justice by *Dr. P B Sharon, Rahul Agarwal*

ISBN 978-1-64532-397-6

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## CHAPTER 1

### ANALYSING THE EMERGING ISSUES IN GENDER STUDIES

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Dr. P B Sharon, Assistant Professor,  
Department of English, Presidency University, Bangalore, India,  
Email Id-sharon.p@presidencyuniversity.in

#### ABSTRACT:

The influence of gender on people's prospects, social roles, and interactions is examined from a gender viewpoint. The impact of gender on the successful execution of international and national organizations' policy, program, and project goals has a direct impact on the process of social development. Gender is ingrained in every element of individuals' and societies' economic, social, every day, and private life, as well as the many roles allocated to men and women by society. Gender studies is a growing area that maintains the excitement of interdisciplinary innovation that distinguishes feminism and women's studies while also expanding the scope of inquiry by offering encounters with current debates and challenges. This paper presents a high-level summary of current gender and development policy, practice, and theory. Gender equality is increasingly being promoted as a strategic goal for effective development, and it has therefore become a focal point for all development workers. Gender study provides future policymakers with an updated empirical understanding of gendered practices, norms, and discourses.

#### KEYWORDS:

Emerging Issues, Gender, Men, Women, Sex.

### 1. INTRODUCTION

Gender is an essential factor to consider in growth. It is a method of examining how social standards and power structures influence the lives and possibilities accessible to various groups of men and women. Globally, women outnumber men in poverty. Women are also less likely than males to get a basic education and be assigned to a national or international governmental post. Understanding that men, women, boys, and girls experience poverty differently and confront distinct hurdles to accessing services, economic resources, and political chances aids in the targeting of solutions.

Gender dynamics and relationships vary during a person's life. Age, marriage, number of children, handicap, economic resources, and educational level reached are frequently used to establish family status. Girls, particularly teenage girls, sometimes have the lowest status in the household, particularly in civilizations where families must pay dowry and daughters are sent to live with the husband's family after marriage [1]. According to recent studies, teenage girls are more vulnerable to gender-based discrimination, including sexual abuse, forced and early marriage, dropping out of school, and the danger of mortality during delivery. Early marriage and motherhood can be harmful to a girl's health and may limit her capacity to pursue educational and employment prospects.

Violence against women and girls continues in both public and private contexts due to the historical and many kinds of inequality that exist between men and women in all countries. Discrimination and hurdles that prohibit women and girls from exercising their rights,

obtaining services, and other opportunities enhance their chances of being abused. Gender norms and ideals about what constitutes appropriate conduct and interpersonal interactions are imprinted in children from an early age. In many societies, for example, girls are taught to be more submissive and defer to male authority, whereas boys are taught to be more controlling, dominant, and aggressive reflecting traditional gender roles of what is expected of them later in life in terms of becoming a woman (wife and mother) and what it means to be a man (a virile provider and protector).

The socialization of men and women, as well as the definitions and understandings of femininity and masculinity, determine their relative power and authority at home and in society. Gender power relations are influenced by the same norms that regulate how violence against women and girls is seen and accepted in various circumstances. These conventions, gender prejudices, and discriminatory attitudes frequently pervade government, with public officials likely to have many of the same viewpoints as those in the society in which they live. Gender imbalance must be addressed in all sectors that provide justice, social, health, and security services to survivors, as well as those in charge of boys' and girls' education.

Combating violence against women and girls necessitates a multi-sectoral strategy that includes, at a minimum, the health, education, social, legal, and security sectors, as well as, strategically, other crucial areas like labor, migration, and urban planning. There is no 'natural' government body to take care of coordination for eradicating violence against women, unlike stand-alone industries. Frequently, it is the Ministry of Women's Affairs or its equivalent that is under-resourced and lacks institutional and political clout inside the government. Other methods and procedures, such as sector-wide approaches (SWAPs) and decentralization, may make it more difficult to coordinate and supervise the execution of policies and programs, especially if tackling violence against women isn't a top priority [2]. For coordinated, effective solutions, formal means of communication and information-sharing within and among government and non-governmental organizations working on this issue are also required.

In certain societies, daughters-in-law and unmarried women are seen as outsiders or burdens on the family. Widows and married women who have been abandoned by their spouses may endure shame and a loss of status as well. Families frequently opt to invest in males as the family's future earners and caregivers. As a result, guys have greater standing in the home than girls and have more options for earning money. While both men's and women's status normally rises with age, men's rises disproportionately [3].

The functions of various family members are determined by their household status. Men are frequently believed to be the head of the household and to be financially responsible for the family, whilst women and girls are responsible for household responsibilities such as child care, cleaning, fetching water, and cooking. While women are increasingly able to work for pay, this frequently does not result in a diminution in their home obligations, resulting in the 'double load' of women's domestic and productive roles. Domestic tasks also impede women's access to paid jobs as well as their engagement in civic society and politics [4].

While investing in boys' education is typically considered a long-term plan, the pressure on males to earn money can lead to boys being taken out of school in some cases to assist support the family financially. Girls, on the other hand, are more likely to be removed from school because their families are unable to pay their school fees and/or rely on girls to help with household tasks and childcare. Although it is commonly considered that males lead homes, this is not always the case. Female-headed households may be more prevalent in

times of war, displacement, labor movement, or abandonment [5]. These are frequently among the poorest and most disadvantaged families.

Sound clinical intervention and policy implementation decisions, ideally, involve a robust evidence foundation paired with judgment about how the data may best be applied to a specific patient and/or in a specific policy setting. Systematic reviews give a structure, methodologies, and instruments for gathering and analyzing primary research information. They are frequently used to influence clinical, policy, and program choices, to appraise health technology, and to define research paths. They are also used to analyze how initiatives might help to improve health equality. However, many systematic reviews do not properly address the evidence's application. Most do not explicitly state if the evidence applies to both men and women, nor do they analyze probable sex and gender-related differences and similarities, nor do they mention when such data is lacking.

Sex refers to the biological, genetic, and physiological processes that differentiate females from males, whereas gender refers to the roles, relationships, behaviors, relative power, and other characteristics that cultures attach to women, men, and people of multiple gender identities (e.g., transgender persons). Although sex/gender processes are frequently characterized as binary for study (e.g., male/female and masculine/feminine), they are dynamic, multifaceted, and interacting. Sex and gender analysis, sometimes known as sex/gender analysis to stress the concepts' interrelationships, is an analytical framework used to investigate probable biological and social similarities and differences between and among men and women, boys and girls. In the context of health care systems, for example, sex/gender analysis investigates the interrelationships of sex and gender within or across groups to determine how they may impact health experiences, access to care, and health outcomes.

Gender studies are part of a larger interdisciplinary change in academic subjects, as evidenced by issue-based funding appeals, special editions of journals, and the expansion of interdisciplinary study fields. Gender studies is an essential component of this interdisciplinary movement, which provides theoretical and methodological benefits in comprehending many social worlds and tackling critical global issues such as migratory dynamics, uneven global power geometries, and climate change. Not only are social differences, particularly those based on sex and gender, at the root of most of today's major challenges, but the concerns addressed by sexual politics are frequently a driving force behind activism and change.

While this is not always the case, males are more often than not the heads of households and the breadwinners of the family. This has frequently resulted in males deciding financial and non-financial decisions for the family, such as when daughters marry and to whom, whether the wife can work outside the home, whether to use contraception and who receives the most food. In agricultural civilizations where women frequently perform the majority of the work, male family members frequently control the property and make agricultural choices. Women's decision-making is sometimes constrained due to their lesser bargaining position in the home and might be relegated to childrearing issues and domestic responsibilities. Large age disparities between husband and wife, which exacerbate already existing gender inequities, cultural factors that devalue women's unpaid labor, lower levels of education, and economic dependency are all factors that exacerbate women's weaker negotiating positions.

In certain cases, women have been able to negotiate control over resources and decision-making. Women are typically charged with household budgeting, either through resources supplied by the spouse or through minor commerce and agricultural labor. Women are

sometimes seen as home financial administrators. In other circumstances, even though women do not control the household income, they employ a variety of techniques to guarantee that they have access to a portion of these resources. These may involve concealing money and lying about expenses to pay for food and children's education [6]. Interventions that specifically aim to increase women's resource control, such as conditional cash transfers, can be especially useful.

Gender studies are notable for their involvement with interdisciplinary, which has emerged as a result of a synergy between ideas and activity. This field of research and study, rather than being only a part of modern fads and fashions, relies on the tradition of women's studies and feminist ideas and activism, in a transition to interdisciplinary theory that goes beyond multi- or trans-disciplinary methods. Gender studies arose from the necessity to confront some of the major concerns in daily life as well as on the global stage of international politics, where cultural, economic, political, and social inequities are manifested. Gender awareness has become an intrinsic part of disciplinary subjects as varied as history, literature, science, sociology, and economics, as well as evolving as a topic of study that extends far beyond gender mainstreaming [7]. Sexual politics and gender studies have lately wrestled with some of the issues given by diversity policies, such as European Union equality rules, which may be regarded as going beyond gender or in which gender has been sidelined.

In terms of workloads and quality of life, the impact of environmental degradation differs by gender; women are the first to be affected by natural resource depletion. Women are responsible for the daily management and utilization of natural resources in most developing nations' rural regions, as well as providing for the family by cultivating food crops, harvesting forest products, and bringing wood and water. Widespread and increasing deforestation, as well as the drying up of water sources, compel women to travel further and spend more time and energy manufacturing and locating vital goods, making it even more difficult for them to participate in more productive, more lucrative occupations [8]. Women appear to be more vulnerable to the hazardous effects of some chemicals, and environmental degradation caused by poorly managed and used waste products and pollutants can have a disproportionate influence on them. The health risk is significantly higher among lower-income groups, who tend to reside in industrial metropolitan centers or in rural regions near fields that are sprayed from the air.

Consumption habits and industrial output in industrialized nations are extremely harmful to long-term development, natural resources, and people worldwide. Some of the most well-known repercussions of environmental degradation include global warming, ozone depletion, and decreased biodiversity. Rural people's life in many nations is entirely dependent on the availability of natural resources. In a battle for existence, both men and women overexploit natural resources, causing soils to degrade, wildlife, plant, and marine resources to be destroyed, and water quality to deteriorate. The most vulnerable members of the community, as well as those who rely largely on nature's bounty, are most affected by environmental deterioration. As a result, gender differences in natural resource management and policy involvement must be thoroughly acknowledged [9].

It is becoming more common to refer to the area of study in which gender and gender relations play a prominent role as "gender studies" rather than "women's studies," reflecting a historical, chronological change as well as philosophical linkages and the expansion of empirical research in the subject. Although gender studies is a relatively new field in academia, much work in this area is based on the emergence of the women's movement as part of identity politics in the 1970s and 1980s, as well as the establishment of Women's Studies Centres in North America, Australia, and Europe [10]. All of these centers were

characterized by emancipatory ideals that attempted to provide substantial scientific data and intellectual frameworks for political change, particularly by bringing gender, and, more especially, women, onto the political agenda and into the conversation in the 1970s and 1980s.

Gender studies, like women's studies, is marked by diverse and sometimes overlapping intellectual traditions and movements, which manifest changing times, not least in the shift from the liberal, Marxist, socialist, and radical strands of the women's movement to the wider inclusion of black feminism, ethnicization, racialization, and issues of bodies and corporeality, disability, and sexism. Gender studies reflect a growing intellectual base that includes psychosocial and psychoanalytical theories, poststructuralist and postcolonial studies, critical studies of masculinity, queer studies, and LGBTQ (lesbian, gay, bisexual, trans, queer) critical race, critiques of whiteness, ecological and materialist feminism, and technoscience studies. It is a large church, but it is also a tightly fought field.

Everyone who focuses on gender problems has not embraced the shift toward gender studies in the 1990s and into the twenty-first century. For example, suggested a postfeminist future in which men's studies and masculinity were increasingly prominent fields of inquiry, implying that gender studies were taking over women's studies and feminist successes and de-radicalizing the women's movement. Gender studies acknowledge the relevance of masculinity criticisms, but the amount to which, for example, homosexual studies and a male-dominated agenda have supplanted feminist action as a driving force for advancement remains a point of contention. Gender studies, on the other hand, have exposed masculinity to discussion and criticism, demonstrating that both men and women are gendered. Nonetheless, the shift to gender studies, particularly through its links to postmodernist, poststructuralist, and some psychoanalytic methods, can be regarded as a retreat from politics and action [11].

Changes in how gender and sexuality have been integrated into multidisciplinary studies are reflected in the transitions in transmission from women's studies to gender studies. There is still a contradiction between "mainstreaming" and the idea that fights for gender equality and the establishment of gender studies as an important multidisciplinary field of inquiry have been won. The vocabulary employed to discuss domains of social inequities and policies is de-gendered as a result of this "mainstreaming" and belief that many feminist struggles have been won. For example, rather than addressing the specificities of maternity and its embodied realities, policy discourses that appear to be gender-neutral speak to parents and parental leave. Similarly, in the domain of health and well-being, there is a tendency toward neutralizing gender differences by referring to teens or children as generational groups. For example, eating disorders are viewed as a teen problem, regardless of gender variations in adolescent experiences. Material and enflashed disparities, as well as equality, must be acknowledged and addressed in gender studies.

Women's studies have long tried to break down disciplinary barriers and challenge topic compartmentalization, which has been argued must be destroyed and broken down to study and do research as well as oppose oppression. Crossing disciplinary boundaries and thinking creatively about disciplinary intersections has resulted in new methods of explaining and responding to social interactions, disparities, and inequities, such as sex, gender, and sexuality. For numerous reasons, systematic reviews should pay more attention to sex/gender. There is a substantial and expanding body of information pointing to variations in pharmacokinetics and pharmacodynamics, genetic expression, and the incidence, onset, and severity of illnesses such as auto-immune disorders based on sex/gender. Sex/gender disparities in subjective experiences of diseases including depression and chronic pain, reactions to health treatments, usage of health care systems, and many other processes that



impact health are also identified in research investigations. Disregarding whether such distinctions are clinically important, as well as how procedures related to sex/gender may or not apply to a specific interference, can lead to the erroneous implementation of findings, which can have negative consequences for health outcomes and/or the victory of health policies and programs.

Systematic reviews may also be used to assess which treatments diminish health disparities, which are defined as variations in health across groups that are avoidable and hence unjust. To design social policy efforts to eliminate poverty and other disparities, and to assess what treatments are suitable for specific groups, it is vital to explicitly specify to whom the research applies or does not apply. Men, women, and people of various gender identities may face disadvantages and marginalization in different ways, both within and within communities, it is commonly acknowledged that sex/gender-related processes are determinants of health.

Furthermore, many types of bias, such as publication bias the tendency to publicly release positive instead of negative study results, and the consequence of trying to report bias the preferential reporting of certain results but not others, due to the nature and guidance of the outcomes, are major concerns for systematic review methods and can affect study potential application and quality. In systematic reviews, failure to report on sex/gender can increase the risk of bias and prevent reviewers, investigators, and other study users from determining how, and precisely for whom, treatments may or may not be beneficial and may reduce or worsen health disparities.

In addition, many study and government organizations have policies requiring that sex/gender-related concerns be discussed in propositions for health research funding, clinical study design and register, and policy and program initiatives, going to cite the rationalization that taking into account possible sex/gender-related similarities and differences is critical for good science, policies, and programs. Several leading health journals' editors are calling for sex/gender rules to improve the quality and applicability of research evidence reporting.

Integrating sex/gender analyses into comprehensive literature procedures and methodologies can improve the relevance and quality of assessments, with the long-term goal of improving health outcomes and eliminating health disparities in mind. While many review writers, editors, and group organizers recognize the need of including sex/gender, they also recognize the difficulties in doing so. To address these concerns, our Working Group on Sex and Gender Analysis in Existing Studies held meetings of whole, review group facilitator and editors, experts, health practitioners, biomedicine and sociology researchers, consumers, and funders to discuss the barriers to sex/gender analysis integration in systematic reviews and to outline priorities for addressing these challenges.

Individuals we recognized or were aware of through research, academic, and policy networks as having knowledge, practical experience, and competence in systematic reviews and/or the implementation of sex/gender analyses to health information were invited to participate. This is the first work to outline the obstacles to incorporating sex/gender analysis in published studies from the viewpoints of people conducting and utilizing systematic reviews, of our knowledge. This interdisciplinary focus is examined in this paper all over three dimensions that are central to the women's studies project: the connection between sex, gender, and bodies, along with how sexuality is involved in these discussions, the crossroads of various structures and forces of disparity, and finally the connection between advocacy, theory, and methods.

## 2. DISCUSSION

The engagement with the sexed body and the link between sex and gender, which can be hopelessly interwoven, is at the heart of gender studies. Gender has been the favored phrase for referring to social difference, partly because it has a broader scope and remit than sex, which is thought to be biological and anatomical, and partly to challenge biological reductionism's seeming constraints. However, there is a case to be made for including sex and gender in the explanation of sexual politics. For a variety of causes, not all of which are liberatory, gender studies have supplanted women's studies in the academic. Women's studies and feminism not only brought gender to the fore, but also introduced new methods of thinking about gender as a social, cultural, and political process and structure.

Even though many earlier accounts established a distinction between sex as anatomical and biological and gender as social and cultural expressions of sex, there are compelling reasons for sex as affected by cultural factors and created via social behaviors. Butler's critique of sex and sexuality, as well as gender as per formative, is one of her significant contributions to gender studies and the study of social relations and the functioning of power across disciplines. Sex, like gender, is created by the procedures and practices that are used to define and classify it. The work has sparked discussions and arguments regarding sex's materiality, fluidity, and transgression characteristics, as well as gender and sexuality. Gender studies debates regarding the nature of sex and gender call for interdisciplinary methods that incorporate a variety of disciplines and theoretical frameworks.

Gender studies have embraced masculinity studies, and multidisciplinary methods have emphasized the potential for classic stereotyped masculinities to be transformed. Gender is not solely about women, as has been the case in recent years in the promotion of equal opportunity programs in neoliberal democracies. Men are gendered as well, and the examination of hegemonic masculinity exposes issues of power in a wide range of social, economic, cultural, and political institutions when old, supposedly gender-neutral norms are challenged. However, challenges to the essentialized category of 'woman' have resulted in the marginalization, if not complete removal, of some structural oppression critiques such as patriarchy, which was a crucial notion in second-wave feminist critiques of power at all levels.

Gender is both an empirical category and a theoretical notion that aids in both understanding and characterizing social interactions and divides. Sport is an example of a subject where conventional masculinity has been strongly prized: frequently literally, monetarily more highly rewarded, and valued. Gender binaries have been questioned in public spaces frequented by top athletes and sports regulatory organizations such as the International Olympic Committee, as well as at more local levels of everyday athletic activities. Gender verification testing in sports, for example, demonstrates some of the integrative and multidisciplinary capabilities of gender studies, which have been evoked in the increasingly urgent attempts by sports authorities to give a scientific classification of sex. To achieve some kind of stability, testing now includes a variety of more complicated, trans, and interdisciplinary examinations that rely on a variety of fields such as medical science, genetics, psychology, anthropology, cultural geography, and sociology.

The use of athletics as an example emphasizes how sex and gender are always perceived, classed, and experienced concerning bodies. The urgent need to move further than some of the constraints of biological determinism and speciesism, as well as the recommendation that gender's social practices and sociocultural factors derive straight from its anatomical, physiological, and genetic inherited wealth, has sparked multidisciplinary thinking in gender

issues. Investigation of some of the interconnections between biology, genetics, bodies, and social systems will also necessitate interdisciplinary approaches.

The findings of this study revealed problems and 'thorny' concerns related to sex/gender in systematic reviews, as well as the fact that approaches for incorporating sex/gender analysis into reviews are still in their infancy. Workshop participants proposed several priority items and collaborative projects to begin addressing these problems, including the creation of materials, such as 'briefing notes and methodologies papers, to aid reviewers in the design and evaluation of systematic reviews. Reviewers are advised to disaggregate data by gender; conduct subgroup analysis where possible or state why analyses could not be undertaken; and address the topic as part of such advice: Who is this evidence relevant to? Transparently presenting what is known and unknown about sex/gender shows data gaps, adds to future research issues, and raises awareness of the need for improved sex/gender reporting standards in primary studies.

The survey's numerous problems may also explain why existing rules encouraging and/or mandating the inclusion of sex/gender analysis in health research are not routinely followed. To enhance awareness of sex/gender concerns, remedy historical exclusions of women, minorities, and others from clinical trials, and improve the quality of health evidence, such policies and guidelines are required: they require political will, direction, and monitoring to assure implementation. Based on survey responses and successive workshop conversations about the abstract, methodological, useful, and policy challenges of incorporating sex/gender assessment in published studies, we propose that existing sex/gender guidelines and policies be backed and bolstered through access to training, group projects, and pass dialogue as one of a variety of stakeholders, such as trial sponsors, researchers, and policymakers.

A community of practise has arisen among people with experience and interest in sex/gender analysis, health equality, and systematic review technique to incorporate sex/gender analysis into the practise of systematic reviews, sparked by the problems and goals revealed during the workshop. Participants are collaborating to improve the quality and application of systematic reviews to improve health outcomes and equity for all people. Sparked by the difficulties and aims highlighted during the workshop, a community of practise has formed among persons with expertise and interest in sex/gender analysis, health equality, and systematic review method to include sex/gender analysis systematic review practice. Participants are working together to enhance the quality and use of systematic reviews to improve overall health outcomes and equality.

### 3. CONCLUSION

Gender studies may also be used to investigate what goes into interdisciplinary work and the link between multidisciplinary and transdisciplinary approaches, both of which originate from interdisciplinary studies as a unique area of inquiry with their capabilities and characteristics. Gender is a contentious concept, and delving into it opens up fresh perspectives on the link between sex, gender, and sexuality. Gender is both an empirical category and a theoretical notion that aids in both understanding and characterizing social interactions and divides. An emphasis on gender creates a variety of techniques and theoretical approaches aimed at making sense of disparities and appreciating the perspectives and achievements of previously disadvantaged groups. Contributions to ongoing discussions, such as what makes gender studies unique and the nature of the interaction between activism, policymaking, and theoretical and methodological methods, are encouraged in the journal in which this paper is published. This is also a contentious area, with heated debates concerning the link between gender and women's studies, activism and theoretical frameworks, political

action, and the policy consequences of focusing on gender, both worldwide and locally. Many of the conflicts and paradoxes in gender studies are also seen in multidisciplinary studies, at a time when there is a push to reintroduce single fields in higher education due to financial restrictions and limited resources. Gender studies provide fruitful opportunities for knowledge contributions that are notably multidisciplinary and go well beyond attempts to mainstream gender into traditional discipline systems. An interdisciplinary journal is a suitable location to investigate these possibilities, as well as to address some of the concerns that have arisen as a result of the focus on gender, as well as to propose new questions regarding social, political, economic, and cultural processes and divides in the future.

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## CHAPTER 2

### A STUDY ON GENDER-BASED VIOLENCE

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Dr. Vinodhini C, Associate Professor,  
Department of English, Presidency University, Bangalore, India,  
Email Id-vinodhini.c@presidencyuniversity.in

#### ABSTRACT:

This paper looks at how domestic violence affects children's mental health and how it affects their schooling. Children's lives are frequently disrupted by violence, which lowers the quality of their educational experiences and outcomes. While the underlying reasons for these disorders remain unknown, child maltreatment can result in emotional distress, physical and psychological impediments to learning, and disruptive conduct at school. Gender-based violence is a phenomenon that stems from gender inequality and remains one of the most serious human rights abuses in all nations. Gender-based violence is when someone is victimized because of their gender. Gender-based violence affects both men and women, although women and girls represent the majority of victims. In this study, the author discusses gender-based violence as well as the factors that contribute to it. Everyone in the health care system has a responsibility to play in responding to gender-based violence and managing its consequences, which includes identifying people who are at risk of future violence and death.

#### KEYWORDS:

Gender, Girls, Men, Violence, Women.

#### 1. INTRODUCTION

Violence against women refers to a wide range of atrocities perpetrated against women and girls throughout their lives. The United Nations Declaration on the Elimination of Violence against Women defines violence against women as "any act of gender-based violence that causes or is likely to cause physical, sexual, or psychological harm or suffering to women, including threats of such acts, coercion, or arbitrary deprivation of liberty, whether occurring in public or private life." This declaration defines violence as acts that cause or threaten to inflict harm, and emphasizes that it is founded in gender inequality by inserting the word "gender-based." [1]

"Acts or threats of acts meant to damage or make women suffer physically, sexually, or mentally, and which impact women because they are women or affect women disproportionately," according to the definition of gender-based violence. As a result, gender-based violence and violence against women are frequently used interchangeably. Both of these concepts refer to gender inequality as a source of violence against women. This disparity may be defined as discrimination in terms of opportunities and responsibilities, as well as access to and control of resources that is based on the sociocultural imposed view of masculinity as superior to feminine [2].

Gender-based violence is a severe public health problem that affects many Canadians, particularly women and girls. Intimate relationship violence and sexual violence are only two examples. Gender-based violence can strike anybody at any time in their lives, but it

disproportionately affects women and girls. Gender-based violence and/or impediments to health treatment are more common among several populations, especially indigenous women. Pregnancy is one of the most perilous periods for violence and lethality to escalate. Gender-based violence has a wide range of consequences, including persistent mental problems, intentions or acts of self-harm or suicide, frequent, recurring, inexplicable injuries, unplanned pregnancies, and unexplained chronic pain, to name a few [3]. The World Health Organization, Status of Women Canada, and the Canadian Public Health Agency all agree that the health sector's response to gender-based violence has to be improved. Healthcare practitioners are generally the first professional contacts for survivors of gender-based violence, according to the World Health Organization.

Because of the intersectionality of age and gender, as well as the extra and amplified risk factors pertinent to emergencies, adolescent girls are at an increased risk of gender-based violence in humanitarian circumstances [4]. Adolescent girls are frequently overlooked by both groups due to a lack of clear division of labor between the gender-based violence and child protection sectors, and abuse against this subgroup remains untreated. This Review proposes an adapted ecological framework for gender-based violence risks faced by teenage girls in crises, synthesizes the little evidence for gender-based violence prevention and response, and highlights impediments to effective and ethical program assessment and evaluation. Although there is some evidence that promising treatments for changing girls' views about violence and gender injustice, as well as enhancing psychosocial and mental wellness, there is little evidence that present techniques can reduce the occurrence of gender-based violence. When creating and assessing interventions, a greater emphasis on teenage girls is required to ensure that worldwide efforts to reduce gender-based violence include this demographic [5].

Patriarchal and sexist ideas justify violence to guarantee men's power and superiority. Other cultural factors include gender stereotypes and prejudice, normative expectations of femininity and masculinity, gender socialization, an understanding of the family sphere as private and under male authority, and a general acceptance of violence as part of the public sphere (e.g., street sexual harassment of women) and/or as an acceptable means to solve conflict and assert oneself. Under the concept of entitlement and ownership of women, religious and historical traditions have sanctioned the physical punishment of women. The notion of ownership, in turn, legitimizes control over women's sexuality, which, according to many legal systems, is required to secure patrilineal succession [6].

In many countries, sexuality is also linked to the notion of so-called family honor. Traditional customs in these communities allow for the execution of women suspected of defiling the family's honor by engaging in prohibited sex or marrying and divorcing without the family's approval. Sexuality norms also assist to explain the large number of homeless LGBT+ young people, as well as the prevalence of hate crimes against them, on the basis that they constitute a "threat" to social standards [7]. The same sexual standards can serve to explain the widespread rape of women.

Being a victim of gender-based violence is seen as disgusting and weak in many countries, with many women being accused of inviting violence towards themselves by their behavior. This helps to explain why there has been a persistent lack of reporting and investigation. Until recently, several countries' laws still distinguished between public and private settings, leaving women especially exposed to domestic abuse. Gender-based violence can occur at any moment in a person's life, in times of peace or in times of conflict. Threats, on the other hand, skyrocket in crises [8].



Armed conflict, natural disasters, and humanitarian crises all have the potential to dramatically erode a society's ability to protect women and girls from gender-based violence. In crises, rates of intimate partner violence frequently rise. Many armed factions utilize sexual assault as a weapon of war to achieve military or political goals. Meanwhile, girls and women may be compelled to exchange sex for food, money, and other necessities. In certain areas, they are married off early or forcibly to protect or care for their family [9].

Survivors of gender-based violence face terrible short- and long-term physical and mental health impacts. Women and girls may sustain serious physical injuries, unintended pregnancies, and become infected with HIV (human immunodeficiency virus) or other sexually transmitted illnesses. Depression, anxiety, post-traumatic stress disorder (PTSD), difficulty completing everyday duties, and suicide ideation are also prevalent.

Violence against women is now widely recognized as a public health issue and a major violation of human rights on a global scale [10]. It is a significant risk factor for women's health problems, having far-reaching effects on both their physical and emotional health. There is a need to better understand the scope and nature of various types of violence against women. Clear definitions are required to compare information across research and to develop a knowledge base that will help us to identify the diverse and overlapping ways in which violence against women occurs, as well as what measures may be taken to avoid it and respond to its repercussions. This vocabulary is intended to define many types of interpersonal violence directed against women and girls [11]. Terms and fundamental ideas utilized in research and policy on this public health issue will be defined.

### *1.1 The nature of the violence:*

Violent actions, whether self-directed, interpersonal, or communal, are typically classified as physical, sexual, or psychological. Deprivation and neglect are both kinds of psychological abuse. However, these many types frequently interact with one another, resulting in a complicated pattern of behavior in which psychological violence is mixed with physical and/or sexual abuse in some contexts. Coker and colleagues discovered that women who suffered both physical and sexual violence scored higher on ill-health assessments than women who just experienced physical abuse [12]. They find that sexual violence may be a predictor of more severe violence and, possibly, violent escalation.

1. Physical violence is demonstrated by physically hostile acts such as kicking, biting, slapping, beating, or strangling. Intentionally caused injuries are frequently misrepresented as accidents. Women are sometimes gravely hurt and, in rare cases, killed as a result of their injuries.
2. According to the findings of several recent studies from around the world, between 10% and 60% of women have been hit or otherwise physically assaulted by an intimate male partner at some point in their lives, and between 3% and 52% of women have reported physical violence in the previous year. The variation in these estimates reflects not just probable true changes in prevalence rates between locations, but also variances in study techniques and definitions of violence, making comparisons difficult. Furthermore, cultural disparities in respondents' willingness to reveal intimate partner violence make comparing the data challenging [13].
3. Psychological, mental, or emotional abuse refers to behaviors such as prohibiting a woman from visiting relatives and friends, persistent belittlement or humiliation, economic constraints, violence or threats against prized possessions, and other types of controlling behavior. Because it may take several forms, this type of violence is more difficult to describe across cultures and countries. In Vietnamese research,

emotional abuse includes behaviors such as a husband forcing his wife to have sex the day before she goes to worship in a pagoda, causing her to breach the taboo of being clean and chaste. Acts such as bringing girlfriends home, getting kept out of the house, or rejecting sex were more typically classified as emotional violence in African studies [14].

4. Sexual violence includes forced sex by the use of physical force, threats, and intimidation, as well as forced participation in demeaning sexual acts and acts such as the denial of the right to use contraception or to take precautions against sexually transmitted illnesses.

Although most sexual violence happens in the context of intimate relationship violence, it can also occur in a variety of different contexts. Sexual violence can be perpetrated by a family member, a dating partner, an acquaintance, or a stranger, and it can affect both young girls and adolescents as well as adult women. As with gang rapes, a woman might be sexually assaulted by one or more persons. Rape, sexual assault, sexual abuse, and sexual violence are all phrases that are frequently used interchangeably [15]. However, depending on the occasion and place, these phrases may have quite diverse meanings and ramifications. The first two are usually legally defined, with rape being more precisely defined than sexual assault. Legal definitions may differ from medical and societal meanings, and they may also differ among nations.

#### 1.2 Interpersonal Violence:

This section addresses interpersonal violence directed towards young girls, teenagers, and women of reproductive age, as perpetrated by the husband/partner/former partner or other family members, following the guidelines specified and indicated [16]. Following the life course viewpoint, several sorts of violence will be detailed, beginning with young girls, where certain types of violence are culturally unique and others are universal.

- Types of violence striking young girls and adolescents:

##### i. Child abuse and neglect:

In every country across the world, some children are mistreated and neglected by their parents and other caregivers. Physical, sexual, and psychological abuse, as well as neglect, are examples of this type of violence. The consequence might be lethal, with head injuries, abdomen injuries, and deliberate suffocation being the most prevalent causes of death. Non-fatal effects have been defined as different types of maltreatment and neglect that necessitate medical care and social sector intervention. Sex and age are significant determinants in influencing the type of violence used. Young children and boys are more vulnerable to physical abuse, but older females, who have entered puberty and adolescence, are more vulnerable to sexual abuse, neglect, and being forced into prostitution [17]. It has been reported that women utilize physical punishment on their children more than men, yet when the result is fatal, males are more likely to be the culprits. Men are also more prone than women to sexually assault minors. Child abuse has been linked to parental stress, poor impulse control, and social isolation, as well as variables such as poverty and a lack of social capital, according to research.

Incest is a phrase used to describe rape or sexual assault committed by close blood relations, and it most commonly relates to when a father or brother sexually exploits his young daughter or sister. In the last 10–15 years, there has been a greater awareness of child sexual abuse, including incest, as girls and young women have been encouraged to report this type of familial violence [18]. The problem of mothers sexually assaulting their sons happens as



well, albeit it is less widespread. This type of violence appears in many nations and cultures, however, it has previously been documented mostly in high-income countries.

ii. Gender-based abuse of infants and female children:

In reaction to longstanding cultural traditions favoring men, some countries/regions of the globe have a societal preference for boys, resulting in the neglect of females. This leads to sex-selective abortions of females when the fetus's sex is determined using ultrasound technology, malnourishment of girls, and even murder, or the purposeful death of female newborns shortly after birth. The female-to-male ratio is lower than predicted in nations where this is widespread (China, Taiwan, South Korea, India, Pakistan, and several Sub-Saharan African countries), indicating a deviation from the natural flow of events [19].

This was emphasized during the United Nations Conference on Women in Beijing in 1995 as a severe public health issue affecting both men and women. There was concern that it would lead to women becoming a commodity to trade (trafficking), as well as an increase in prostitution and the danger of a significant number of men relocating to other regions in pursuit of a bride, resulting in a refugee crisis, and in many cases, poverty and grief.

iii. Female genital mutilation:

WHO defines female genital mutilation (FGM) as the partial or whole removal of the external genitalia or other harm to female genital organs for cultural, religious, or other non-therapeutic reasons. This operation has also been referred to as female genital cutting (FGC) and female circumcision. Depending on the context, FGM is performed at various stages of a girl's life. According to the WHO, between 100 and 140 million girls and women have suffered some form of FGM. The majority of persons afflicted live in 28 African nations, while there are few in the Middle East, and it also occurs among immigrant groups in several Western European countries [20].

➤ Types of violence striking women of reproductive age and beyond

i. Intimate partner violence:

Violence by an intimate male partner or former partner is one of the most prevalent kinds of violence against women in all civilizations and among affluent and poor women alike. Intimate partner violence is defined as abuse that occurs between a husband and wife, or between other current or previous cohabiting partners; some also include boyfriends and girlfriends in this description. Domestic violence, beating, and wife/spouse/partner abuse are other names that are frequently used to denote intimate partner violence. The preferred phrase is intimate partner violence since it is more descriptive in characterizing the sort of relationship in which the individuals are involved; yet, it says nothing about the direction of this violence. Even though this is one of the most prevalent types of violence aimed at women, the word "intimate partner violence" has to be clarified by adding "against women" to accurately reflect the situation. Intimate partner violence against women can take the form of physical, sexual, or psychological abuse, or any combination of these. According to studies from the United States and Mexico, 40–52 percent of women who have experienced physical abuse by an intimate partner have also been sexually pressured by that relationship.

Wife battering has been used to represent a chronic condition characterized by recurrent acts of physical, psychological, and emotional abuse perpetrated by men to dominate their female spouses rather than isolated bouts of violence. Some authors distinguish battering from physical assault because of its long-term, continuous nature, and battering has been defined as "a process in which one member of an intimate relationship experiences psychological vulnerability, loss of power and control, and entrapment as a result of the other member's

exercise of power through the patterned use of physical, sexual, psychological, and/or moral force."

ii. Rape:

Many myths regarding rape, or having sex against one's will, are founded on prejudices about what constitutes acceptable sexual behavior for men and women. Most people identify rape with a violent attack by a stranger, however, rape is almost often committed by someone the victim knows. There's also the misconception that rape leaves visible indications of harm, which isn't always true. Only about a third of rape victims show signs of bodily harm. Physical violence or threats in the form of blackmail or threats may occur concurrently with the rape, or the violence may be perpetrated when the victim is asleep or under the influence of alcohol or other drugs, rendering her defenseless. Rape is frequently not reported to the authorities, and current figures vastly understate the scope of the problem. This term emphasizes the numerous ways in which another person might be forced to have sex against their will, in addition to the physical form.

iii. Dowry-related violence:

Dowry is a payment provided to the groom's family in exchange for marrying away a daughter, and it takes many forms throughout cultures. The quantity of the dowry, on the other hand, is a typical source of conflict between the families, with the groom's family wanting more than the bride's family can provide, leading to bride harassment and dowry-related murders, notably in some regions of India and other southern Asian nations [21]. This violence is perpetrated not just by the spouse, but also by his close family members (mother, brothers, sisters).

*1.3 Policy implications:*

1. Preventive methods that challenge current gender preconceptions are needed to combat intimate partner violence.
2. Health-care workers, district officials, and community leaders play critical roles in gaining knowledge, molding ideas, and pointing the way ahead, and so have responsibility for addressing the issue of violence against women.
3. Documentation and assessment are critical components in the development of such knowledge, and precise definitions are essential.

*i. Acid throwing:*

Disfiguring women by throwing acid or burning them are types of violence based on gender inequality in various Asian nations, such as Bangladesh, India, and Pakistan, but the immediate motive is frequently conflicting over marriage and dowry. While this is not one of the more common kinds of violence against women, the effects on those who are victims are devastating.

*ii. "Honour" killings:*

This occurs when a woman is murdered, generally by a brother, father, or another male family member, for purportedly bringing dishonor to her family. The concept of male dignity and female chastity, which is prevalent in many Eastern Mediterranean nations, lies at the basis of this problem. It suggests that a man's honor is tied to the women in his family's perceived sexual purity. If a woman has sex outside of marriage or is raped, she is regarded to be betraying the family's honor. In some cultures, murdering the woman/girl is the only method to restore family honor. This type of abuse against women and girls is also practiced

within immigrant households in Western European nations. It's sometimes referred to as "honor" killings, which is a bit of a misnomer because the relationship with honor is difficult to grasp in most cultures. It has been recommended that "murder in the name of honor" be used.

*iii. Elder abuse:*

Elder abuse is described as "a single or recurring act, or lack of appropriate action, happening within any relationship where there is an expectation of trust, which causes injury or distress to an older person." It can occur at home or in care facilities. Elder abuse was originally detected in affluent nations, where the majority of existing study has been undertaken, but reports from poorer countries have revealed that it is a worldwide problem. Physical, psychological, or sexual abuse, as well as financial or material abuse, or simply neglect (failure to fulfill a caregiving commitment) are all examples of mistreatment.

## 2. DISCUSSION

Every girl and boy has the right to grow up in a safe environment. Gender-based violence, however, continues to destroy their childhoods and jeopardize their futures. Gender-based violence exists in every country and affects people from all walks of life. Unfortunately, one in every three women and girls will be subjected to sexual or physical abuse at some point in their lives. While both girls and boys are affected in some way, girls are more vulnerable. These kinds of violent crimes against children are carried out against their choice and are motivated by gender stereotypes and power imbalances in their relationships. Gender-based violence has been embedded in society, perhaps to a greater extent in some nations and areas than in others. Violence against girls and women is expected and even tolerated in many societies.

### 2.1 Gender-based violence:

Gender-based violence against children is a crime against both boys and girls that "undermines the victims' health, dignity, security, and autonomy." These actions are committed physically, sexually, mentally, and/or financially, to deny a victim access to resources or assistance that may help them break the cycle of violence. Sexual violence, child marriage, sexual harassment, female genital mutilation, intimate relationship violence, trafficking, sexual exploitation, and abuse are all examples of violence against females. The long- and short-term consequences might include major physical injuries, sexually transmitted illnesses including HIV/AIDS (acquired immune deficiency syndrome), coerced and undesired pregnancies, and a higher risk of maternal death.

Boys are also victims of human trafficking and gender-based sexual assault and exploitation, although the numbers are massively underreported owing to shame. Adolescent males above the age of ten are also more vulnerable to detention because of their or their families' suspected ties to armed groups. Children are tortured or assaulted, detained with adult inmates, denied sufficient legal help, or forced to live in conditions that violate international juvenile justice standards.

### 2.2 The Harmful Cycle of Gender-Based Violence:

Gender-based violence has a significant psychological impact in addition to the physical suffering. The impact is frequently exacerbated by rejection from family and community. When girls and boys are accused of enduring sexual assault, they are usually ostracised in their communities. Girls are frequently compelled to drop out of school due to their gender, are denied access to income-generating opportunities, and endure social isolation as a result.

When girls become pregnant and become locked in a cycle of extreme poverty and greater vulnerability to exploitation, the consequences are much more severe.

### 2.3 Gender-Based Violence Increases in Conflict Settings:

During times of war, both girls and boys are more vulnerable to gender-based violence. Young females are frequently targeted for sexual assault, whereas adolescent boys are frequently targeted due to their perceived danger and prospective fighting ability. During the violence, girls are more vulnerable, especially when they deviate from community norms advocated by armed groups, such as attending public venues, working, or not following clothing requirements. Girls' access to opportunities like education, health care, and legal status is hampered by their fear of gender-based violence.

Children in six conflict-torn countries face the greatest risk of sexual violence. There are 72 million children in the world. One in every six of the 426 million children living in war zones throughout the world is living near armed organizations who commit sexual assault against them. Colombia, Iraq, Somalia, South Sudan, Syria, and Yemen are among the nations where children are most vulnerable to sexual abuse during conflict.

### 2.4 Gender-Based Violence and Child Marriage:

Every seven seconds, a young woman under the age of 15 marries. Child marriage is more than a single human rights violation; it starts and feeds a cycle of gender discrimination that puts girls' education, health, and safety in jeopardy all around the world. In Afghanistan, Yemen, India, and Somalia, young girls as young as ten marry considerably older men. Child marriage is frequently seen as a protective and preventative tool against gender-based violence, particularly in conflict-affected countries. Save the Children is dedicated to gender equality and the prevention of gender-based violence. Gender equality and a life free of violence are fundamental rights for both girls and boys. Save the Children is committed to combating harmful gender norms and ensuring that every child is safeguarded and allowed to grow up healthy, educated, and safe. Save the Children touches hundreds of millions of children every year via initiatives that promote gender equality and empowerment, ensuring that all girls and boys have the future they deserve.

## 3. CONCLUSION

Violence against women is a serious violation of women's human rights, and it is of particular concern to the public health sector because of the significant contributions that public health workers could make if properly trained, given their proximity to victims and potential familiarity with the community and its residents. As a result, local health services and communities might play a key role in promoting public awareness to avoid this violence. The open discussion of this topic is one method to diminish society's tolerance for violence against women. There is currently a lack of understanding regarding which treatments are most successful in preventing gender-based violence, but documenting and assessment are critical components in gaining this knowledge, as are precise definitions. Gender stereotypes and prejudice, normative expectations of femininity and masculinity, gender socialization, an understanding of the family sphere as private and under male authority, and a general acceptance of violence as part of the public sphere (e.g. street sexual harassment) are all cultural factors that, if not addressed, will have an impact on the future.

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## CHAPTER 3

### A REVIEW OF INTERESTS AND POWER STANDARDS WITHIN THE POLITICS OF NETWORKS

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Dr.Neha Jain, Professor & HOD,  
Department of English , Presidency University, Bangalore, India,  
Email Id-neha.jain@presidencyuniversity.in

#### **ABSTRACT:**

Researchers use contemporary work in network theory to investigate the processes of human rights norm creation and diffusion, resulting in a political perspective of networks. Nodes in networks are not equal, contrary to popular belief; the most networked individuals also hold power inside the network, influencing the actions of other nodes and, as a result, facilitating the network's operation. This paper is not based on testing any assertions derived from or added to network theory rather this study focuses on a framing piece or hypothesis-generating research based on political analysts reading and getting influence from network theory. From the perspective of political science, researchers examine and expand network theory. Researchers also look at the instance of the worldwide human rights network, examining Amnesty International's (AI) involvement in establishing a contemporary human rights framework influenced by Western, liberal notions of political liberty. Researchers illustrate that major actions taken by central actors (nodes) may have resounding repercussions for how norms evolve, based on the norms literature. Following the development of the theory, researchers look at the instance of AI, a pioneering grassroots human rights organization that has influenced the development of human rights standards. In future related studies, researchers explain how Non-governmental organizations (NGOs) could affect the evolution of human rights in the twenty-first century by evaluating both the organizational structure of AI as well as the particular policy and practical actions the organization made during the "seed" stage of human rights standards.

#### **KEYWORDS:**

Interests, Network Theory, Central Nodes, Politics, Power.

### **1. INTRODUCTION**

Network theory has lately gained traction as an integrative approach to understanding complex systems. Scholars have recognized similar aspects of networks in a variety of physical and social environments, with origins in physical sciences, sociology, and increasingly economics. Despite a growing interest in political networks, particularly Transnational Advocacy Networks (TANs), political scientists have only included a few network theory concepts in their research. Neither political scientists nor network theorists seem to have exported their ideas and understanding of political processes. By addressing two connected topics, this paper intends to start a dialogue between network theorists and political scientists [1].

Researchers present two basic arguments based on the history of global human rights norms and the founding of Amnesty International (AI) in particular, concentrating on the process of norm development in networks. First, political power may be an emergent attribute of

networks, with scale-free structures being the most common. Central nodes may shape the endpoints to which the nodes collectively go by influencing the network directly or indirectly. Power, in turn, is effective, though not required, in resolving conflicts of interest within networks. Current network theory ignores the battle between nodes within a network over different outcomes, and how such conflicts might stifle efficiency or change network topology. Including distributional conflicts in-network, theory reveals a new and larger role for political power than previously thought. Our understanding of networks takes into consideration the distinctions between nodes, taking into account unique traits that may favor their ability to form connections with other nodes and therefore increase their network strength. While TANs are frequently lauded as self-organized, horizontal, and egalitarian alternatives to governments, as we illustrate in the case of AI, power may be critical in the early phases of advocacy network formation [2].

Second, network norms are also emergent features. Numerous norms struggle for adoption in the early phases of change, and many potential networks based on various forms or combinations of norms exist but are not yet engaged. Researchers suggest that the network that forms is not a consequence of the intrinsic goodness of one set of norms over another in the case of human rights standards, since the quality of any norm is impossible to determine before its manifestation in a network of shared adherents. It's also not the consequence of a matured network's lucky bubbling clusters of early adopters. Rather, at least in the case of human rights, the observed network crystallized from a range of viable options before the popular adoption of the norm, and this happened as a consequence of a central node with agenda-setting authority over the network's information flow. Although researchers do not claim that the qualities of competing ideas for attention at the time of formation were unimportant, they do discover that, at least, in this case, the network generated the standard rather than the other way around [3].

### *1.1 The Networks and Politics Theory:*

The foundations of network theory may be traced back to Paul Erdos' random graph theory and Stanley Milgram's early experimental work in sociology, among other sources. Networks have risen to unprecedented levels of significance as a result of the emergence of the Internet as a real-world phenomenon and the development of chaos or non-linear theories in the sciences. The politics of networks, however, have received little attention from network theory.

#### *1.1.1 Network Theory:*

Networks are often viewed as fluctuating along three linked dimensions in network theory: the number of nodes, the network density, the frequency of interactions between nodes, and the network structure, defined as the pattern of connections between nodes. These aspects, particularly structure, have then been utilized to study and explain the various networks' efficiency and resilience. Speed is defined as the number of steps or connections between nodes that a message must traverse before reaching its goal, while efficiency is defined as the capacity to send information across the network fast. Robustness, on the other hand, refers to the network's capacity to continue to operate after a node has failed or been removed from the network. As a result, networks are defined as a collection of linkages between nodes that varies in quality and amount of connections.

Each network is likely to have its own set of connections, and as dynamic systems, that pattern is likely to vary and develop over time. Despite this, three general structures have been discovered. In dispersed networks, all nodes are linked to their neighbors in generally identical ways, producing a lattice or grid. Hard-wired telephone or roadway networks are



analogous. Distributed networks are inefficient because sending across the grid necessitates a large number of steps, but they are very reliable since transmission via the network may be readily diverted through alternative channels if any node fails.

Nodes in clustered or tiny global networks are only linked to a few other nodes. Clusters form when ties between A-B and A-C suggest a greater likelihood than random chance that B and C will also be related. When a lot of long-distance connections are made between clusters, small global networks arise. Researchers show that a network may be very efficient even with a tiny number of long-distance connections, as indicated by the Kevin Bacon game, the famous six degrees of separation, or more intuitively those small world moments when one connects unexpectedly with friends or friends. Because the clusters are closely linked, small-world networks are very resistant to random failures, given that a sufficient number of long-distance connections exist [4], [5].

Finally, scale-free networks have a small number of nodes linked to a huge number of additional nodes that are not heavily coupled. The connections in such networks follow a power-law distribution, which means that the likelihood of discovering another node with  $n+1$  connections is always lower for each node with  $n$  connections. Hub-and-spoke systems are widely used to describe scale-free networks; two classic examples are airline systems that run via hub cities and the Internet, which has a diverse distribution of connections between webpages, such as Google vs personal websites. Scale-free networks need an increase in the number of nodes as well as preferred attachment, which is the propensity for new nodes to join previously linked nodes. Any network with these two features is scale-free, according to researchers. Because it is significantly more likely to be poorly connected than well connected, scale-free networks are extremely efficient and reasonably durable, as the random failure of any node has minimal influence on the whole. Scale-free networks, on the other hand, are susceptible to the collapse of their core nodes or hubs, which might have disastrous consequences. When a typical website goes down for a day, few people notice; but, when Yahoo was attacked, much of the internet was momentarily interrupted [6].

### *1.1.2 A Political Perception:*

Network theory, as it has evolved too far, does not handle concerns directly related to politics, although being intriguing and pertinent to many significant subjects. Several assumptions are included in that theory that, possibly unknowingly, rule out politics inside networks. Relaxing these assumptions pushes us to think about network analysis in new ways. More positively, when nodes are conscious agents capable of formulating and making utility-improving decisions, alternative outcomes have distributional consequences for nodes, preferring some over others, and nodes differ in their power or influence, a political approach to networks is required. When all three requirements are met, nodes will try to influence others in the network to achieve their goals, necessitating a more political or strategic approach to interactions.

#### *1.1.2.1 Choice:*

Nodes are often viewed as passive transmitters in network theory, rather than as strategic, active, autonomous players. This is especially true in disease transmission models; as afflicted nodes infect others without needing any action on their behalf. But the same is true even in small-world models, where the intermediate nodes are assumed to passively transmit the messages they receive when calculating the number of steps between the sender and receiver of a message; at most, some nodes fail, but the nodes themselves are not modeled as choosing whether to pass the message on to the desired target. Nodes, on the other hand, are individuals or organizations capable of making more or less informed decisions in pursuit of

more or less clearly defined goals in genuine social networks. This means that nodes must first consider whether other nodes have incentives to act in the manner that the network requires. Even if a node is dedicated to the aims for which the network was created and always fulfills its obligations within that network, other nodes are not required to be as dedicated or accountable.

Nodes may also decide whether or not to join networks. Opt-in and opt-out rules describe networks, with entrance and departure regulated by the nodes themselves rather than by a higher authority. Second, nodes must get a return from the network that is more than or equal to what they can get from their next best option, whether that's dyadic cooperation, unilateralism, or joining a different network. As a result, networks must produce advantages known as network externalities in economics that cannot be created otherwise. The reliance on A & B and A & C, for example, may allow interactions between B & C, who were previously strangers before joining the network. As a result, being a member of the network gives all members with extra exchanges between B and C beyond what they might obtain via purely bilateral interactions. This advantage binds networks together and makes them more appealing than their alternatives. This crucial feature is seldom mentioned explicitly in network theory, yet it is crucial to our research [7], [8]. Furthermore, the opt-out nature of social networks suggests that central nodes, as explained below, are limited in their capacity to misuse the authority they may obtain. Central nodes may influence the network to their benefit, but only to the point where members are undecided about whether to stay in the network or leave in favor of their next best option. The wider the variety of options available to members of a network, the less the central node will be able to take advantage of others.

#### *1.1.2.2 Interests:*

In network theory, all nodes are assumed to have the same or very comparable interests. In most situations, the difficulty to be addressed is efficiently transferring information. Despite some allusions to opposing motivations, such as the dining dilemma, this narrative and network theory, in general, do not include conflicting interests or nodes acting strategically in their interests. The researchers' examination of Toyota's perseverance in the face of a critical subcontractor failure, for example, is instructive. After the manufacturing facilities of a brake component supplier burnt down in February 1997, the manufacture of all Toyota automobiles in Japan through its legendary just-in-time supply system was threatened with a long-term halt. However, full production was restored within two weeks as other Toyota contractors covered the gaps in manufacturing. Researchers use this narrative to illustrate how resilient networks are to interruption, but it's as telling for what Watts leaves out for our purposes. As previously stated, all partners in Toyota's manufacturing network are only focused on resuming operations at the main facility as quickly as feasible. Without a doubt, all of Toyota's partners shared a desire to resume vehicle manufacturing as soon as possible.

Actors in political environments usually have competing interests. Sometimes these interests are zero-sum, with an increase in A's well-being coming only at the cost of B's, but more frequently, there are reciprocal benefits from collaboration but differing preferences for the kind and amount of cooperation to be chosen. Importantly, a deadlock over the distribution of profits might completely derail collaboration. Even when the parties have a significant common interest in cooperation, distributional considerations might take precedence. The issue with political networks, or any network in which nodes have competing interests, is not just delivering information, but also controlling and overcoming these competing preferences. As a consequence, players are likely to attempt to influence the flow of information and even the network's structure to their benefit. Many alternative rights exist in the case of human rights networks, as studied below. Even though most United Nations (UN) member nations

have signed human rights agreements encompassing various aspects of race, political and social rights, economic, societal, and cultural rights, and genocide, different countries and human rights supporters place more emphasis on certain rights than others.

### *1.1.2.3 Power and Influence:*

The assumption that all nodes are equally strong or influential is the last assumption inherent in network theory. This implicit constraint does not follow from the theory in any way, as explained subsequently. Rather, the assumption is only disclosed by the theory's silence. Because disparities in node capabilities aren't evaluated, it's safe to assume that such distinctions are inconsequential in the current network mindset. This is a serious error from a political standpoint: capacities are only unimportant when they are balanced, so one node has no more power than the others. Differences in capabilities may be safely overlooked if all nodes are engaged in the same harmonic endeavor. However, if nodes' goals aren't aligned, and they fight over opposing interests, discrepancies in capabilities can't be overlooked. Node variation has substantial consequences for how nodes appear structurally and normatively.

Endogenous power potential is generated by the same structural features that make a network more or less resilient. To put it another way, power is an emergent attribute of networks themselves, according to network theory. Critical nodes that, if removed, would severely impair the network, can impact others for the same reason. They may compel other nodes to comply with their requests by threatening to leave, up to the point where the latter is unsure whether to stay in the network or leave. The bigger the potential power of a node, the more important it is to the network's operations and the larger the network's advantages to its members. Alternatively, all nodes have power equal to their marginal contribution to the network. As a result, various patterns of connections in networks provide varied power potentials, which boost different nodes.

Following notions of the faces of power, power is divided in two ways. Power is more immediately coercive on the surface. Central nodes may threaten to cut off network ties to a specific node if it does not change its behavior, or they can offer additional links and elevate a peripheral node to a regional hub if it does. In the second face, power is utilized to build an actor's incentives indirectly. Most importantly, central nodes may impose limitations on network membership and exercise discretion over whether or not to send messages across the network, thereby restricting the sorts of data that are permitted. Central nodes wield control over members of a network by defining what it means to be a node or influencing the form and content of involvement, increasing the possibility that their choices, rather than the preferences of others, will be translated into results. This is how the International Secretariat (IS) for AI, located in London, uses its agenda-setting influence inside the organization, as we'll discuss below. In networks, this second face of power may be considerably more significant and less visible than the first, more forceful face [9], [10].

Given the redundancy of connections and the equal distribution in both kinds of architectures, both dispersed and small-world networks have limited possibility for power differentials. If the power exists in tiny world networks, it will be concentrated in the nodes with the finest cluster connections. In scale-free networks, on the other hand, highly linked nodes are likely to be the most powerful, especially when contrasted to less well-connected nodes. Central nodes may leverage the network's value to garner influence over other members because of their vital function and the network's inevitable break up if they are removed. These centers are more likely to be able to force their preferences on others when distributional disputes emerge. They will be able to lead the network in the direction they want while also extracting a bigger portion of the network's worth via their exertion of power through the second face.

The arrangement of interconnections inside the network determines the differential power of nodes. Central nodes may also use that structural authority to make the network more efficient and profitable to its members, hence increasing the central node's influence. Within networks, the creation of power is a dynamic and self-reinforcing process. First, by establishing and enforcing norms of conduct, the central node may lower the transaction costs of engaging within the network. Central nodes enable collaboration in the same way as international regimes do. Second, since central nodes create the network's norms, they may settle conflicts between network members by establishing rules that not only improve network efficiency but also defend the network's authority. Members of the Linux open-source community, for example, have an implicit and explicit understanding that any modifications to the code must go through a lengthy submission procedure that is eventually authorized or denied by creator Linus Torvalds. Changes to the code may potentially be uploaded by anybody, but they must first pass through a centralized testing and assessment mechanism. Third, a central node may "expand" the network by recruiting new members on behalf of others. Given preferred attachment and the advantages, it gets from a high number of connections; the central node reaps these private benefits while the network reaps the benefits of the other nodes. By making the network more useful to everybody, central nodes raise the worth of their networks while also increasing their control over other members [11], [12].

In the early phases of network development, power may be the lowest and, paradoxically, most crucial. All networks are exceedingly vulnerable in their embryonic state. The network provides little externalities that link members into the group when there are few members. The sum of its components is not yet significantly bigger than the sum of its parts. Appropriate actions aren't clearly defined, and data on members is limited. There are few reciprocal relationships and only shaky reputations, which would otherwise enable self-enforcement mechanisms to thrive. With limited gains from network collaboration and high levels of uncertainty, it is doubtful that any social network could take off without the presence of a central node with some clout.

More valued networks that create bigger advantages for their members, more easily accessible information, or better-formed rules of conduct, on the other hand, may enable networks to flourish and thrive even in less centralized forms after they have succeeded. The mature network seems to operate by self-enforcement, owing to the significant individual and communal rewards for all members. researchers believe that there is a significant life cycle in networks that are overlooked by those who exclusively research well-developed or successful networks. Self-reinforcing networks based on reciprocity may likely mirror previous, more power-based arrangements, and in times of crisis, they may express the power that has been dormant in central nodes [13].

The various tastes and capacities of members push analysts to reevaluate the traditional knowledge of networks as generally flat and weak entities, as seen by the numerous faces and development of power in networks. The most well-connected nodes in a network have and utilize the power to translate their preferences into results while also giving value to the network. Nonetheless, the opt-in and opt-out structure of social networks limits the central nodes' ability to wield authority. To keep members, central nodes must utilize their influence to make the network sufficiently useful to members so that they will join instead of leaving for the next best chance. Members may deliberately accept others' control over them, and that power may make them better off than they would be without the network, but it does not make the exercise of that power any less manipulative.

## 2. DISCUSSION

Networks are often characterized by criticality, a situation in which minor perturbations propagate across the network in a global cascade as a result of their connections. Network theorists and, of course, political scientists working on norm dissemination have been quite interested in this problem. Researchers propose a model of social spread based on percolation theory in a non-political approach to networks. Researchers demonstrate that innovations that emerge in fragile clusters of early adopters might obtain a footing and then potentially propagate across the network, assuming that nodes are affected by and adhere to the ideas of people to whom they are related. These percolating vulnerable clusters must be tightly connected among their member nodes so that internal peer acceptance reinforces the initial innovation, loosely connected to the rest of the network so that early adoption is not hampered by external peer disapproval, and yet well-connected to the network so that the innovation can eventually spread beyond the initial cluster. The conditions for dissemination are a Goldilocks problem: the susceptible cluster must have neither too many nor too few linkages to the remainder of the network. As a result, although dissemination is completely explicable ex-post, it is very difficult to predict ex-ante. Nonetheless, it may explain the stylized fact that new norms emerge in a counter-cultural elite that is well-educated and well-connected on a global scale but outside the dominant political mainstream, allowing ideas to gain acceptance in a core group but then spread throughout the network, at least for the human rights movement.

However, a major flaw with this strategy is that it implies the existence of a pre-existing network. Nodes are already communicating, and how innovations take root and propagate throughout the network is detailed. This may be useful in certain cases, but it cannot account for diffusion where there is no pre-existing network. In the case of human rights, a worldwide network was not already in place; it had to be established. Although a small number of activists already existed, the remainder of the network had to be built node by node. Nodes that already existed for different reasons had to be recruited into the human rights movement. In far-flung regions of the globe, new nodes have to be identified or put together. Importantly, since the network itself did not yet exist, the norms could not propagate on their own. Network diffusion models are less important here than network formation models, which seem to be far less established.

A second issue is that the model overlooks politics and the consequences of power imbalances among nodes. In the diffusion process, the substance of the invention and how nodes judge it is irrelevant. All that is required for an invention to spread is for nodes to wish to be like the nodes with whom they are linked, and for innovation to occur by chance in a cluster that is neither too highly connected nor too poorly connected to the broader network. Watts' model may be adequate for describing fads and other social innovations that do not impose differential costs on nodes and to which he confines his consideration. However, it seems to be unsuitable for explaining how innovations with significant unequal benefits, such as human rights, might take root and spread widely.

The preceding discussion provides a second, more political model of network formation and dissemination. Unlike Watts' model, the issue isn't the transmission of a completely new idea across an existing network. Rather, we are interested in the broad activation of a specific set of beliefs with various costs and benefits from a wider universe of existing beliefs, which results in the formation of a network where none previously existed. Nucleation, the random production of seeds that attract more molecules and ultimately form crystals from supersaturated liquids, is the physical analog. Diffusion is the crystallization of a specific network from a large number of alternative networks.



In very simple words, the process of political crystallization has three fundamental stages. There is a diverse population at the start, before the network emerges, with various choices over outcomes, in our case, different preferences over alternate sets of human rights. There is no natural central institution within this primordial mix of varied tastes. Given that a norm only becomes a norm when a sufficiently high number of people adhere to it, it's difficult to conclude that one set of preferences is better or more preferred than another. At this point, ideas compete with one another, but none of them wins. However, in the second stage, a little cluster or seed emerges. In our case, a small group of people who believe in and prioritize a certain set of human rights comes into touch with one another. These encounters might happen at random, as a by-product of previous interactions, or purposefully in reaction to events in the environment, as in Watt's model. This is a significant juncture in the network's evolution. If the number of newly linked nodes is insufficient, the prospective cluster will dissolve back into society's broader liquid. When a cluster becomes big enough, though, it starts to cohere and work together to produce value in a network. In external circles, the members' combined voice is stronger than their voices. They become more effective as a result of the knowledge they exchange. The fledgling network offers incentives for its members to remain in touch and collaborate by providing value to them.

The network starts to attract new members in the third trimester. Others who favor closely similar sets of norms convert or at least express support for the cluster's norms to get access to the network and its advantages as the network grows in value. As a result, the initial seed becomes a central node, which starts to wield influence over other nodes indirectly by determining who participates in the network based on whose normative ideas. With each cycle, the network develops and its value rises, attracting the next most closely connected group of believers. Clusters that grow big enough, like seeds, attract additional members, resulting in the formation of an ordered, rigid structure from a chaotic society; in this third stage, the system passes through a phase transition from one state to another. A bigger network emerges from the original cluster, focusing on the beliefs of that cluster. The stronger the draw of participation and the higher the power held by the center, the greater the value generated by the network. In this approach, the seed's early success feeds back on itself: as the network's value grows, more nodes are ready to compromise on their preferences to get access to and enjoy the advantages of participation in the network. And the more value the network generates, the more power the central node has to steer the network as a whole towards its desired outcomes.

As previously stated, power is both a required and emergent component of the diffusion process. Other nodes are more likely to be indifferent between participation and departure if the center abuses others and takes a disproportionate amount of the network's advantages. Exploitative centers deplete the value of others in the network, making network expansion difficult. If the center limits its demands and offers information and conflict resolution processes, it not only gains power, but also creates a bigger, stronger, and more valuable network that, in turn, disseminates its preferences more widely. Innovations do not diffuse outward from a percolating cluster to an existing network in this model of network development; rather, a network develops from the cluster or seed. Similarly, it is not that one set of ideas is more normative than another; rather, a certain collection of ideas is adopted by the seed and then draws further followers as a result of the value the network generates. One network is formed from the greater universe of potential networks by recruiting new members who profit from their involvement. In our scenario, one set of beliefs about what comprises human rights is embedded in a network and, in the end, favored over other alternative sets of ideas that were all about equal at time zero. In terms of substance, the seed determines the network's agenda. The following section delves into the origins of the human

rights network, AI, and how this NGO's unique interpretation of human rights grew to dominate, and eventually became the standard.

The core node's strength may seem to wane over time. The network seems to become self-sustaining after the invention has spread widely and a network has formed around some ideas but not others. The network's initial value draws more followers, who in turn give more value to the network, and the prospect of exclusion motivates everyone to follow the network's norms and practices without the need for explicit threats and punishments. At this point, the original invention has become normalized to the point that nodes in the network can hardly believe it could have been any other way. Nonetheless, even though it is seldom shown, the central node's strength remains hidden in the background and becomes stronger with the network's success.

### 3. CONCLUSION

The instance of Amnesty International (AI) and the processes it depicts have significant implications for network theory. Networks, particularly advocacy networks, are intrinsically political structures that need a political explanation precisely because diverse rights exist and people, communities, and governments have varied preferences over these rights. Networks raise issues of choice, interests, and power, in addition to those of efficiency and resilience. Furthermore, the example of AI shows how authority and norms arise as emergent aspects of networks that cannot be assumed. AI developed an agenda that garnered common supporters as an early mover with a specific understanding of human rights. The original objective drew additional followers into a movement as their collaborative efforts reinforced one another. As the term "seed" implies, success breeds more success. However, as the organization grew, not only did it spread a certain view of human rights, but the central node's influence grew as well.

As a consequence of AI's work in future related studies, a set of standards focusing on inmates' rights must be established. Even though additional human rights were included not just in the Universal Declaration of Human Rights (UDHR) but also in following more enforceable agreements, a subset of them must draw attention from NGOs and states' rights, which AI had focused its work on. As a result, our research demonstrates the impact of network topology on how norms evolve in a network.

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## CHAPTER 4

### A BRIEF STUDY ON CONCERN OF CHILD MARRIAGE IN INDIA

Dr. Narasimha Murthy S V , Associate Professor,  
Department of English , Presidency University, Bangalore, India,  
Email Id-narasimhamurthysv@presidencyuniversity.in

#### ABSTRACT:

One of the most essential social institutions is marriage, which is a method of producing a family through which society may continue to exist. This social process is expressed through traditions as well as symbols. 45 percent of Indian ladies under the age of 18 are married. Females from poor or below-poverty-line (BPL) homes make up the bulk of those who marry before the age of 18. Domestic abuse (beatings, slaps, or threats) and health issues affect over 80percent of girls. Pregnant females under the age of 18 are more prone to complications, and there have been cases of death. Girls below the age of 15 had a five-fold higher risk of dying after giving birth than women in their twenties. Young women under the age of 18 have a high rate of fertility. Indications of sexual violence, as well as post-traumatic stress disorder in child brides, include feelings of despair, helplessness, as well as severe depression. Teenage girls as well as young females with higher and secondary educational levels are less likely to marry well before the age of eighteen than illiterate young women and girls. Women who live in poverty are also more likely to marry their children than women who live in a better socioeconomic situation. As per the findings, enhancing females' educational possibilities and giving financial aid to low-income families will end teen marriage among Indian women.

#### KEYWORDS:

Domestic Violence, Depression, Early marriages, Mental Health, Poverty.

#### 1. INTRODUCTION

Child marriage is one of the most urgent concerns in Indian society. Despite current law in India establishing eighteen as the minimum legal age for girls' marriage, a large number of teenage females in the 15-19 years age range are engaged, as well as a baby has been born to every second married adolescent female. Rajasthan has the greatest number of girls who have never married, according to RGI statistics (41.8%) among 15-19-year-old immature girls in India (22.6%), followed by Bihar (33.2%), M.P(31.1%), Jharkhand (31.2%), as well as Andhra Pradesh (30.4%). . (32.3 percent). Bhilwara, with 61.9 percent, is the most populous district in Rajasthan [1]. Child marriages have been performed in India for decades, with youngsters wedded off before they have reached full physical as well as mentally developed. Religious practices, societal norms, economic factors, and deeply held biases all compound the issue of child marriage in India[2].Child marriage is a significant human rights abuse that causes long-term physical, psychological, and emotional trauma, regardless of its origins. Sexual activities begin quickly after the wedding, and pregnancy and birth at an early age might result in both the woman's and the children's death. Girls who marry when still in their adolescent years are likewise more likely to face domestic abuse at home. In India, early marriage becomes a key source of worry.

A child's right to proper health, nourishment, as well as education, is violated by child marriage. Early marriage is well-recognized as making females more vulnerable to violence, abuse, as well as manipulation [3]. Marriage has a tremendous emotional influence, psychological, intellectual, and physical on both boys as well as girls cutting off academic options as well as prospects for personal growth. While males are also impacted by child marriage, girls are affected in considerably greater numbers and with greater intensity, to the point where almost half of the women aged 18 to 29 (46%) and more than a quarter of men aged 21 to 29 (27%) are reported to have married before attaining the legal age of marriage (NFHS III). Cultural influences, social customs, and economic pressures, in combination with inequality and poverty, are thought to be the primary causes of marrying young. As a result, the concern about child marriage is complicated by a variety of social, economic, cultural, as well as societal factors [4].

In pre-independence India, legislation prohibiting child marriage was enacted in 1929. The purpose of the Immature Wedding Limitation Act of 1929 was to prohibit the solemnization of early marriage. In recent years, the Union Government has attempted to curtail the practice by abolishing the Child Wedding Limitation Act of 1929 as well as enacting the more enlightened Prevention of Child Marriage Act, of 2006, which contains penalties for those who execute, authorize, or encourage child marriage. The marriage of males under the age of 21 and girls below the stage of eighteen is categorized as child marriage under this Act. It also allows for the annulment of child marriage and grants a separated woman the right to maintenance as well as a residence from her spouse if he is beyond the age of 18 or her in-laws if he is under the age of 18 until she remarries.

In November 2007, the Act went into force. States have the authority to create regulations for implementing and carrying out the requirements of this law. According to data supplied by the States, 24 States have enacted legislation and 20 States have designated Child Marriage Prohibition Commissioners. The Central Govt. meets with state governments regularly to request the appointment of Child Marriage Prohibition Commissioners as well as the publication of state rules. In Colonial India, the Child Marriage Restraint Act of 1929 was the very first effort to control early marriages. Much later, in 2006, the Prohibition of Child Marriage Act repealed the prior Act and declared such weddings illegal. The next section will go through these reenactments. Even after this ordinance to the colonial law, as well as various government and non-government attempts to educate people about the dangers of marrying young, prejudices and beliefs that underpin the preference, persist in India, particularly in rural areas as well as among socially marginalized crowds such as Muslims, Other Backward Classes (OBCs), Scheduled Tribes (STs), Other Backward Classes (OBCs) and Scheduled Castes (SCs).

Since it undermines the fundamental human rights of women, the detrimental practice of child marriage is recognized as a human rights violation. A girl's schooling is interrupted, her financial and economic opportunities are limited, and she is denied the chance to experience her childhood. By 2030, the United Nations' Sustainable Development Goal 5 intends to abolish all kinds of discrimination against women and girls, including young, children, and even forced marriage. The rights of girls to be safeguarded against harmful practices such as child marriage, female genital mutilation, and gender discrimination has been recognized in a series of global promises [5].

"Marriages shall be entered into only with the free and total permission of the intended spouses," according to Paper 16(2) of the Universal Declaration of Human Rights, 1948. According to Paper 16 of the 1979 Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW), women have had the same rights as men to

"openly can choose partners as well as enter into getting married with only their free and full consent," and "the marriage alliance, as well as the marriages of a child, shall have no legal effect" (United Nations, 1979). Furthermore, the UN Convention on the Rights of the Child (CRC) states that children have the "right to be safeguarded against harmful practices, abuse, or manipulation."

## 2. LITERATURE REVIEW

P. Paul studied this paper looks at the cases of child or early marriages among Indian females, as well as trends and socioeconomic determinants. It's established by the National Family Health Survey's (NFHS) data. As per these statistics, the incidence of marriage amongst female children has declined dramatically from 1992–1993 (NFHS-1) as well as 2015–2016. (NFHS-4). Its occurrence among age cohorts has likewise decreased significantly in recent years. Child marriage, on the other hand, persists among illiterate, impoverished, especially rural women [6]. According to the findings of multivariate logistic regression, the greatest major determinants of female child weddings in India are educational attainment and household financial status. Girls as well as young females having secondary or advanced educational stages are significantly less likely to be wedded well before the age of eighteen than uneducated girls and young women.

R. Seth et al. proposed that the socioeconomic factors of child marriage in India must be mapped since a child, as well as an early wedding, must be documented as a societal as well as medicinal concern. The authors examined societal factors of child marriage while delivering public mobile health facilities in the countryside Mewat Region, India, for this qualitative case study. Report on a Case: Two clinical scenarios are presented: a juvenile who is engaged to be wedded and a young woman who was wedded as a teenager but experienced serious health problems when her husband departed her. Assumption: Major societal variables were recognized as patriarchy, coercion, communal conventions, and norms. The two stories show how societal norms impact intergenerational norms, resulting in irrational decisions and child marriage [7].

B. S. Lal studied that among the most essential social institutions is marriage, which is a method of producing a family through which society may continue to exist. Rituals and symbols are used to express this social process. In India, 45 percent of females under the age of 18 are married. Niger leads the globe in child marriage under the age of 18, with 74.5 percent, followed by some regions like Mali, Chad, Guinea, and Bangladesh as well as the Chief African Republic, with 71.5, 70.6, 66.62, 63.1, & 57 percent, respectively. The majority of females who marry before the age of 18 are from impoverished or below-poverty-line (BPL) families. Domestic abuse (beatings, slaps, even threats) and health issues affect over 80 percent of girls. Pregnant females under the age of 18 are more prone to complications, and there have been cases of death [8].

P. Modak states the purpose of this study is to look at the factors that influence the marriage of girls in India's high-prevalence states. The study's goal was to look at several traditional, socioeconomic, village-level, and demographic elements which are essential in influencing determinants for girl-child weddings in high-occurrence Indian states. Secondary information of 1,25,549 females who remained wedded off quickly was analyzed using binary logistic regression. Individual and family socioeconomic as well as demographic variables, such as place of education, residence, caste, and religion were shown to be major determinants in predicting girl-child weddings in high-occurrence states in India, according to the conclusions of this study [9].

F. Rofiyarti proposed the number of incidents in India demonstrates that there has remained a traditional change. In addition to the existence of a criminal, child marriage is connected to a repetition that is close to slavery. Teenage marriage has several detrimental consequences, as per the United Nations Children's Fund [UNICEF's] State of the World's Children 2009 statement, comprising the circumstance that conception at a juvenile or small age (women 15-19 years old) leads to infant mortality. Even if the infant survives, there will be several nutritional as well as cognitive issues. The authors of this study intended to determine whether, despite the conditions of today's weddings in India, is still a reflection of cultural values continuity?? is a form of organized crime based on the number of instances and the resulting negative consequences [10].

### 3. DISCUSSION

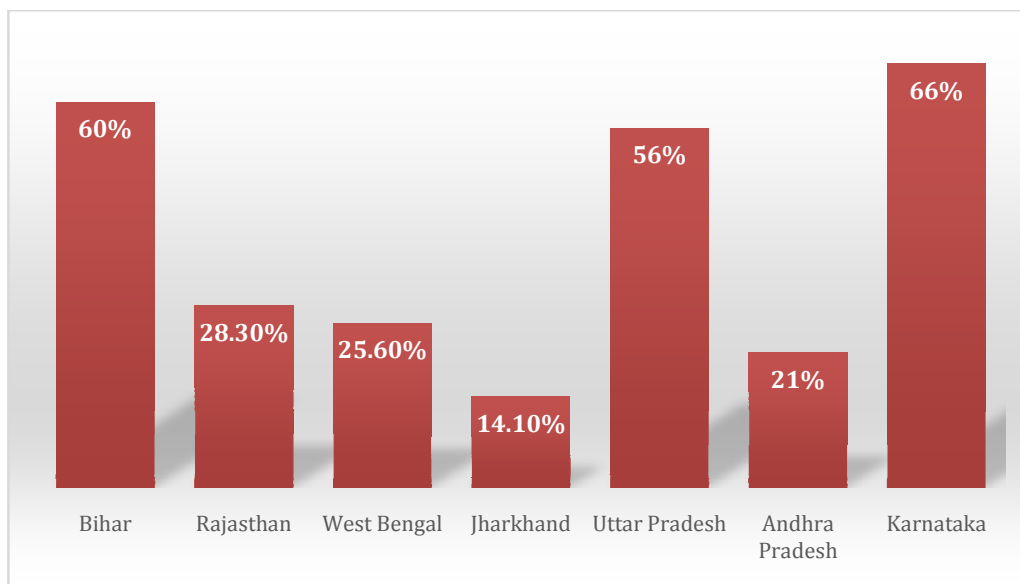
Law and order had not yet become a widespread occurrence in the medieval era, and uninformed commands were focused in the needles of a hierarchy commanded through a tyrannical ruler. The Sultanate of Delhi, who held the position of autocratic king in India, came from a distinct civilization. Orthodox in their views and fanatical in their devotion to their faith, they used a merciless means to spread it. They were as intolerant of all kinds of worship other than their own as they were of followers of additional trusts. Women, as is customary, were the victims of any conflicts, fire, plunder, etc. These were commonplace during the rule of the Delhi Sultans, as well as Hindu women bore the brunt of them. During these terrible days, practices such as teenage marriage as well as the selection of females from the rest of civilization or society, as well as the wearing of the Ghungat, were born (covering). These times also spawned rituals like Sati, which regarded the birthing of a girl child as a terrible omen and also saw newborn baby daughters murdered in a vat of milk. The appearance of unmarried young females in the middle of uncertainty was a potential invitation for disasters.

The legal average age of marriage in India is eighteen for women and twenty-one for men, according to Section 6 of the Hindu Marriages Act, 1956. The Prohibition of Child Marriage Act makes any wedding of a person younger than this illegal or penalized in India. In India, child weddings are still common, especially around the Hindu holy day of Akshaya Tritiya. Horoscopes read by pundits have traditionally been used by Hindus to decide the date of their marriages. On the other side, certain dates are seen as so lucky that no expert is necessary. One such day is Akshaya Tritiya (also known as Akha Teej), the third day of Vaishakh, which occurs in May on the Hindus calendar. Many weddings take occur during this period. Several of them, unfortunately, are child marriages. In many parts of India, it is a religious tradition that is tough or harder to change.

And here is the essence of the issue: child marriages reflect the truth that, like sati, women, and girls are considered as "property" or "wealth" that "belongs" to someone: her husband, family, or parents, as well as in-laws. If she waits too long to marry, she will be seen as a nuisance by her own family. In such societies where early marriages occur, a "bride price" system already exists, in which the husband's family must pay a quantity of cash in exchange for the bride once the daughter weddings. Rather than making things better, this system encourages families to marry off their daughters so that they can earn money. In any event, because girls are often younger than males, child marriages are more harmful to girls than to boys. Any schooling that girls may have had comes to a stop with married. Girls' health suffers tremendously if they fall pregnant when still young since their organs are normally unsuited to bear children.

The origins of child marriage are unknown, however, it is thought to have been widespread over the globe before the nineteenth century. Girls were forced to marry off as soon as they reached puberty. The Dharamsatra also makes mention of this. Furthermore, it is a crime on the part of the parents to marry off a daughter before she reaches puberty or after she has reached puberty for more than three years, according to Manusmriti. A boy is also obliged to be married off before he reaches the age of sixteen.

In rural areas, child, as well as early marriages, is much more prevalent than in metropolitan areas, according to the National Family Health Survey 2005-06. This demonstrates that in urban regions, rules against underage marriage are more efficiently applied than in countryside regions. The greater percentage of child marriages in rural regions might be due to a socio-cultural value system as well as economic backwardness. Child marriage rates are greater in Andhra Pradesh, Rajasthan, West Bengal, Jharkhand, Uttar Pradesh (UP), and Bihar as shown in Figure 1. Which represents the percentage of women who married before they became eighteen years old.



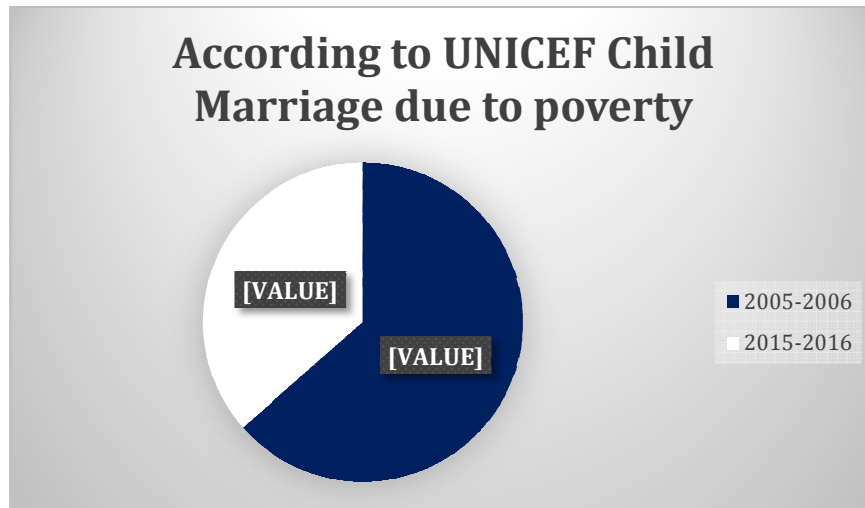
**Figure 1: Represents the percentage of women who married before they became eighteen years old.**

### 3.1 Child Marriage due to Poverty:

Marrying their daughters at an early age is just a strategy for economic survival for several impoverished families; one fewer person to feed, and clothing, as well as educated means one fewer person to feed, clothe, and educate. In Asia and Africa, the importance of financial activities at the time of marriage motivates families to marry their girls early. For instance, in several Sub-Saharan communities, families receive a higher bride price for a daughter who married as she approaches adolescence. In Bangladesh, India, Pakistan, and Nepal, families feel that giving a dowry during their daughter's wedding will be simpler if she marries sooner. Child marriage is significantly more common in poorer countries and places across the world, and it is concentrated among the poorest households in those countries. In Senegal, for example, a woman from a poorer family is 4 times more likely to marry as a child than a female from a wealthier one. Apart from early marriage, families in destitute settings have few options for their daughters. As shown in Figure 2. Early or Child marriage ratios in India

were expected to be approximately 47 percent in a UNICEF research issued in 2005–06. As per a novel report delivered by UNICEF, this amount fell to 27% in 2015–16.

Early marriage is still the most communal in the world's poorest nations, and it is focused on those countries' poorest families. It has a strong relationship with poverty and a lack of economic progress. Child marriage is frequently considered a solution for low-income families to prepare for their daughters' future. Girls who marry young, on the other hand, are more likely to be impoverished as well as stay poor. Child marriage is a worldwide issue that affects at least 117 nations. Child or early marriages is most mutual in South Asia, the Middle East, as well as Latin America. Whereas the practice is gradually decreasing in proportion, the drop is not evenly distributed throughout all nations where it is often practiced.



**Figure 2: Shows Child Marriage due to poverty [UNICEF].**

### 3.2 Child marriage due to education and economic option:

Getting married at a young age is often associated with having very little schooling. On the other side, going to school and gaining more information prevents females from marrying young. Several countries place a lower focus on female education than on teaching males. Schooling and professional training may be disregarded when a woman's major obligations are seen to be those of a wife, mother, and homemaker [11]. Even when disadvantaged families want to send their daughters to school, they often don't have access to decent schools in the region or the financial resources to pay for school fees. It is usually safer and more financially lucrative to spend scarce resources on educating males than girls. As a consequence, parents are obliged to consider child marriages for girls as the only viable option [12].

Among the most important variables of human capital creation is education. A person's productive capability is determined by their degree of education. Educational investment levels influence educational achievement as well as human capital development, promoting economic growth and development. The quantity of money expended on somebody's schooling affects her or his capability development. In every developing country, females have fewer opportunities for education as well as promotion than males. In general, parents pay for education differently for girls and boys (Females and Males). Female children, on the other hand, are seen as a burden as well as a strain on the family's economic basis, and even as somebody else's property to be handed to someone in marriages, whereas male children are treated as bright future assets as well as the families' economic base. As a consequence of



this discrimination in child education spending, female children are given little or no attention. An inspection of teenagers' enrolment in AP reveals how discrimination towards girls is implemented. In AP, more than 90% of government schools have more girls than boys enrolled, while private schools have more boys than girls enrolled. People consider marriage as an easy way to avoid spending money on a girl's education.

### *3.3 Factors motivating child marriage:*

Females sit at the crossroads of economic activity, human care, production, and reproduction and hence economic and human advancement. In both spheres, they are active players. Females, on either hand, face lots of discrimination. It all begins at birth and finishes at the death. Prejudice can be found in the workplace, employment, education, the family, and the socio-political environment. Gender discrimination is also reflected in the child marriage practice. Child marriage appears to be influenced by several circumstances.

- **Evading spending on female schooling:** Human resource growth is critical to economic growth; efficient human resources as well as human capital is required for the successful utilization of physical capital. A person's productive capability is determined by their degree of education. Educational investment levels influence educational achievement as well as human capital development, promoting economic growth and development. The quantity of money expended on somebody's schooling affects her or his capability development. In every developing country, females have fewer opportunities for education as well as promotion than males. In general, parents pay for education differently for girls and boys (Females and Males). Female children, on the other hand, are seen as a burden as well as a strain on the family's economic basis, and even as somebody else's property to be handed to someone in marriages, whereas male children are treated as bright future assets as well as the families' economic base. As a consequence of this discrimination in child education spending, female children are given little or no attention. An inspection of teenagers' enrolment in AP reveals how discrimination towards girls is implemented. In AP, more than 90% of government schools have more girls than boys enrolled, while private schools have more boys than girls enrolled. People consider marriage as an easy way to avoid spending money on a girl's education [13].
- **Minimizing Wedding Expenditure:** In most families, the spouse has a higher standing than the wife. He is, of sequence, thought to be most accomplished than his wife. When it comes to academic qualifications as well as experiences, the spouse is estimated to have an advanced level of education than the wife. Many people have had the experience of trying to locate a bridegroom who matches the bride's educational qualifications, only to find that bridegrooms with greater qualifications suppose extra dowry and also other items. If the female is well-educated, the partner must be more knowledgeable than the bride, and there should be higher dowries. As a result, the higher the girl's education, the higher the marriage cost [14].
- **The poverty of Family:** In most families, the husband has a higher standing than the wife. He is, of course, supposed to be more capable compared to his wife. The spouse is supposed to have a greater degree of education than the wife when it comes to academic credentials. Many people have had the experience of trying to locate a bridegroom who matches the bride's educational qualifications, only to find that bridegrooms with higher educations are supposed to have higher money or dowry as well as other items. If the woman is educated, the spouse must be more educated than the bride, and there should be higher dowries. As a result, the higher the girl's education, the higher the marriage cost.



- **Social Insecurity:** One of the societal variables that contribute to the child marriage system is social security. A married lady is thought to be safer than an unmarried woman when it comes to criminal activities. Married ladies are viewed differently by males than unmarried girls. Unmarried girls are considered as having nefarious motives. Violence against unmarried girls/females is motivated by nefarious motives. Families rush or hurry to wed their daughters as quickly as she arrives at puberty or earlier to shield them from crimes, assaults, as well as mocking.

### 3.4 Problems:

- **Early Pregnancy-Health complications:** Early pregnancy and child marriage are unavoidable consequences of child marriage, resulting in a slew of health issues. She will be unable to deal with changes in her body throughout pregnancy if she is unaware of her physiological situation. Elderly ladies are also unable to provide her with suitable guidance. During pregnancy, birth, and the post-delivery period, older women used to keep a close eye on the situation. Older women, on the other hand, may not have the same level of competence as younger women, nor do they have the same positive attitude toward addressing trained medical specialists. In emergency scenarios, this kind of setup might lead to a reliance on local quacks.
- **Drop in the Higher Potency Stage Groups:** Whenever a female is wedded before she becomes sixteen, she is much more likely to have multiple babies, which can lead to an unwanted pregnancy. Females are obliged to undergo a pregnancy and bear the kid due to a lack of access to modern medical methods to prevent or postpone conception.
- **Incapability to Plan or Manage Relatives/Families:** Females who marry while they are young have a higher chance of having more babies than females who marry later in life. Those Teenagers' who wedded below the age of fifteen had an overall of 4.96 children, those wedded between the ages of 15 and 17 had an aggregate of 4.15 children, and those who married after the age of 18 had 3.12 babies on average. Young mothers have less control or influence over their children, and they are less competent in making important decisions about their children's diets, medical, as well as household maintenance.
- **Wishing for Male babies:** Females were compelled to consider as several times as they could unless they give birth to a male kid because they want one.
- **Effect on the sexual health of females or girls:** Young or teenage girls may suffer substantial physical discomfort while sexual activity due to the natural immaturity of their sexual organs. Obstetrics perforation (perforation of the bladder or intestine as a result of prolonged labor) is a frequent early pregnancy problem [15].

## 4. CONCLUSION

The early or Child wedding is still common in several parts of the world, affecting mostly countryside or rural girls with lower levels of education, and posing social and medical concerns to these young moms and their children. The key motive of this paper is to reduce child marriage among Indian girls, as well as trends and socioeconomic variables, which are also investigated in this paper. It's established as per National Families Health Survey's data Eliminating early marriage is a good place to start. The findings of this study propose the following techniques for dealing with this issue. Examine the customs nearby child marriages. Build a supportive network of leaders as well as instructors who can help girls negotiate with their families by teaching families, concerned citizens, and especially young people about the negative repercussions of child marriages.

Increase child marriage education for health as well as community workers, equipping them to be champions & change agents in their communities and institutions. To end child weddings community networks including collaborations with girl's organizations, instructors, elders, females, and youth groups, community as well as religious leaders, and others must be strengthened and built. Finally, given the factors that contribute to early marriages, every attempt must be taken to change parents' and society's gender biases through decent education on the one side as well as poverty reduction on another.

Rituals and symbols are used to express this social process. In India, 45 percent of females under the age of eighteen are wedded. The popular females who marry earlier at the age of eighteen are from impoverished or below-poverty-line (BPL) families. Domestic abuse (beatings, slaps, or threats) and health issues affect over 80percent of girls. Pregnant females under the age of 18 are more prone to complications, and there have been cases of death. Girls under the age of 15 had a five-fold higher risk of dying after giving birth than women in their twenties. Young women under the age of 18 have a high rate of fertility. Indications of sexual abuse, as well as violence and post-traumatic pressure disorder in child brides, include feelings of despair, helplessness, as well as severe depression.

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## CHAPTER 5

### A COMPREHENSIVE REVIEW ON THE ROLE OF EDUCATION IN THE ECONOMIC GROWTHS

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Dr Shiny K G, Associate Professor,  
Department of English , Presidency University, Bangalore, India,  
Email Id-shiny.kg@presidencyuniversity.in

#### **ABSTRACT:**

The impact of education quantity and quality on economic development is explored in this research. The main objective of this review is to demonstrate the influence of education on labor productivity, poverty, trading, technologies, healthcare, distribution of income, as well as family structure in the context of economic growth. This research concluded that education quantity, as evaluated by enrolment ratios, employing a variety of proxy variables for the amount and quality of studying in a cross-section of low and medium-income nations, unequivocally influences economic growth in a cross - sections of low and middle-income nations. Government spending has a primarily indirect effect on economic development since it improves educational quality. the link between education as well as economic growth; the ramifications of a change in the debate over education's role in the "knowledge economy"; the link between higher education and regional development, including the role of universities in advancement; and the impact of universities and public research centers as economic growth drivers. As a result, future scenarios have been studied, as well as policies have been established. The goal is to guarantee that education is of the best possible quality and that it is accessible to all members of society without discrimination. Let's take a look at some of the projects that the government hopes to complete effectively.

#### **KEYWORDS:**

Economic Development, Education Quality, Human Capital, Higher Education, Institutional Role, Poverty, and Trade.

#### **1. INTRODUCTION**

The main purpose of this study is to demonstrate the influence of education on labor productivity as well as poverty, trading, technologies, healthcare, distribution of income, as well as family structure in the context of economic growth. Education lays the foundations for progress, laying the foundation for much of our economic and social well-being [1]. It is essential for improving economic efficiency and social cohesion. It helps to lift the poor out of poverty by enhancing the values and effectiveness of their labor. It improves the labor force's total productivity and intellectual flexibility. It aids in ensuring a country's competitiveness in today's global marketplaces, which are defined by rapidly changing technology and manufacturing processes. By promoting a child's early integration with such a variety of social or ethnic groups, schooling contributes significantly to nation buildings interpersonal compassion [2]. Researchers accounted for the causation in the path of education to economic growth. An increase in education may have a favorable (or big) influence on Gross Domestic Product (GDP) growth in some circumstances, while it may have a negative effect in others (or small). Nonlinearities become more important in the

understanding of the link between schooling and economic growth since the influences of education may change at various stages [3].

They propose that a nation's economic growth performance is influenced by the growth of its human wealth and, as a result, by educational accomplishment. Education is an important factor in economic well-being since it enhances the human capital of a country's workforce [4]. In this work, we assume that a country's population able of utilizing new information would perform much better; as a result, education is viewed as a conduit for economic growth since it is an inherent method for knowledge absorption. We examine the existence of nonlinearities in secondary and tertiary education using time series approaches [5]. Education is essential for a variety of reasons, but this research focuses on its contribution to the economy as well as its results. The store of skills, abilities, and some other productivity-enhancing traits can be characterized as education. In general, schooling, as an important component of a country's human capital, improves individual worker productivity and helps economies move up the value chain beyond manual labor and basic production methods. Human resources have long been regarded as the most distinguishing aspect of the economic system, and new research has objectively demonstrated the influence of education on increased productivity.

## 2. LITERATURE REVIEW

L. Wößmann et al. state the importance of increased education, which is a cornerstone of most development strategies, has sparked debate because increased school attainment does not guarantee enhanced economic circumstances. The role of education to promote economic well-being is examined in this paper, with a particular focus on the quality of education. It concludes that there is considerable evidence that population cognitive skills are improving, instead of school achievement, and are strongly linked to individual earnings, income distribution, and economic growth. New empirical findings highlight the relevance of both basic and advanced skills, as well as the complementarity of abilities as well as the efficiency of economic institutes, also the resilience of the skills-development link [6].

T. R. Breton Suggested a survey that investigates the importance of education in economic growth from both a theoretical and historical perspective, describes why education has historically been a limiting factor in determining development, quantifies the direct and indirect impact of education on economic growth, calculates the marginal national return on investments for 60 countries, and considers political consequences. According to the findings, the national marginal product of education in highly educated nations was over 10 percent in 2005, whereas it was over 50 percent in poorly educated nations. Because the direct benefits of education are insufficient to compensate for the high cost of private finance, these benefits necessitate government investments [7].

T. T. Zhu et al. Studies on Central China's development may have a significant impact on China's general well-being. Meanwhile, higher education has a significant influence in defining a nation's as well as a region's competitiveness. As a result, the government and academics are focusing on how to bring higher education's promotional significance in central China's economic development into action. In light of this, From 2003 to 2014, this research constructs a comprehensive education index and then utilizes a panel data model to assess the influence of higher education expansions or quality on economic growth in six central Chinese areas [8].

E. A. Hanushek et al. An essay is offered that looks at the role of education in promoting economic progress, with a focus on knowledge capital, or a country's entire range of skills. It reveals that population cognitive skills, not just academic attainment, are highly associated

with long-term economic progress. The relationship between intellectual capital and growth is fairly robust in empirical studies. The quality of economic institutions is complemented by abilities. Growth models show that improving educational quality pays off in the long term, but it takes time [9].

### 3. DISCUSSION

#### *3.1 Education's Importance in Economic Growth:*

In every sense, education is one of the most crucial parts of progress. No country can achieve long-term economic success without major expenditures in human capital. People's perceptions of themselves and the globe around them are broadened by education. It improves their quality of life and offers several social benefits for both individuals and society. People's productivity and innovation develop as a result of education, which also encourages entrepreneurship as well as technological breakthroughs. It is also necessary for assuring economic and social progress, as well as enhancing income distribution. Before the nineteenth century, no country considered a systematic human capital investment to be extremely significant. Schooling, on-the-job training, and other such investments were minor. With the application of science to the production of new things and more effective manufacturing techniques, this began to alter rapidly over the 20th century, initially in the United Kingdom and then progressively in other nations. Education, abilities, as well as knowledge acquisition, have become critical factors of a person's as well as a nation's output over the twentieth century.

One may even call the 20th century the "Age of Human Capital" because the fundamental predictor of a nation's level of living is how well it succeeds in producing and exploiting skills and knowledge, as well as increasing the health and education of the majority of its citizens. Throughout the Middle East, access to basic education has increased dramatically in recent decades. Many countries are on the verge of extending secondary and higher education accessibility, as well as drastically boosting education quality at all levels. As an increasing number of students complete their basic education, so does their ambition to continue their studies.

Educating girls and women, whether or not they work outside the home, is possibly the single most beneficial investment a developed country can make. It helps families in several ways, including improved family health and nutrition, rising birth spacing, lower neonatal and child mortality, and higher academic attainment for kids. Middle Eastern countries are becoming more integrated into global manufacturing economies. The quality of human capital they contribute to these marketplaces, as well as globalizing service markets, will decide their ability to participate. The new curriculum, increased training for teachers, or academic methodologies that stress higher-order cognitive abilities will be necessary to guarantee that all persons are literate and numerate, that many have excellent problem-solving abilities, and that some have world-class professional skills.

No nation has been capable to maintain steady economic development without major expenditures in human capital. Many types of human capital accumulation, including primary education, research, pieces of training, learning-by-doing, and aptitude development, have been shown to provide significant returns in previous studies. Education has made a big impact. Unequal education has a detrimental impact on per capita GDP in most countries. Moreover, accounting for human capital distributions and utilizing effective functional form specifications following the assets allocation model makes a difference in the effects of average education on per capita income, whereas failing to do so outcomes in insignificant or even negative impacts on average education. Human capital investments will have minimal



effect on growth unless individuals can employ education in competitive and free marketplaces. The higher the potential for leveraging education and talents, the larger and more competitive these marketplaces become.

Education is vital for a variety of reasons, but this research focuses on its contribution to economic growth and results. 'Education may be characterized as a collection of talents, abilities, and other productivity-enhancing attributes,' according to the Harvard Business Review. Schooling, as an important component of a country's human capital, boosts individual workers' productivity and assists economies in advancing up the value chain beyond manual labor and simple manufacturing processes. Human capital has long been regarded as the most distinguishing aspect of the economic system, and new research has objectively demonstrated the influence of education on productivity growth. Three avenues via which education influences a country's production were proposed by the World Economic Forum in 2016.

### *3.2 Education and Productivity:*

Institutions provisions inside a nation are among the most important variables influencing the composition and development of that nation's output and exports, as well as a critical component of a system's ability to borrow foreign technology efficiently. For example, health and nutrition, as well as primary and secondary education, all increase workers' productivity in rural as well as urban areas; secondary education, including vocational education, facilitates effective learning and managerial capacity; and higher education facilitates the development of basic science. Secondary or tertiary schooling are important components in the growth of basic science, the proper choosing of technology imports, and the household adaptations and development of technologies; secondary and tertiary education are also important components in the development of basic science, the proper selection of technology imports, and the household adaptations as well as the development of technologies. In agriculture, evidence suggests that education has a positive impact on productivity among farmers who employ modern technology, but not as much as one might anticipate among farmers who still use traditional methods.

Farmers in Thailand having four or more years of education were three times more likely to utilize fertilizers and other modern inputs than farmers with much less schooling. In Nepal, finishing at least seven years of education increased wheat productivity by nearly a fifth and rice productivity by a 13percent. An industry's technological competence or technical evolution is also influenced by schooling. Statistical examination of the textile as well as engineering sectors in Sri Lanka, for example, revealed that workers' or entrepreneurs' skills and educational status were positively associated with the firm's rate of technological development. Of course, education alone will not revolutionize an economy. Other major factors of economic success include the amount and excellence of local and international investments, as well as the general policy environment. However, the degree of human development has an impact on these variables as well.

The education of both policymakers, as well as administrators, is bound to impact the quality of policymaking and investment decisions; also, when a system's human resources supply is abundant, the amount of both domestic and international investments are likely to be bigger. The 'major growth theories,' which emphasize education, training, as well as macro perspective, try to endogenize technological development by including some of these same impacts. According to the authors, the higher the labor force's educational attainment, the higher overall capital productivity, since higher educated people are more inclined to innovate, which impacts everyone's production. In some models, people's greater education



enhances not just their productivity but also that of those with whom they interact, resulting in an increase in overall production as the mean level of education increases.

### *3.3 Education and Wages:*

A positive feedback loop exists between increased educational attainments and greater economic equality, favoring faster growth rates. Low-income individuals will be better equipped to seek out economic possibilities if education becomes more broadly distributed. For example, in the 1980s, Variations in educational attainment accounted for one-quarter of the difference in workers' salaries, according to research on the link between schooling, income disparity, and poverty in 18 Latin American nations. According to the other study, a 1percent increase in the labor force with at least a secondary education would increase the income shares of the poorest 40% as well as 60% of the population by 6 & 15%, accordingly. Secondary enrolment rates were shown to be important in a study of the factors of income distribution in 36 nations.

Education may impact per capita income growth by changing the denominator, i.e. population growth. In the mid-1980s, for example, a study of fourteen African nations discovered a negative relationship between female education and fertility in almost all of them, with early education having a negative impact in about half of the nations and no significant effect in the other half, whereas secondary education invariably reduced fertility. Kenya, Botswana, and Zimbabwe, the 3 countries with the lowest child mortality rates and the highest levels of female education, are the most effective in terms of reducing fertility.

### *3.4 Impact of Higher Education:*

Economic inequality is one of the most significant consequences of higher education. Economic disparity appears to have achieved new highs in post-colonial economic history throughout the last century. From a critical standpoint, educational growth in the twenty-first century has played a crucial part in the deepening of the economic divide in the United States [10]. When compared to homes with lesser educational attainment, it is clear that households with college graduates have a higher economic standing [11]. As a result, educational attainment has a significant impact on household socioeconomic status. Despite a slew of economic measures aimed at closing the gap between the affluent and poor, the problem appears to endure if educational inequities prevail. This illustrates how higher education contributes to societal economic disparity. However, this negative aspect of higher education receives little, if any, awareness, and the reasons are obvious [12].

Higher education is also seen to be linked to grade inflation, particularly due to the influence of tuition assistance. The United States (US) government has adopted educational policies that increase higher education funding over time [13]. It is clear that such benefits, such as tuition reductions, encourage students to enroll in higher education institutions. This happens because education subsidies make it easier for families to pay for their children's college education. Despite the advantages of large education subsidies, it has been discovered that such policies have a detrimental impact on human capital [14].

### *3.5 Education and the Family:*

Families have evolved, but they continue to play an important role in today's economy. To understand human capital, one must revert to the family, because it is parents who care about their children and endeavor to encourage their schooling and values with whatever resources they have. In any free society, especially those that aren't so free, families are the major champions of values. Families can choose a variety of decisions. The first is whether to have

a large or small family. Some people also make an extra effort for each child. As nations expand, the trend shifts significantly towards the latter.

Every nation that has evolved has done it in a remarkable amount of time. In the developed part of Turkey, the average number of children per household is lower than in the less developed area. This has something to do with the education levels of the household. In Turkey's eastern provinces, educated families, particularly educated women, have an average of 1.4 children, while illiterate families have an average of 5.1 children. As a result, to lower the birth rate and inequities between various areas of Turkey, education must be prioritized. Greater parental education, particularly among mothers, has been shown to enhance the treatment of children, particularly girls. When parents are more educated, the educational gap between sons and girls is narrowed.

Males and females with higher education are more inclined to invest in their own and their children's health. Education may be the single most important personal element affecting one's health and lifespan. I'll only share a few examples of the extensive research that supports the link between education and health. In the United States and other wealthy countries, educated people are the least likely to smoke. Smoking is currently only found in large numbers among persons without a college degree in the United States, and it is highly common among high school dropouts. In Turkey, educated people spend the majority of their time working. When they are not working, illiterate individuals frequently sit in cafés and squander their time. Many of them are cigarette smokers.

Poor people's education helps them to improve their food consumption by increasing their wages and spending on food, as well as encouraging them to choose better, healthier choices. Even though the total amount spent on food remains the same, all of the studies I've read from various nations show that educated individuals consume a healthier diet. Of course, there is causation in both directions when it comes to the relationship between education and good life and health outcome expectations, since greater rates of returns on these investments are higher when the projected length of working time is higher, improved health and reduced mortality lead to increased investments in education and other human resources.

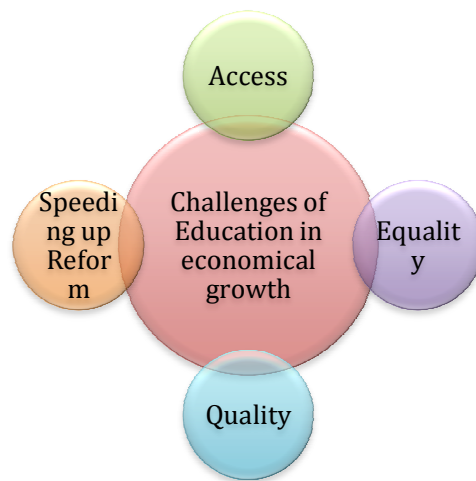
### *3.6 Challenges: speeding up reform equality, quality, and access:*

The economy of low- and middle-income countries have been growing at historically high rates. Education advancements, such as increased enrolment or longer education, have assisted in this growth and, as a result, have aided in the reduction of poverty in rising countries. In 1990, the average six-year-old in a developing country could expect to spend 8.5 years of education, up from 7.6 yrs in 1980. In Eastern Europe and Central Asia, 9 to 10 years of schooling is normal; in East Asia, Latin America, and the Caribbean, primary education is nearly universal. The Mid East and North Africa, as well as South Asia, are making steady progress, albeit they still have a long way to go. Although some countries are improving, overall primary enrollment percentages in Sub-Saharan Africa were declining. Despite these significant global gains, key difficulties remain: increasing access to higher education in certain countries, improving fairness, improving quality, and, when necessary, speeding up educational reform. Across most countries, more students want to attend secondary school than there are places available, and the demand for higher education is growing more rapidly than the supply [15].

The poor, linguistic and ethnic minorities, nomads, and refugees, including street and working children, are among those impacted by the equality issue. The differential access that girls and boys have to the educational system is extremely significant in various parts of the world because it links to gender gaps later in life. In most European and Central Asian

nations, as well as Latin America, the gender disparity in projected years of schooling is currently quite minimal. This is still fairly significant throughout the Middle East and North Africa, and also South Asia, where it isn't declining at all. In low and middle-income nations, education is of poor quality at all levels. Students in underdeveloped nations have lower average achievement than students in developed countries, and their performance is more variable all over the means.

In Eastern and Central Europe's transition economies, interruptions in reforming learning institutions to keep up with economic frameworks are particularly noticeable. Late reform can hamper development; on the other side, as East Asian nations that have invested heavily in foundational human resources, both males and females, have proved, early reform can pay dividends in terms of growth and poverty reduction. These issues, as described above, have an impact on the economy's growth due to disruptions in the educational system as shown in Figure 1.



**Figure 1: shows the issues or Challenges of Education in economic growth [15].**

#### 4. CONCLUSION

The fundamental goal of this paper is to demonstrate the influence of education on labor productivity, trading, technologies poverty, healthcare, distribution of income, as well as family structure in the context of economic growth. Using a range of factors to proxy for education quantity and quality, this study looks at the impact of education on economic growth. The study resulted in several intriguing insights. The findings reveal that the impact of human capital on economic growth is influenced by the metric used to measure it. Economic progress is impossible without education. Without adequate education, no economic progress is conceivable. A well-balanced educational system fosters not just economic growth but also productivity and increases per capita income. At the micro individual levels household, it has an impact. The impact of education quantity and quality on economic development is explored in this research. Using a range of proxy variables for the amounts and quality of learning in a cross - sections of low and medium-income nations, this study showed that education quantity, as measured by enrollment ratios, had a clear influence on economic growth in a cross-section of low and middle-income nations. Government spending has a primarily indirect effect on economic development since it improves educational quality. As a result, future scenarios have been studied, as well as policies have been established as well as the main future benefits of this paper is that as soon as people get

educated growth as well as the literacy rate of that nation will also grow so education plays a vital role in the growth of the economy.

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## CHAPTER 6

### A REVIEW OF SOCIAL RITUALS, CULTURAL PRIDE, AND COMMEMORATIVE CONFLICTS WITHIN NATIONALISM

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Dr.T Naresh Naidu, Assistant Professor,  
Department of English , Presidency University, Bangalore, India,  
Email Id-naresh.naidu@presidencyuniversity.in

#### ABSTRACT:

Nationalism study has long overlooked daily nationhood in modern democracies due to a focus on large-scale social transformation. Recent research, on the other hand, has started to refocus the emphasis of this academic discipline toward the research of nationalism as a cognitive, emotional, and discursive concept used in everyday activity, rather than just as a political aim. Researchers show that meanings connected to the nation differ within and throughout populations and over time, with significant implications for micro-interaction and political beliefs and behavior, including assistance for exclusionary initiatives and authoritarian politics, by combining insights from the task on banal and daily nationalism, collective rituals, nationality, and commemorative challenges with survey-based results from political psychology. Finally, the researchers advise how recent improvements in data gathering and analysis methodologies might enrich future studies on this issue. National schema components must be tightly connected to socially exclusive attitudes and behaviors in future related research; their effect can only be understood in light of their structural interaction with other beliefs, as well as their contextual variance across status groups, countries, and time.

#### KEYWORDS:

Cognition, Heterogeneity, Ideology, Nationalism, Political Culture.

#### 1. INTRODUCTION

In the mid-2010s, nationalist speech resurfaced in the United States, following longer-term trends in the European public sphere. Politicians on both sides of the Atlantic have described their countries as being under attack by immigrants, refugees, domestic minorities, and the seeming collaborators of these groups among the political and cultural elites. These diagnoses have been paired with a variety of policy proposals aimed at making the country great again, to paraphrase Donald Trump's campaign slogan: from tightening national borders, increased surveillance of national populations, and scaling back supranational integration to an ill-fitting mix of foreign policy isolationism and hawkish calls for unilateral military projection abroad. Narratives about the country's alleged faults have tapped into strongly held convictions among a sizable portion of the voting public, exposing cultural schisms that are likely to influence election results, legislative choices, and social movement mobilization [1].

Even though these phenomena are not new, they demonstrate that nationalism, as a ubiquitous cognitive and emotional orientation rather than a cohesive ideology, continues to inspire daily politics in modern democracies. However, until recently, nationalist sociologists have remarkably little to say about ordinary people's perceptions of the country. Instead, most nationalism study has historically focused on extraordinary instances of social upheavals,

such as the emergence of the modern nation-state and more recent attempts by nationalist organizations to realign existing state borders. Although this approach has made significant contributions, its focus on elite-driven historical change has mainly ignored nationalism in existing nation-states.

Researchers recommend that academic focus be directed on nationalism in modern democracies, among ordinary people rather than elites, and in settled times rather than moments of major social upheaval, based on previous programmatic statements by key thinkers in the area. Researchers use five research traditions to do so, all of which see the country as a politically significant cultural construct: (a) research on how and when the nation is used in everyday interactions; (b) research on the role of public rituals in heightening and reinvigorating national attachments; (c) national identity analyses that seek to identify dominant representations of the nation in political culture; (d) collective memory scholarship that investigates symbolic struggles over the nation's contested meaning; and (e) survey research that makes distributional claims about the resemblance. While each technique has its own set of limitations, its combination opens up new avenues for creative study on this vital issue.

To begin, it should look at nationalism as a collection of intersubjective meanings and affective orientations that give individuals a sense of self and influence their social interactions and political decisions. This transition would involve not just a focus on popular ideas and attitudes, but also a recognition that nationhood is only one source of identity, the importance of which is determined by a range of contextual variables. Second, such studies should take into account the diversity of vernacular nationalisms inside any particular state. A country is a place of ongoing political contestation between cultural groups with vastly divergent belief systems, rather than a static cultural entity with a single common meaning. Conflicts like this are at the core of today's political disputes in the United States (U.S.) and Europe [2].

Finally, as stated in the title of this paper, a study on nationalism should focus on the phenomena in stable, contemporary democracies rather than newly established nations, areas with separatist tendencies, or unstable political regimes. Although nationalism may crystallize in the aftermath of external shocks to the country or during lengthy battles in the public domain, such moments of increased national self-awareness bring to the surface latent tensions that predate and follow them. Thus, stable eras should be viewed in relative terms for this paper, as periods when disturbances of various scales occur but are absorbed by existing institutions rather than causing extensive social and political upheavals.

Scholars must connect with the meanings held by persons immersed in specific social situations to achieve all three goals. If the nation is not only a political entity but also a cognitive frame through which people perceive social reality and construct routinized strategies of action, nationalism research must take into account findings from cultural sociology and social psychology about how institutions structure meanings that shape social interaction and group relations. This points to a study technique that sees national attitudes as relational, intersubjective, morally and affectively charged, and essentially assumed. The empirical studies that arise will almost certainly need the adaption of current research methodologies as well as the use of new data sources. The constituent pieces of this research agenda, fortunately, already exist; all that is required is their integration across disciplinary and methodological barriers. Before going through the relevant literature, it's crucial to define what nationalism means in the context of this review. Researchers want to dispel the association of nationalism with certain ideas, advocating instead for its understanding as a



diverse cultural realm comprised of tacit cognitive and emotional dispositions, routinized modes of communication, and ritualized symbolic behaviors [3].

### *1.1 The Ideology of Nationalism:*

Political versus quotidian approaches to nationalism may be divided into two categories: ideology vs practice and political versus quotidian. The study of nationalism as an elite ideology has concentrated on the emergence of modern nation-states, their subsequent dissemination, and separatist movements that aim to redraw the borders of existing nations. Typically, nationalism is defined as a political philosophy that argues that the political and national units should be consistent. The reasons for the development of nation-states and the historical status of countries as either new creations of centralizing powers or successors to previous ethnic groupings are central disputes in this area. From this vantage point, nationalism has essentially delivered on its promises and is therefore mainly a subject of historical study, unless current institutional arrangements are aggressively challenged.

Nationalist ideology, on the other hand, is not limited to political elites attempting to justify their control over a geographically circumscribed populace. Nationalism is a collection of dispositions that cohere at the level of individual actors, according to political psychologists. For example, scholars describe nationalism as a sense of national superiority and a desire for national supremacy, often known as chauvinism. The country and the state are not in conflict here; the nation-state is not only legal but also elevated above all others. This school interprets nationalism as a collection of attitudes that impact ordinary people's perceptions and conduct as they interact with governmental institutions and participate in social interaction [4].

Because of its links with anti-immigrant views and bellicose foreign policy choices, political psychologists tend to consider nationalism as a normative issue. Exclusionary views of national membership, extreme expressions of national pride, and strong connection with the country above all other groups are all examples of potentially invidious inclinations toward the nation. Furthermore, in this literature, the conventional contrast between nationalism and its allegedly benign cousin, patriotism, is laden with analytical difficulties. It's unclear if the distinction between a "deeply felt devotion to the country," as defined by scholars, and a "perception of national superiority" is one of degree or type. The ambiguity between these concepts is not missed by patriotism researchers, who are obliged to make further distinctions when their primary idea is shown to be less value-neutral than thought. These issues show the difficulties of associating nationalism with a single ideology; nationalism is multifaceted, and its conception should be led by analytical clarity rather than normative beliefs.

### *1.2 The Nation within Everyday Practice:*

The importance of the country in daily life is the first step in developing a study program on modern nationalism. Any statements concerning the influence of competing for national visions on social interaction and politics must assume that individuals see the world through a national lens regularly. When the meaning of the country becomes a symbol of symbolic struggle, when national membership is re-described by communal ritual, and when nationhood-as-usual is disrupted by unexpected occurrences, national identification becomes most tractable. While such periods of relative unease are out of the ordinary, they are analytically valuable for bringing otherwise hidden cultural processes to light, much like breaching experiments in ethnomethodology. Scholars have been able to investigate people's national dispositions even outside of such occasions by studying ordinary symbolic practices, watching the use of national frames in interaction, and directly eliciting answers in interviews, focus groups, and surveys [5], [6].



This study found that regular evocations of the country in stable times are necessary for the national community's continued reproduction. If a nation's continuous existence is primarily founded on consent, or a clearly stated willingness to maintain a shared life, then the nation's ongoing existence is a daily plebiscite, just as an individual's continued existence is a constant affirmation of life. This plebiscite is unspoken, and the conclusion is mostly decided, but this is due to the many ways in which the nation is actively institutionalized in everyday life. Researchers claim that the country is signified, or tagged, in the lives of its citizens via exposure to implicit signals and that this process of institutionalization is the subject of study on banal nationalism. These subliminal reminders reinforce past indoctrination into the country via mass education and national festivals and disasters. Thus, nationalism is the endemic condition, based on the naturalized beliefs that the world is divided into identifiable nations, that each person should belong to a nation, that one's nationality has some influence on how one think and behave, and that one's nationality also leads to certain responsibilities and entitlements.

The study of banal nationalism has taken two different shapes. The first examines how this common-sense belief system is replicated while keeping the relevance of the country in daily life constant. The second, on the other hand, questions if the country is relevant to all people at all times, and instead investigates how national frames of reference are used in everyday life. Scholars have researched the public culture within which modern life develops in established nation-states to address the first question. For example, researchers look at the role of political and memorial speeches and debates in preserving national habits. These types of public discourse highlight the nation's internal homogeneity and intrinsic distinction from other national groups, aligning people's identity narratives with the nation-state's. Geographic space, in the sense of both an administratively defined region and a recognizable, effectively infused environment, is critical in preserving national frames of reference, according to the researchers. Others have looked at the role of concurrent media consumption across geographically disparate regions of a country, the prominence of national figures in street naming practices, the role of museums in curating national culture, the institutionalization of cultural rituals that index the nation, the branding of nations through large-scale architectural projects, and patriotic flag display practices, especially in the aftermath of national tragedies [7], [8].

### *1.3 The Nation as a Spot of Symbolic Struggle:*

The importance of culture in social life is inextricably linked to the study of the country as a meaningful entity. The study of the nation's meaning in the framework of Parsonian functionalism, which saw culture as coherent and broadly shared, included identifying the main values that characterized the national community. The assumption was that such principles would influence both public views and government behavior. In the case of the United States of America (USA), for example, the nation's character has been seen as reflecting the American Creed's ideals of individualism, liberty, and political liberalism, as well as Anglovalues. Protestantism in Germany, on the other hand, self-awareness is seen to be linked to ethnicity and knowledge of German culture and language.

National character research had the benefit of introducing the study of meaning into nationalism research: it helped to uncover recurrent themes in nationalist speech and established a theoretical contrast between ethnic and civic conceptions of national membership. However, one of its key flaws was its proclivity for conflating practice and analytical categories. The American Creed's principles have become ritualized in American political discourse, but this ostensible consensus masks underlying discontinuities in popular understandings of the country; similarly, the dividing line between ethnic and civic national

identity is useful for comprehending competing discourses and policy orientations, but it fails to withstand theoretical and empirical scrutiny when used to classify various national political cultures. In practice, classifying nations according to their cultural norms may assist to explain country-level variances in political results, but it does not account for internal political struggles or temporal swings in reactions to the nationalist speech.

A more relevant strategy is to seek variability in popular narratives about the significance of the country. The United States has long been seen as a model of civic nationalism, making it a valuable historical instance for this purpose. For example, a study of U.S. citizenship legislation in the nineteenth and early twentieth century reveals three opposing perspectives on the country's symbolic borders: liberalism, republicanism, and ethno-culturalism. Rather than following a secular trend, the three traditions have shifted their dominance, resulting in a body of legislation that is internally contradictory and incorporates characteristics of each tradition. This study shows that the current surge of nationalist politics in the United States, as well as its popularity among broad portions of the public, is a continuation of long-standing historical trends [9], [10].

#### *1.4 Mapping Discrete Understandings of the Nation:*

It's important to think about how attitudes connect to cultural meanings. Examining this subject may aid in evaluating survey-based nationalism research and guiding researchers in the development of more suitable survey instruments and analytical methodologies. Meanings are contained in cognitive schemas, which are relational networks of domain-specific symbolic representations that facilitate the quick processing of information on certain themes, according to cognitive cultural sociology. Individual cognition is molded through socialization; therefore, schemas may be viewed as the cognitive basis of Bourdieusian habitus. As a result, if we want to understand how individuals think about the country, we need to be able to capture the vast variety of ideas and symbolic representations that make up people's national schemas. Tropes about the nation's character, important national symbols and traditions, perceptions of the nation's appropriate symbolic boundaries, feelings of pride in the nation's heritage and institutions, and perspectives on the nation's relationship with the rest of the world are likely to be among them.

Because surveys include vast batteries of similar items and, presumably, have the potential to access implicit cognitive tendencies, they should be ideally suited for testing schematic knowledge. These characteristics allow conclusions about the prevalence of distinct national understandings in society, as well as their potential translation into prominent cultural cleavages that impact the substance of everyday interactions and political choices. In reality, however, survey researchers seldom use a relational framework to examine the complete range of nationalist ideas; instead, they concentrate on particular subsets of nationalist measures and connect them with political and social opinions. Legitimate national membership requirements, national pride, and chauvinism are three such subgroups that are especially significant for understanding nationalism's role in current politics [11], [12].

#### *1.5 Authentic Participant of the Nation:*

Survey research has documented extensive within-country heterogeneity in subjective definitions of the nation's social boundaries, casting doubt on the association of ethnic or civic nationalism with particular national cultures, which is consistent with challenges to essentialist studies of national character. For example, researchers show that ethnic, civic, and cultural membership requirements coexist in most nations, with small cross-regional variance and significant within-region variability. Similarly, studies find that diverse national identity discourses and policies, which are linked to various religious, social, economic, and historical

trajectories, do not preclude individuals from thinking about national belonging in very similar ways throughout the industrialized globe. These findings are in line with qualitative investigations of specific country instances, which show that respondents' perceptions of acceptable national membership requirements vary and are ambiguous.

Understanding nationalism in established times requires establishing the presence of alternative views of national membership requirements. However, it's equally important to understand how such meanings influence social interaction and political activity. Examining correlations between valid national membership requirements and other social and political views is an indirect approach to addressing the issue. Restrictive views of the country have been linked to anti-immigrant emotions, bad feelings toward ethnic minorities, welfare chauvinism, and cultural protectionism, including support for exclusionary language restrictions, according to studies. Though such causal effects have not been conclusively established in empirical research, these attitudes are likely to have implications for the frequency and quality of social interaction across group boundaries, social movement mobilization, and support for exclusionary policies and extremist politics at the ballot box [13], [14].

### *1.6 The Virtues of Nation:*

In political rhetoric, the mobilization of ethnocultural hatred is not necessarily explicit: Nationalist speech often employs purportedly benign allusions to the nation's values, especially when such qualities are believed to be in jeopardy. Specific symbols of national heritage, as well as specific concepts and ideas, are occasionally identified as particularly deserving of celebration and safeguarding as part of these mobilization efforts. Research on nationalism must take into account heterogeneity in respondents' sentiments of national pride to comprehend public support for such political appeals.

Political psychologists have made advances in this area, although a lack of conceptual clarity has hampered their advancement. This study interprets survey measures of pride as indicating patriotism, and positive emotional attachment to the country. When defined in this way, patriotism has been linked to a stronger sense of belonging to the country, as well as higher support for and compliance with state institutions, but not with unfavorable attitudes against out-groups. When we examine contradicting results from other research in political psychology, the normative difference between patriotism and more invidious types of nationalism becomes conceptually problematic: When the importance of group comparison is highlighted and the nation's unity is emphasized, patriotism, far from being uniformly prosocial, might correlate with out-group hatred. Authoritarianism, support for the neutralization of political dissent, and a greater perception of threat from minorities have all been linked to high levels of national pride, as have a social dominance orientation, ethnocentrism, and racism, as well as authoritarianism, support for the neutralization of political dissent, and a greater perception of threat from minorities.

While it seems that national pride is unconstrained by links with out-group animosity in certain forms and under some contexts, academics should be cautious about defining pride as a unified entity. Researchers say, for example, that the meaning of national pride varies depending on group position, and that among ethnic majorities, pride takes the shape of exclusionary patriotism by combining communal and national identities. Others have shown that typical national pride measures capture two broad categories of nationalist sentiment: pride in the nation's cultural legacy and pride in institutions, the former correlating with ethnocultural understandings and the latter with civic notions of national membership. Interview-based research reveals that surveys may underestimate more general ambivalence,

uncertainty, and contradiction in respondents' sentiments of pride and shame in the country, further confusing these differences [15], [16].

### *1.7 Cultural Heterogeneity's Mapping:*

Although the research covered here has started to look at how nationalist views differ among populations, it has not yet produced a consistent typology of nationalist beliefs or mapped them onto real communities of thought. To do so, researchers will have to overcome the limitations of the three most common methods for studying the diversity of the nation's meanings: eliciting interpretations from respondents in interviews or ethnographic fieldwork, observing articulations of meaning in public debates, and analyzing attitudinal variables in survey research. Interviews and fieldwork can capture the nuance of practice-oriented cognition, but they can't establish distributional statements regarding cultural schema dominance. Content analysis of public conversation may detect common cultural trends, but it can't see what's never spoken; it also favors elite discourse, which only has a passing similarity to ordinary people's opinions. Finally, although surveys allow for population-level conclusions, they suffer from reductive operationalizations of culture and, in practice, favor the treatment of attitudes as variables in multivariate models with network effects.

Leaving aside the availability of other data sources, which researchers will return to, one option is to use mixed-methods research to capture the elite conversation and lay opinions at the same time, or to combine the inductive capabilities of interviews with the representativeness of surveys. Another option is to use more advanced algorithms for extracting meaning from survey questions. Identifying latent answer patterns, mapping them onto respondents, and assessing their frequency in the population are all possible using relational survey methodologies. Even though such methods may not completely remove the drawbacks of closed-ended replies, they are a significant advance over conventional variable-based studies. Furthermore, they allow for the inductive detection of cultural patterns without the requirement for a priori assumptions about cultural group boundaries.

## **2. DISCUSSION**

Much of the studies on nationalism in stable times focus on people's attitudes toward their own country. Although this is appropriate for long-term inhabitants, it ignores migratory experiences, which are widespread in today's globalized communities. It is a nationalist fallacy to think that most individuals feel a feeling of belonging to a particular country. Researchers should look at the actual use and portrayal of the complete spectrum of national connections that are important to study participants. Multiple nationalisms may not only coexist, but they may also create conflicts and possibilities for individuals who embrace them. This study should bring scholarship on migration and transnationalism into constructive interaction with nationalism studies, two kinds of literature that have been notably detached from nationalism research. The resulting cross-subfield collaboration could help identify additional factors influencing the content of national understandings, such as the role of institutions in receiving countries, the interaction between multiple political cultures, the importance of local reception contexts, and the role of generational change.

To return to the measurement issue, most of the current comparative survey research on nationalism is based on a small number of cross-sectional data sets that are repeated. Given the complexity of cross-national survey initiatives, this is understandable. As a consequence, researchers are restricted to using current survey questions, which only capture a subset of nationalist attitudes. When you consider the rarity of fresh waves of data, the reduction in the quality of survey samples, and the fact that new surveys tend to repeat previous questions for

the sake of comparison, the future value of surveys for nationalism research seems to be bleak.

Increased dependence on interviews and fieldwork is one possible option, but such techniques are unsuited for studying spontaneously occurring patterns of meaning across large groups of individuals, despite their benefits. Making use of the huge amounts of digital text created by online engagement and ordinary institutional activities might be a feasible alternative. The benefits of such information are numerous: They capture meaning outside of a lab context, depend on samples and, in some cases, populations of thousands of observations, and enable inductive studies to be performed using completely or partly automated approaches. By simultaneously mapping communities of shared meaning, inductively tracking fluctuations in the salience of the nation, and examining the contextual predictors and sociopolitical consequences of using the nation as a category of practice, new sources of textual data have the potential to bridge the divide between context-sensitive and distributional oriented methods. Although these methodologies are not without flaws, and their validation may be time-consuming, they have a lot of potential for studying modern nationalism.

In studies of nationalism, intellect is often given precedence over emotion. Scholars generally concentrate on the frequency and substance of the country as a symbolic construct when researching nationalist language or views. The country, on the other hand, is an emotionally charged phenomenon. This is clear in the context of rituals, demonstrations, and national crises, but it is also true in daily behavior. Psychologists have shown that most regular behavior, including the moral categorization of social groupings, is directed first and foremost by viscerally felt emotions, transcending the distinction between rational cognition and irrational effect. Concerns about moral categorization and emotional judgment should be essential to the area since nationalism is intrinsically predicated on an exclusionary logic of group membership. Scholars may obtain a better grasp of the processes that generate and activate national schemas by rigorously measuring and theorizing emotions. As a result, new options for linking nationalism as an ideology and nationalism as a style of behavior may emerge. The possibility of such an approach is shown by recent advancements in sociological thinking on emotions in social movements and institutional politics.

This review starts with a discussion of modern nationalist speech. Even though the work discussed here sheds light on potential sources of support for radical parties and candidates, the relationship between political speech and everyday nationalism remains little understood. It is critical to developing more systematic methods for the study of nationalist views, but this must be followed by a clear emphasis on the processes of nationalist mobilization in both institutional politics and social movements, with media representations serving as a critical intermediate. Such research can help scholars better understand how specific nationalist messages resonate with specific national schemas, how those schemas are influenced by political contestation, and which segments of the population are most vulnerable to the politics of fear that often accompany nationalist claims-making. Because nationalist claims are often expressed alongside and in opposition to other rhetorical tactics like populism and welfare chauvinism, their research should be explicitly relational, taking into consideration actor and claim configurations within political fields. Nationalism research has the potential to better explain how everyday conceptions of the nation can occasionally fuel support for exclusionary policies, radical movements, and authoritarian politics in otherwise stable democratic polities by taking seriously the relationship between beliefs and public discourse.

It's no small task to reconcile ordinary usage of nationalist speaking with survey data on nationalist sentiments and to integrate them with rituals, memorials, and political speech.



What may seem to be a tangle of insoluble disagreements, however, may be regarded as a wellspring of intellectual opportunity. If innovation is fundamentally about creative recombination, then nationalist research in stable times has a strong structural position. Bringing together multiple kinds of literature and utilizing new data and analytical methods has the potential to significantly alter our understanding of nationalism and to integrate the resulting insights with other established areas of scholarship, ranging from political claims and collective identification to immigration and globalization. The rich and innovative studies discussed here have paved the way for a more meaningful engagement with nationalism as a central feature of contemporary social and political life; future scholarship will need to expand on their contributions to create a systematic research program on nationalism in settled times.

### 3. CONCLUSION

The analysis of nationalism throughout settled times is not a unified field, but the various research streams described here provide potential building blocks for a better understanding of how individuals think, talk, and act about the country in everyday life, and how such belief systems shape support for assertive politics and exclusionary policies. This study shows how the nation's assumed position is consistently repeated via interactions with institutions and material culture, as well as micro-level exchanges and public discourse. In this view, the country is both a repository of generic information that molds common-sense perceptions of reality and a cultural frame performed by people in daily life. People, to be sure, do not always depend on conscious rational thought; they do so only when the country is brought up in conversation or public debate. Nonetheless, the country as a cognitive construct shapes the boundaries of what is feasible and desirable in subtle and inconspicuous ways, even when it is latent.

The nation's meanings are not unchanging nor consistent across time. Minor modifications in how the country is represented in micro-level activities and public interpretative battles, on the other hand, are likely to accumulate into gradual changes in the larger population's conception of the nation. As a result of these changes, recognized norms of group discussion and speech, as well as more institutionalized regulations, such as state policy, may be affected. In future related studies, the national schema elements must be closely linked to socially exclusivist attitudes and behaviors than others, their influence can only be understood in terms of their structural relationship with other beliefs, as well as their contextual variation throughout status groups, nations, and over time.

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## CHAPTER 7

### FREEDOM'S SIGNIFICANCE IN THE DEVELOPMENT OF HUMANITIES

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Dr. Shibily Nuaman VZ, Assistant Professor,  
Department of English , Presidency University, Bangalore, India,  
Email Id-shibilynuaman@presidencyuniversity.in

#### **ABSTRACT:**

Freedom is one of the most fundamental human wants, and it plays a crucial part in the social process. Human progress entails expanding human options, which necessitates the idea of liberty. Human growth is the most significant aspect of improving well-being, and freedom is a critical tool for achieving it. The goal of this study is to look at the notion of freedom in many thoughts and to underline the importance of freedom in gaining access to human development indicators. Different measuring indicators exist for freedom, and democracy is sometimes employed as a freedom predictor. Descriptive statistics were used to investigate the correlations between the necessary concepts. The findings show that by expanding human choices as well as providing democratic relations in society, freedom can protect humans from natural disasters (such as floods, earthquakes, and droughts), social problems (such as death rates, low life expectancy, and illiteracy), and economic problems (such as unfair distribution of income, low income per capita, etc). Furthermore, freedom is created by ensuring a fair economic distribution as well as social and political freedom to promote social welfare.

#### **KEYWORDS:**

Education, Freedom, Poverty, Human Growth, and Income Distribution.

#### **1. INTRODUCTION**

One of the most important difficulties addressed in all notions of contemporary science as a solution to a problem is freedom, which has been highlighted in several branches of science. However, in terms of the sensitivity of human concepts and continuous feedback of human behaviors from one another, the concept of freedom occupies a higher position in social sciences, so one of the most significant changes in social history after the nineteenth century was the governance method based on freedom, which had many proponents ranging from market freedom to humanism and preference over individual freedom, and which was tangibly stabilized by the collapse of the Soviet Union. Despite the critiques leveled at this method of thinking in terms of human ethics and other circumstances, it may have swayed its proponents.

In the literature on development, freedom occupies a unique place, and it has influenced new theories of development in terms of human wants and tendencies, as well as utilitarianism. In the current view of human activities in terms of reasoning capability, it is vital that humans have rational and logical reasons for their acts and behaviors, and that such reasoning shows human freedom. Human potential capacities are elevated, and an appropriate social environment for realizing these capabilities is established. For society and, ultimately, progress, we must pay attention to the definition of freedom bounds; yet, absolute

conceptions of freedom may assault the freedom of others and have bad social consequences [1].

The freedoms that are founded in the human being's will and responsibility usually lead to choices that are based on reasons that lead to the finest execution of obligations. Human beings gain selection power as a result of these freedoms, which will be achievable if people's ideas are pushed in all dimensions. When we examine the evolution of sophisticated civilizations, we can see that they have fundamental ideas and characteristics. Mental ability and structure, organizing governing body, Scientism, educational system, legal system, social tranquility, and economic culture are common aspects of developed countries, and Dr. Sariolghalam refers to reasons for intellectual structure and abilities that can present thoughts and freedom of thought about their special position. In this essay, we attempt to provide a proper comprehension of the evolving notion of human growth as well as a channel index. Freedom and human growth have been researched from several perspectives to highlight their relevance for this essay. The relevance of freedom in many aspects of human development has been examined, and a summary of the findings from the paper has been presented.

### *1.1 Theoretic History:*

In terms of the scientific growth of development economics in the global sphere after World War II, this subject has evolved significantly. David Wins cites Irma Adelman as saying, "No sector of economics has undergone dramatic changes in its core particular model like development economy." The demand and willingness of the world's largest economies to participate in this sector have had a significant impact. In light of the relevance of the aforementioned situations, it is vital to research the shifting trends in development theories and, ultimately, to discover freedom within them, which is the paper's major topic.

When studying post-World War II promotion and inflation models, it is clear that the share of poor and even wealthy countries is negligible in these models, and that the economies of Germany, Japan, and America in the main field, and other industrial countries in the subfield, play critical roles in these models and divide global markets among them. Because inflation periods in America benefit Germany and Japan, they have suffered losses in the medium run, illustrating major economies' dependence. The years 1965-1973, when America was dealing with inflation, coincided with the promotion of Japan and Germany in the years 1965-1970 for Japan and 1965-1969 for Germany.

After severe economic and structural damages in Europe and throughout the globe during World War II, these dependencies in the global economic field led to the formation of significant global organizations and institutions. The International Monetary Fund and the World Bank are two of these institutions, both of which were formed as a consequence of the Breton Woods monetary and financial conference in 1944 in New Hampshire, America, to finance Europe's postwar reconstruction and avoid future economic inflations. Due to the dominance of major nations such as America in these organizations and the headquarters of these organizations in America, voting in these organizations was later influenced by the national advantages and ambitions of America and huge economies. The most significant transformation in these organizations happened in the 1980s, when Ronald Reagan in the United States and Margaret Thatcher in the United Kingdom advocated for market freedom [2].

The International Monetary Fund and the World Bank were converted into advertising institutes, with this notion being dictated to impoverished nations in need of loans. These two organizations' structural adjustment loans and other contributions to various nations increased their involvement in the compilation of development plans and democracy, and

they entered their verdicts in all developing countries. Developmental government is one of these nations' judgments, which we may define as the spread of democratic and liberal policies, even for political motives.

Because of the industrial nations' strength and domination, progress after WWII meant economic expansion and structural innovation rather than human and social development and the attainment of social justice. Development was defined as growth plus change, with change referring to social and cultural elements, after the 1960s were dubbed the "Nations Development Decade" by newly independent countries. Nationalization of assets, redistribution of wealth, and public engagement in political decision-making concerning development methods and objectives were among the most radical and comprehensive concepts of development advanced by newly independent nations throughout this decade.

Development was seen as a complicated situation in the second decade of countries' development, consisting of economic aspects in the strict sense, as well as other social, political, and administrative factors. When the goal of development was to pay attention to human beings and humanity, more human goals were more important, and this resulted from the independence of former colonial countries who joined the United Nations Organization and raised thoughts higher than growth, technology, and capital with an emphasis on them. In the late 1980s, a research institution published in the United Nations Organization that development seems to be a people-centered and fair process with the goal of human advancement.

Later, development was defined as the process of meeting fundamental human requirements as well as the pace at which the primary needs of communities and individuals are met. Personal independence, self-sufficiency, freedom and political security, participation and decision-making, national and cultural identity, and a sense of having a goal in life and work are all necessities. However, the United Nations Development Plan (UNDP) prioritized attention to topics such as social development, distribution, and human fundamental needs.

Following the mention of human examples in the area of global organization development, good governance was characterized as democratic capitalist administration under the supervision of minimal government, which is a component of the global new order. Good governmental regimes, according to researchers, are participative, meaning that all members of governmental bodies have one vote in decision-making. This is the foundation of legitimacy in democratic regimes, and while Western countries' obligations to democracy and human rights improvement are not new, it is clear that they have been temporary, conditional, and subject to national benefit considerations defined as regional and global security and economic benefits. At the beginning of the new century, the United Nations Organization's development plan evaluated eight social aims, including poverty reduction, basic education, maternal mortality reduction, and environmental preservation, to prepare a human viewpoint.

Human development, according to the UNDP's most recent revised topic, is a process of increasing human options by allowing individuals to use life in a long-term, healthy, and productive manner. Human development, according to the above definition, involves three primary components of a long life: health, education, and access to resources, all of which establish a decent level of living for individuals. In these sectors that respond to human freedom, further aspects such as genuine choice are addressed. The UNDP, therefore, devised the Human Development Index (HDI) to accomplish the human development criteria, citing disregard for human beings as well as freedom of human beings as crucial components in human development in their reports from 1991 and 1992. This index combines characteristics such as life expectancy, education, and wealth to provide a picture of the pace of human

growth in various civilizations. By combining the above cases and emphasizing human development in the process of development, Amartya Sen mentioned the expansion of freedoms as a basic goal and main means of development. He classified these freedoms that allow people to live more freely into five groups: political freedoms, economic equipment, social opportunities, clarity guarantees, and security [3].

### *1.2 Life Prospect and Significance of Freedom:*

Amartya Sen explains the notion of capacities for understanding freedoms and their relevance in human growth, as we said in the previous part. In Sen's language, capability refers to those who have significant freedoms that allow them to live a certain way of life and to value it for many reasons such as social performance, essential education, better health care, and life itself. In this sense, fundamental freedoms are a prerequisite of an honorable existence for a person who considers reason to be his living essence. Freedoms, according to Amartya Sen, are not only essential objectives of development but also important means of growth. This is an agent-oriented mentality rather than a patient-oriented attitude, and people given enough opportunities may shape their destinies and support one another. One of the most fundamental freedoms demanded of human beings is the freedom to live a high-quality life, and several variables have an impact on these freedoms, which we will discuss later.

Poverty is one of the variables that have an impact on people's lives since it ignores their potential capabilities by limiting people's options and robbing them of their freedom. Poverty was originally defined as the inability to buy commodities on the market, but it was later broadened to include other basic qualities of life such as life expectancy, health, and literacy. The World Bank's definition of poverty validates the preceding indicators, stating that poverty is an absolute state of existence characterized by starvation, illiteracy, and sickness to the point that it is not included in a realistic definition of human dignity [4], [5].

It is important to emphasize that poverty may be caused by a variety of circumstances, the most common of which is the deprivation of people's liberties. The most important component is finding good work, and the repercussions of unemployment are not confined to a drop in income. With income assistance, a drop in income may be avoided. Other repercussions include mental harassment, a loss of job motivation, competence, and self-confidence, a rise in chronic illness and even a high death rate, a breakdown of family relationships and social life, apathy toward social isolation, and so on. Unemployment might be seen as a possible cause of death due to increased drought and food scarcity in families. We might claim that poverty limits the possibilities for free democracy by loosening the foundation of selection and freedom of individuals. Poverty has two consequences on humans, according to researchers.

First, these individuals face danger and distress as a result of their swings, and second, they lack political influence. The most fundamental attribute of poverty is the absence of power to remark and political rights, both of which are considered weak points. As a result, human beings who cannot alter the status quo via their comments and choices will be denied appropriate social possibilities. In our culture, public debate is discouraged, and time loses its sacredness. Such a society is far from democratic. As we all know, a democratic society is concerned with the present and future. The framework in which cultural and mental space has been developed is represented by the issue of freedom. The public's life expectancy is the first indicator of societal freedom. There is a concept that time is sacred in a developed society and that people pay attention to it and beg for better social chances rather than to retain it. It is important to remember that there is a life expectancy in society, which encourages human potential and necessitates paying attention to social chances for humans. It is necessary to

have a space in society that gives weight to human people. There will be apathy if a society's cultural and cognitive space ignores reasons and fails to regard soul, character, desires, and aspirations.

People in a society should have various degrees of choice and recognize the need for growth, i.e. freedom with reason power. The infrastructure of social and economic cultural transformation is the principle of freedom and its activation in this context. Amartya Sen argues that the requirement of research, appraisal, and causal impacts on people's possibilities for a happy life influence the origins of economics. As a result, offering social possibilities like public education, healthcare, and the growth of the free press may lead to economic progress and a significant reduction in death rates. The role of social support is so crucial in life expectancy that certain nations have been able to obtain desired life expectancy numbers despite poor economic development and limited social chances.

According to the preceding information, we cannot wait till we become rich to reduce mortality rates; yet, we may accomplish this vital aim with a low income, which does not negate the relevance of a high income in life expectancy. Income growth increases life expectancy only when it can reduce poverty and give adequate possibilities for public healthcare, according to studies. Droughts occur in many places around the globe, robbing millions of people of their fundamental freedom. Droughts and internal warfare are reduced when political freedoms such as democracy and political incentives are practiced. In fact, despite their poverty, no major drought has struck any democratic nation. This is because drought prevention has significant political reasons for multiparty governments with free elections and free media. This demonstrates that political freedoms aid in the reduction of death rates [6].

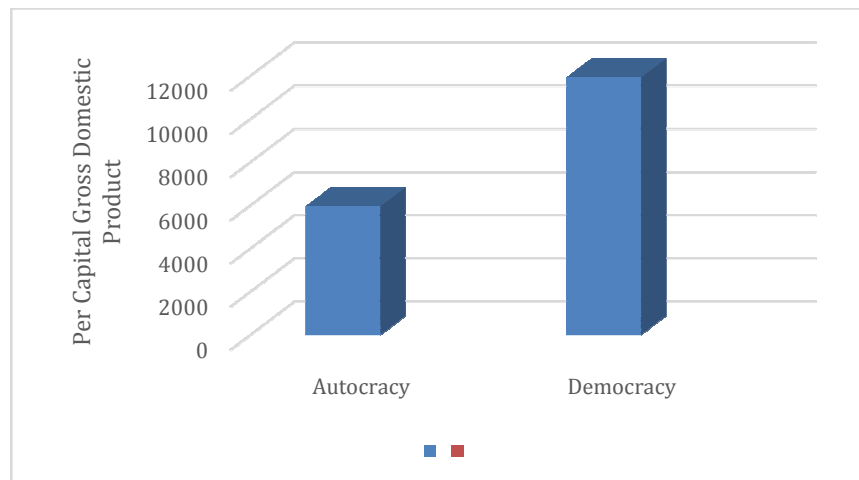
Unfavorable economic circumstances may lead to death. The death of workers collecting honey in the forests of Sunderbans in West Bengal by tigers supported by global organizations due to a species shortage has been mentioned in Amartya Sen's book, *Death of workers collecting honey in the Forests of Sunderbans in West Bengal by Tigers supported by global organizations due to a species shortage*. As a result, one may argue that a lack of economic independence puts these people's living rights in jeopardy. As a result, these ideas about freedom might lead to a greater emphasis on fundamental freedom as a means of improving human existence. Basic freedom encompasses basic capacities as well as the capacity to avoid deprivations such as hunger, poor nutrition, preventable illnesses, and early death, as well as literacy and the ability to write and read, among other things.

### *1.3 Income Distribution and Significance of Freedom:*

Another factor that is taken into account while calculating the human development index is income distribution. Many concerns have been presented in this subject, but we have tried to concentrate on the most important one, which is freedom. People's opportunities are key concerns that connect with income distribution and individual income, and equality of opportunities is referred to as a component of a democratic society and societies in which human beings have the opportunity to express themselves. Researchers establish the notion of opportunity equality and demonstrate that no barrier should prohibit individuals from obtaining the positions that they merit and that no autocratic barrier should hinder people from choosing the path that they value. Nationality, color, religion, gender, and other irrelevant characteristics should not be used to limit the chances that God provides. In this case, just the person's talents should be evaluated. As a result, equality of opportunity is one of the fundamental components that each human being is entitled to obtain prosperity and pleasure, regardless of any barriers erected by others [7], [8].

It is crucial to emphasize that equality of opportunity does not always imply economic equality, but it may be founded on the notion of justice, which is vital in Islam and one of its values. Justice refers to a person's qualities and capacities, and it implies that everything should be in its proper position. Just distribution of income is one of the economic ideas that have justice since it implies equality of opportunity rather than economic equality. Economic disparity is not prohibited, and justice has internal worth. Economic disparity is right when it benefits the most disadvantaged individuals in society. Distribution justice is one of the characteristics of justice. As a result, the primary emphasis should be on equal opportunity rather than economic equality. While we may not be able to level wages, we can certainly equalize opportunities. Income inequality is the result of unequal opportunities, and poverty is the result of injustice in the distribution of opportunities. Opportunity refers to the ability of all people to participate in social activities, to use educational and healthcare resources, to defend their rights against others, and to general freedom based on human reason. As a result, as we can see, equality of opportunities is considered in income justice distribution, and equality of opportunities allows employment, health, and education by expanding people's choices, all of which play important roles in determining a person's income.

The reduction of income disparity is one of the most essential features of an equitable distribution of income. Income disparity may be reduced by giving people more options for choosing good employment based on their personal and professional morale. If the effects of income distribution adjustments are implemented gradually, it may result in employment and an improvement in people's welfare and income. According to the researchers, the model prepared as a global employment plan and aimed at measuring the effect of changes in income distribution on the structure of consumption, saving production, and employment level show that reducing income inequality should have a positive impact on employment. For the first time, this concept was implemented in the Philippines, resulting in a 10% increase in employment by reducing inequality by lowering the Gini coefficient from 47 to 25 percent. In Iran, a reduction in inequality, which reduced the Gini coefficient from 52 to 40%, resulted in a 5% rise in employment. As previously stated, a drop in income disparity coupled with increased access to work increased income and permitted a more equitable distribution of income [9], [10].



**Figure 1: Illustrates the relationship between the index of democracy and per capita gross domestic product. Economic growth without income distribution has no significant impact on individual income or employment growth, and economic permeability is no longer acknowledged as a viable economic theory.**



Appropriate economic growth, which has been seen as a means to access development rather than a goal of development, is another significant aspect in increasing employment for a more equitable distribution of income. Economic growth without income distribution has no significant impact on individual income or employment growth, and economic permeability is no longer acknowledged as a viable economic theory. Growth does not always benefit all people, and the adage that "a rising tide lifts all boats" isn't always accurate. A sudden tide, particularly during a storm, might hit the boat and slam it into the shore. As a result, economic growth will be successful if it is accompanied by equitable distribution and an objective for human development that is appropriate for humans. Political freedom in particular, as well as freedom in general, have an impact on desirable economic development. Researchers refer to studies conducted for 115 countries between 1960 and 1980, which show that countries with a high degree of political freedom could have experienced average annual growth of 2.57 percent, while countries with a closed political space could only have experienced annual growth of 1.41 percent. Figure 1 depicts the link between the democracy index and per capita gross domestic output.

#### *1.4 Education and Significance of Freedom:*

Education is the third aspect that is highlighted in the human development index. It's worth noting that all of these variables are intertwined and have an impact on one another. The importance of freedom in education may be seen in how it provides human beings with the tools they need to live better lives and expands their options. Human beings benefit from having access to education since it helps them to live healthy, long, and happy life while also protecting them from illnesses that threaten their existence. Students have been regarded by developing personnel in the past as well as now. As stated in the fifth principle of the five-paper affidavit of the Miji Revolution of Japan, knowledge will be sought all over the globe to strengthen imperial rule, and this concept will serve as the foundation for Japan's future advancements.

The importance of freedom in obtaining education to accomplish development is so great that it has been advised that education be made available to everyone, as a development infrastructure in public expansion rather than exclusivity in education. According to researchers, the worst failing in the public education system is the absence of education for children from impoverished black poor households, which is one of the symptoms of the system's disintegration. This is the twofold catastrophic and ethical motto of the government educational system, which first and foremost serves impoverished and marginalized populations. Not only is there a need to pay attention to the education of the poor inside nations, but there is also a need to pay attention to knowledge gaps across countries. As a result, the United Nations Organization's Human Development Report 1998/1999 addressed the importance of knowledge in development, and the World Bank did as well [11], [12].

According to Stieglitz, a World Bank senior economist, the World Bank has concentrated mostly on nonmaterial matters such as knowledge, institutions, and culture, and it is not a bank that solely finances economic infrastructures. As a result, economic growth is more like education than building, and public education is recommended for everyone on the planet. The first clause of the United Nations Organization's third-millennium objectives and its second aim, global education attainment, states that we should guarantee that all people have finished primary education by 2015 in all regions of the globe. The promotion of gender equality and women's capacity to finish their education is mentioned in this third purpose, and granting this right of freedom to women leads to a drop in children's mortality rates. It has been estimated that women's literacy rates have increased from 22% to 75%, lowering the estimated mortality rate of children under the age of five years from 156000 to 110000, and

this factor works more effectively than other factors such as men's education levels increasing in the same range or poverty levels falling by 50%. As a result, the significance of educational independence has a significant impact on the reduction of children's death rates.

Education has a good impact on economic growth because it gives people more freedom and increases productivity, which is a key aspect of human development and advancement. We should prioritize education for technological and economic success since uneducated people is unable to form relationships with one another and has little influence in public affairs. In addition to developing technical skills, education generates new behavioral models. In a study conducted for 60 developing countries between 1965 and 1987, it was discovered that countries with high education levels and macroeconomic stability experienced faster economic growth and that more resources should be allocated to education to maintain growth without jeopardizing equality of opportunity and public freedom to access public education.

In terms of political, social, and economic aspects of education and economic growth, equality of opportunities and freedoms of the people is so important that growth and development may be altered, their stability may be reduced, there may be barriers to them, and science and technology may not be able to help stable and endogenous development unless major social barriers are removed from dynamic changes. This necessitates successful structural reform policies that meet the requirements of the poorest elements of society, such as employment and basic services, as well as democratic involvement in local and national decision-making, such as support for social fundamental freedoms. As a result, education is important to enjoy basic freedoms in addition to the above-mentioned cases and some other cases that aren't discussed here, and fair criticism is possible by training human beings to be aware of the status quo so that the majority rights and demands can be considered through this strategy. All human beings have the right to get adequate education from the government, and this is one of the essential freedoms that a person needs to live a healthy life.

## **2. DISCUSSION**

Freedom, according to one of the most well-known traditions, entails doing the task that we wish to accomplish. However, it is necessary to understand what creature performs the work and how it functions to define undesirable or desirable behavior, because human behavior can stem from mental schools, ethical values based on religions, or a God-seeking instinct, whereas these concepts do not apply to other creatures. As a result, we should investigate the human range and how humans vary from animals. Researchers describe a person as a creature with consciousness and physical characteristics that are true to his limbs. In this phrase, the individual refers to a variety of animals in addition to humans. However, to differentiate between humans and other organisms, researchers use the idea of volition. One of the most significant distinctions between humans and other organisms is the individual's will. Researchers don't believe that human interests, motives, or even selection power are exclusive to humans. It indicates that, in addition to the desire, selection, and stimulus to work, humans may have other interests and motivations.

They may demand to be different in their preferences and aims, and no species, including humans, can evaluate themselves seriously, which is represented in secondary wants. He extends the person to a human being with the notion of will and considers the person as having freedom of choice, in the sense that he is free to choose what he wants. However, other ethical ideals have been converted into legislation to consider others and, as a result, they might challenge the fundamental requirements of human beings that are founded in will and internal desire in favor of the majority. Human preferences may be founded in

utilitarianism, and they tend to maximize them, which is contentious in terms of human ethics, and the preference to increase total societal utility can be controversial.

For example, maximizing total utility may enable slavery, i.e., certain members of society should be permitted to manage the lives of impoverished slaves provided their involvement as slaves provide benefit to their owners that is greater than the slaves' negative utility. But, as we all know, no one can accept such a conclusion in today's world. It is confirmed by the Islamic School. Science, character, humanitarianism, will, responsibility and duty, and beauty are among the humanity requirements. The importance of a person's volition is obvious. According to researchers, will cause a human being to regulate his wants based on logic, and there is a distinction between will and desire. Human desire is an outward attraction, while will is an internal attraction that must be controlled by the human being.

We should note that there are several conceptions of freedom when it comes to the idea of will. Amartya Sen discusses the intimate link between freedom and growth, defining capacity as a synonym for will: capacities are the freedoms that a person has so that he may aim his life toward a goal for which he has a purpose to achieve it. The notion seems rational, but we presume that humans are clever, capable of understanding mutual needs and group life, and who strive to not restrict the freedom of others with their boundless liberties. According to researchers, the natural and incipient principle from which freedom arises is that a person is equipped with the will, which persuades the person to act and is a physical state in which a person's lack of will results in a lack of sense and common senses, as well as the principle of humanity.

One can comprehend the impacts of will and reason in all ideas of freedom, which play a vital role alongside religion and piety. In addition to will and existentialism, researchers emphasize the idea of belief concerning nature. Existentialism of the human being, or the choice of existence above nature, is one of the key concepts of existentialists in defining freedom. This means that a human being is a free and autonomous person who offers nature freely, and his freedom is very high. This notion is acknowledged to some degree by Islamic thinkers, who believe that everyone is born as a human being with human nature, but that his nature may change to that of an animal later in life, and that this is the fact. Some of this school's theorists went further, believing that high-level freedom included a human being's liberation from socialism, religion, and God's restrictions. It implies that a free individual should be free of everything but himself, which is outside the scope of this essay.

The human development index is defined by researchers as a well-being index that is used to analyze prior data. The Human Development Index (HDI) is a proven method of gaining access to a contemporary living standard while maintaining a healthy economy. In light of the aforementioned criteria, the human development index's accuracy is shown by its use of historical data to evaluate well-being and the fact that it has been compiled through time. There are many distinct definitions for human development and its index, and we define human development once the index is defined. The UNDP defines it as a "process of increasing human options by allowing individuals to use life for a longer, healthier, and more productive existence." As stated in the preceding definition, the expansion of a person's options depicts the freedom of human beings, which is the action that arises from a human being's will, a will that is capable of understanding the wants and freedoms of all individuals in society and interacts with society.

Expansion of people's choices at all stages of life is critical to living a healthy and long life, choosing a suitable job for earning a living and increasing welfare according to global standards, and receiving adequate education so that those who value their choices can fulfill

their duties and responsibilities, and those who understand the responsibility and do not neglect their responsibilities will think about themselves and society's benefits. Such a civilization progresses toward freedom and growth and benefits from it. In the preceding description, three fundamental indicators of human growth, namely life expectancy, education, and enough income are anchored in freedom. The relevance and urgency of achieving the aims of the United Nations Organization's third millennium have been mentioned. As a result, human development stresses a person's choice in society and refers to a person's ability to enhance welfare via health and education as a result of his desire.

### 3. CONCLUSION

In the years following WWII, large economic countries expanded their dominance over other countries, and powerful countries imposed their power through institutions such as the United Nations Security Council, the World Bank, and the International Monetary Fund, and executed their common benefits, but poor countries highlighted their human needs by introducing themselves as independent countries that protect their national benefits from Jawaharlal Nehru to others and elaborated on their human needs. After the evolution of certain nations, such as India, it has been shown that human people who can declare and demand their rights as human laws would succeed.

Humans can increase their demands by having the desire to work and act based on societal rewards, which is a distinction between humans and other organisms. Human beings' position would improve and hidden demands will be clarified in a democratic society if people are free. Human beings will be able to express themselves in society. Such people understand that when their social position rises, so will their status. The expansion of a person's options generates a sense of responsibility and obligation in them. Persons are required to accomplish the task that they are responsible for in the social field, and if they fail to do so, they will be penalized, which may include fines, loss of social worth, and other consequences. The rationale for this penalty is that human beings are obligated to carry out their responsibilities, even though this obligation is chosen by the human beings themselves and has been stated owing to their freedom, which is founded in human beings' own will. As a result, duty-oriented people do their utmost to fulfill their societal duties.

With the growth of education for the majority of people, human beings will be required to fulfill obligations and be aware of their rights if they believe their opinions are relevant in society and demand that the status quo be improved. Increasing awareness leads to human perfection and plays a vital part in the creation of democratic systems and justice for increasing people's choices, which may lead to increased welfare, lower mortality, and recognition of people's legitimate requests. In such a society, mental and cultural freedom guides society toward maturity, growth standards are supported, as well as essential human needs are defined. All individuals have social prospects, and everyone has a place that he or she deserves, and this happy morale supports society.

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## CHAPTER 8

### FACTOR AND PROBLEM OF CHILD MARRIAGE IN INDIA

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Dr.T Naresh Naidu, Assistant Professor,  
Department of English , Presidency University, Bangalore, India,  
Email Id-naresh.naidu@presidencyuniversity.in

#### ABSTRACT:

One of the most essential social institutions is marriage, which is a method of producing a family via which society may continue to exist. Rituals and symbols are used to express this social process. In India, 45 percent of females under the age of 18 are married. Niger leads the globe in child marriage under the age of 18, with 74.5 percent, followed by Chad, Mali, Bangladesh, Guinea, and the Central African Republic, with 71.5, 70.6, 66.62, 63.1, and 57 percent, respectively. The majority of females who marry before the age of 18 are from impoverished or below-poverty-line (BPL) households. Domestic abuse (beatings, slaps, or threats) and health issues affect over 80% of females. Pregnant females under the age of 18 are more prone to complications, and there have been cases of death. Girls under the age of 15 are 5 times more likely than females in their 20s to die after delivery. Young people under the age of 18 have a high rate of fertility. Symptoms of sexual assault and post-traumatic stress disorder in child brides include feelings of despair, helplessness, and severe anxiety. This paper help to understand the overview about child marriage, Reasons of child marriage, Problem that occurred in child marriage, and the Constitution's provision to provide child marriage in India.

#### KEYWORDS:

Ancestral, Child Marriage, Education, Poverty.

#### 1. INTRODUCTION

Child marriage is regarded as one of India's most pressing and contentious problems. It relates to a social occurrence in which a young girl gets married to an older man in several Indian civilizations. Another kind of child wedding is when the would-be bride and groom's parents plan a future wedding. Both the girl and the guy do not meet until they are of marriageable age in this type of marriage [1]. Child marriage is a grave violation of human rights that leaves permanent physical, psychological, and emotional wounds. Sexual activity usually begins shortly after marriage, and early pregnancy and delivery may result in mother and infant death. Furthermore, females who married at a young age are greater likely to be subjected to domestic abuse in their marriage.

There are a variety of variables that are thought to contribute to the high frequency of child marriages. Gender disparity, societal standards, girls' perceived low status, poor, lack of schooling, security worries regarding female offspring, and sexuality control are only a few of them. Several Indian governments have implemented incentives to encourage people to postpone marriage. For example, in 1994, the government of Haryana launched a program called "Apni Beti, Apna Dhan," which means "My Daughter, My Wealth." It is a conditioned money transfer scheme aimed at delaying teenage weddings by granting a government-issued



bond in her name and a sum of Rs. 25,000 in her account if she does not marry before her 18th birthday. Males must be 21 years old and ladies must be 18 years old to marry in India [2].

One of the most pressing issues in Indian culture is child marriage. Although modified legislation establishing 18 as the legal lowest limit for woman marriage in India, a significant number of teenage girls in the 15-19 year age bracket are married, and every other married teenage woman has given delivery to a child[3]. Rajasthan has the greatest proportion of women ever engaged (40.8%) amongst 15-19 years old women in India (24.9%), followed by Bihar (39.6%), Madhya Pradesh (34.1%), Jharkhand (32.9%), and Andhra Pradesh (32.9%), according to the Registrar General of India (RGI) Reports (32.3%). Bhilwara, with 61.9 percent, is the most populous district in Rajasthan [4].

In India, child marriage has been practiced for generations, with kids being married off before reaching full physical and mental development. In India, the issue of child marriage is complicated by religious traditions, social customs, economic reasons, and strongly held biases[5]. Child marriage, irrespective of its origins, is a grave violation of fundamental rights that leaves lasting physical, psychological, and emotional wounds. Soon after the wedding, sexual activity begins, and pregnancy and delivery at a young age might result in the mother and newborn death. Furthermore, younger women are more likely to encounter domestic abuse at home [6].

### *1.1 India scenario of child marriage:*

Child marriages are said to have originated during the Muslim Invasions, which started around 1,000 years ago. Invaders used to rape or abduct unmarried Hindu girls, forcing the Hindu society to marry off their daughters at a young age, or even from infancy, to safeguard them. The political climate was volatile throughout the reign of the Delhi Sultanate, which was controlled by Muslim Sultans under an absolute monarchy regime [7]. During this time, the Sultans promoted the practice of underage marriage and saw women as second-class citizens. According to the Dharmasutras, a woman must marry when she has reached puberty. According to Manusmriti, a father is regarded to have wronged his daughter if he fails to marry her before she reaches puberty, and if the girl is not married within three years after attaining puberty, she is free to seek a spouse on her own. The proper age for a girl to marry is eight, according to Medhatithi's Bhashya; the same may be extrapolated from Manusmriti as well. A guy should marry before he reaches the age of sixteen, and a female should marry before she reaches the age of twelve, according to Tolkappiyam [8].

Typically, the parents of children, particularly girls, are destitute, and they engage in child marriage as a strategy to improve their daughter's future, since a female is traditionally regarded as someone else's property from birth. This occurs in places where there are little or no economic possibilities [9]. There is a widespread belief that dowry demand is exactly proportional to a girl's age. Dowry is a request and condition of marriage in India, in which the bride's family distributes money to the groom and his relatives. In India, it is prevalent in all major traditions. In comparison to males, girls with low levels of schooling, restricted or missing peer connections, restricted mobility, and less accessibility to mass media like as television, radio, and newspapers are more likely to marry as children. Rising birth numbers, grinding poverty and hunger, high literacy and infant death, and poor life expectancy, particularly among rural women, are among the issues[10]. Early marriage is linked to a higher fertility rate, since the sooner a girl married, the more likely woman is to give birth to a bigger number of children, putting a strain on her health. Young brides, on the other hand, are pressured to show their fertility after the wedding and give birth to offspring, particularly

males, as quickly as the wedding takes place. A young woman with little or no education, who has been raised to be submissive and subservient, and who is married to an elderly guy, has a slight capacity to negotiate sexual action.

### *1.1 Reasons for child marriage:*

Women are at the crossroads of production and reproduction, economic activity and human care, and hence economic and human progress. They are active participants in both domains. Discrimination against women, on the other hand, is widespread. It starts with the womb and ends with the grave. Discrimination manifests itself in the areas of education, employment, the workplace, family, and the socio-political realm. The child marriage system is also a manifestation of gender inequality. There are a variety of variables that contribute to child marriage.

*Spending less on women's education:* Human resource development is critical to economic growth; efficient human resources or human capital is required for the successful utilization of physical capital. One of the most important variables of human capital creation is education. A person's productive capability is determined by their degree of education. Education investment levels influence educational achievement and human capital growth, promoting economic growth and development. The amount of money spent on a person's education impacts his or her capability development. In all developing nations, women have fewer prospects for education and job advancement than males. When a nation realizes the value of developing human resources, it spends more on education. Individuals and families are in the same boat. Male children are considered as future assets and the family's economic foundation, but female offspring are seen as a burden on the family's economic base, and they are treated as someone else's assets since they are to be given to somebody in marriage. Female children are given less or no priority as a result of this prejudice in expenditure on children's education. An examination of children's enrolment in AP reveals how discrimination against females is implemented. In AP, more than 90% of government schools have more girls than boys enrolled, while private institutions have greater males than girls enrolled. People see marriage as an easy way to avoid spending money on a girl's education.

*Reducing Marriage Expenses:* In most families, the husband is given a greater position than the wife. He is, of course, supposed to be more capable than his wife. When it comes to educational qualifications, the husband is expected to have a higher level of education than the wife. Many people have had the experience of trying to locate a bridegroom who matches the bride's educational qualifications, only to discover that bridegrooms with greater qualifications expect more dowry and other items. If the female is educated, the groom should be more educated than the bride, and there should be higher dowries. As a result, the higher the girl's education, the higher the marriage cost. On the other hand, due to the current flawed school system, educated folks are alienating socially and culturally, losing integrity, and blindly following/adopting extravagant lifestyles, with educated people's wedding ceremonies becoming expensive and luxurious in the name of fashion and advanced culture. Due to the demonstrative effect, more educated females are dictating marriage festivities due to their wills and desires, making them extravagant and opulent. As a result, educating females raises the cost of marriage. People believe that it is simpler or less burdensome to marry a girl shortly after puberty or even before, at the age of 13 or 14 or even younger than to educate her.

*Avoiding Share in Ancestral Property:* The right of a woman to share ancestral property is also 1 of the elements that encourage child marriages. If a female marries at a young age, she will not demand her portion as a kid. Women heirs are denied property rights in reality,

notwithstanding legislative prohibitions, by resorting to early child marriage for the advantage of male successors.

*Family Poverty:* When a family is poor, women and female children are often denied equitable access to shared resources. Female family members, particularly female youngsters, suffer as a result of the family's poverty. Female children in disadvantaged families are inherently put in danger. Every opportunity is used to escape the feminine load. As a result, impoverished families naturally turn to child marriage to escape all of the responsibilities that come with having a female kid. Poor families are often accused of selling girls, and child marriage is seen as a covert form of selling females. The practice of marrying children to gods stems from a lack of resources in the household.

*Societal Insecurity:* One of the social variables that contribute to the child marriage system is social insecurity. A married lady is seen to be safer than an unmarried woman when it comes to criminal activities. Married ladies are seen differently by males than unmarried girls. Unmarried females are considered as having nefarious motives. Crimes against unmarried girls/females are motivated by nefarious motives. To protect unmarried females from crimes, assaults, and taunting, parents rush to marry their daughters as soon as she reaches puberty or sooner. *Social security:* One of the key socioeconomic issues that lead to child marriage is a lack of social security. Many people believe that a married lady is considerably safer than an unmarried female when it comes to cultural offenses. Unmarried women are perceived as having nefarious motives, which leads to crimes against women. So, to protect their daughters from crimes, attacks, and mocking directed at unmarried females, their parents rush to marry their girls as soon as she reaches puberty, if not sooner.

*Avoiding Ancestral Property Shares:* In rural communities, it is common for parents to believe that all of their family property belongs to their boys and that if they married their daughters at a young age, they would lose their part. They will not seek a portion of the female child's inheritance if she gets married at a young age. As a result, one of the motives for child weddings is the privilege of girls to share family property. Figure 1 shows the Representation of Reasons for child marriage.



**Figure 1: Diagrammatic Representation of Reasons for child marriage.**

### 1.3 Law against child marriage in India:

*Child marriage restraint act 1929:* The Child Marriage Restraint Act 1929, which is also known as Sarda Act, was a law enacted to restrain the practices of Child Marriage. Its main goal was to eliminate the evils placed on young girls who could not handle the stress of married life and to avoid early deaths. This act defined a male child as 21 years or younger and a female child as 18 years or younger which was 18 years and 14 years earlier respectively, and a minor as a child of either sex as 18 years or younger which was 14 years originally. The punishments prescribed for a male to member between the age gaps of 18 to 21 were imprisonment of 15 days or a fine of Rs.1, 00,000 or both. The punishment prescribed for a parent or guardian of a child taking place in the child marriage was imprisonment of up to three months or a possible fine.

*Child Marriage Prevention Act of 2006:* The Child Marriage Prevention Act of 2006 is another statute in existence. The Prevention of Child Marriage Act has weaknesses, and this Act fixes them. As a result, rather than regulating it, the Act outright outlaws child marriage. Children may declare their child marriage unlawful under this rule within two years of becoming adults. This rule, however, does not apply to Muslims, which is the law's largest flaw since it ties all Indian people together. In addition, Indian Penal Section 376 makes sex with a juvenile a criminal act. Because marital rape is not prohibited in India, this problem produces uncertainty about the crime, which is a significant roadblock in combating it.

*Hindu Marriage Act:* There are no specific procedures in the Hindu Marriage Act for penalizing the parents or those who sanctified the wedding. A girl may only have her marriage annulled if she wishes to marry before she becomes fifteen and disputes the wedding before she turns eighteen.

*Muslim personal law:* The provisions of Muslim law are based on academics' interpretations of the Quran. Child marriage is not prohibited under Muslim law. After marriage, the pair has an "option of puberty" known as Khayar-ul-bough, which allows them to reject the marriage once they reach puberty. They may only do so if they are under the age of eighteen and their marriage has not yet been completed. Under Muslim law, the age of a wedding is equal to the age of puberty, which is 15 years.

*Indian Christmas Marriage Act(ICMA):* If the wedding is to be performed among minors, the ICMA requires that a preliminary notification be published 14 days before the start of the marriage. After the time limit has passed, the parties are free to marry without the agreement of their parents.

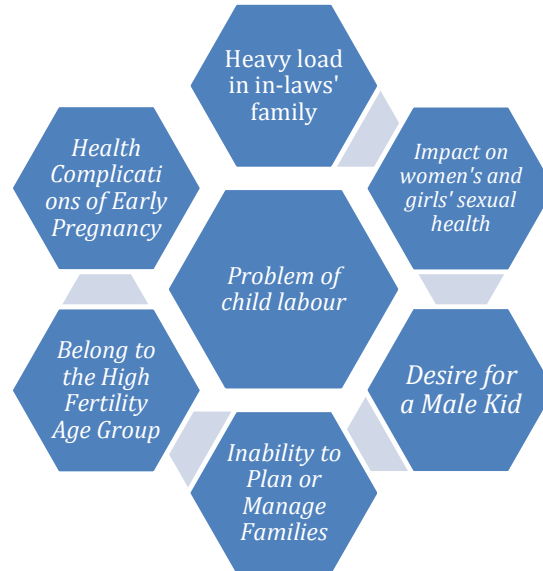
### 1.4 Problem of child labor:

*Heavy load in in-laws' family:* Women's job in the home includes a variety of tasks such as milling and pounding fresh grains, caring for livestock, cooking, and caring for youngsters and the elderly. They must put in many hours of hard work to acquire fuel and water from faraway locations. They also participate in domestic production to augment the family income, raise animals to increase household assets and grow vegetables for household use. They also play an important function in agriculture. Women conduct more arduous labor in many households, but males control assets and money, giving women less independence. The situation of a married kid living with his or her in-laws is very taxing. "She has to perform numerous roles in the in-laws' family as a female member of the family." They boost their family's income by participating in productive activities. Maintaining a family and children is another difficult task for a married child. She has to play the part of an adult woman even though she is a youngster. If she is older in her in-laws' family, family duty might be difficult.

Family members have high expectations of her, but she is unable to meet them. She is responsible for the requirements of the elderly and other members of the family, which are often beyond her skills.

*Health Complications of Early Pregnancy:* Child marriage inevitably leads to early pregnancy, which causes a slew of health issues. She will be unable to deal with changes in her body throughout pregnancy if she is unaware of her physiological situation. Elderly ladies are also unable to provide her with suitable guidance. During pregnancy, birth, and the post-delivery period, older women used to keep a close eye on the situation. However, however, older women do not have the same expertise as women in the past, nor do they have the same favorable attitude about approaching qualified medical personnel. In emergency scenarios, this kind of setup might lead to a reliance on local quakes.

1. *Belong to the High Fertility Age Group:* Females who marry before the age of 16 are more likely to have undesired pregnancies. Women are obliged to have a pregnancy and carry the kid due to a lack of access to contemporary medical services to prevent/postpone pregnancy.
2. *Inability to Plan or Manage Families:* Women who marry young are statistically more likely to have more children. Those married under the age of 15 had an average of 4.96 children, those married between the ages of 15 and 17 had an average of 4.15 children, and those married beyond the age of 18 had an average of 3.12 children. Young moms have less power and influence over their children and are less capable of making choices regarding their diet, health care, and home management.



1. **Figure 2: Diagrammatic Representation of the Problem of child labor.** *The Desire for a Male Kid:* Women are compelled to conceive as many times as they can until they give birth to a male child due to a desire for a male child.
2. *A large age gap between the bride and the husband:* In general, the bride and groom have a significant age gap. The bride, not the bridegroom, is the kid in the majority of child marriages. The bride has no freedom to voice her ideas on any aspect of family life while she is a kid, and she must blindly accept her husband's demands.

3. *Impact on women's and girls' sexual health:* Due to the physiological immaturity of their sexual organs, young girls may experience significant physical discomfort during sexual intercourse. Obstetric fistula (perforation of the bladder or intestine owing to protracted labor) is a common complication of pregnancy at a young age. Figure 2 shows the Problem of child labor.

## 2. DISCUSSION

In India, child marriage has been practiced for generations, with children being married off before reaching full physical and mental development. In India, the issue of child marriage is complicated by religious traditions, social customs, economic reasons, and strongly held biases. Child marriage, regardless of its origins, is a grave violation of human rights that leaves lasting physical, psychological, and emotional wounds. Soon after marriage, sexual activity begins, and pregnancy and delivery at a young age might result in the mother and newborn death. Women who married when they are younger are also more likely to encounter domestic abuse at home.

Child marriage is often the outcome of established gender inequity, affecting girls disproportionately. Child marriage is one-sixth as common among males as it is among girls over the world. Girls' childhoods are robbed, and their lives and wellness are jeopardized, when they marry as children. Girls who marry before they are 18 are more like to be subjected to domestic abuse and drop out of school. They have lower economic and health results than their unmarried counterparts, which are passed down to their children, putting a country's ability to offer decent health and educational facilities under even more hardship.

Adolescent brides are more likely to fall pregnant during their teens when the risk of difficulties during pregnancy and delivery is higher for both themselves and their children. The practice may also isolate girls from their families and friends, as well as prevent them from engaging in their communities, putting a strain on their physical and mental health. Child marriage has significant economic consequences at the global level, with huge implications for growth and prosperity, since it affects a girl's health, future, and family.

Every day, an estimated 40,000 kids and young females under the age of 18 marry. This amounts to roughly 15 million people every year. In poor nations, more than 60% of child brides have no formal education. There are more than 700 million women living today who were married before they were 18 years old. This is the equivalent of one in every ten people on the planet. By 2030, 950 million girls and women would have been harmed by child marriage if we do not increase our efforts to safeguard them.

The Indian marriage system differs depending on the location, caste, and clan. In India's southeast, child wedding percentages are lower, whereas, in the northwest, they are higher. The states with the highest rates of child marriage include Bihar, Rajasthan, Jharkhand, Uttar Pradesh, West Bengal, Madhya Pradesh, Andhra Pradesh, and Karnataka. According to the District-Level Household and Facility Survey (DLHS), which was recently conducted for the Ministry of Health, Bihar is the worst state for child brides, with nearly 70% of females married in their early twenties, having married by the age of 18; Himachal Pradesh is the best state, with a marriage rate of 9%. Child marriage has decreased by just 11 percent – less than one % each year – during the last 15 years. In nine of the studied states, the Annual Healthy Survey from 2011 reveals a faster fall.

## 3. CONCLUSION



Child marriages are seen as a societal blight that will be difficult to eradicate without the help of society. For a long time, there have been calls to declare child marriages invalid from the start within the Prevention of Child Marriages Act, but Indian culture is intricate and multifaceted, and declaring child marriages unlawful would only risk the rights of females who are victims of child marriage. In many instances, the parents of a female child forcefully marry their daughters to an older guy for that person to offer money to the girl's family, allowing them to improve their financial situation. Also, based on the above discussion, it may be stated that the female child's reproductive and sexual health suffers the most in early marriages. Obstetric problems, pregnancy-induced hypertension, increased death rates, early delivery, and a high risk of miscarriages and stillbirths are all common among child brides. The dangers of early marriage do not only affect the female kid but also the child who is born as a consequence of the marriage due to an early pregnancy. Infant death ratios are also high, as are the rates of early birth and low birth weights for newborns.

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## CHAPTER 9

### ROLE OF EFFECTIVE COMMUNICATION SKILLS FOR BUSINESS DEVELOPMENT

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Dr. Aswini P, Assistant Professor,  
Department of English , Presidency University, Bangalore, India,  
Email Id-aswiniperumal@presidencyuniversity.in

#### **ABSTRACT:**

As a managerial function, communication is the process of generating, communicating, and understanding ideas, facts, views, and sentiments concerning work performance, organizational effectiveness and efficiency, and goal accomplishment. A manager must be a skilled communicator because, without strong communication abilities, no business can flourish, advance, or establish a reputation. Mismanagement and poor company performance may emerge from a poor communication system. The purpose of this study was to demonstrate that efficient communication is critical to any business's survival and growth. The author also mentioned that communication skills must be improved regularly, especially in a fast-paced work atmosphere. No matter what industry you work in, being able to communicate effectively with clients, co-workers, and bosses is critical. Good communication strengthens teams, motivates employees to perform at their best, and improves the workplace culture which also helps in the future.

#### **KEYWORDS:**

Business Development, Business Environment, Communication Skills, Effective Communication.

### 1. INTRODUCTION

Any business owner has to be able to communicate effectively. Your ability to communicate effectively might mean the difference between closing a transaction and missing out on a lucrative opportunity [1]. Customers and clients should be able to understand corporate policies and ask questions about your products or services, and you should be able to do so clearly. To attain your objectives, it is critical to communicate well during negotiations.

Within the company, communication is also crucial. Effective communication may aid in the development of a positive working connection between you and your employees, which can enhance morale and productivity [2]. This book will cover the fundamentals of both verbal and nonverbal communication, as well as how to listen to and understand others, and how to create the greatest first impression possible on the people you meet in and around your workplace.

Businesses, regardless of the sector or the employee's seniority level or job function, must ensure that workers have excellent communication skills [3]. This paper discusses a handful of the most essential reasons for professional communication. It also discusses how you might improve your communication abilities in the future.

6. business benefits of good communication skills

Communication efficacy may have a significant impact on a company's bottom line. Simply said, it may determine whether you succeed or fail.

1. *Capture people's attention:* Businesses want to be able to swiftly attract people's attention and connect with them in a way that motivates them to buy something. Companies must engage staff who can produce appealing email newsletters, engaging social media posts, eye-catching papers, and a variety of other sorts of marketing content to achieve this [4].
2. *Build a rapport with people:* Businesses want to make a strong first impression when meeting with prospective new customers or even job seekers. Employers are seeking someone who can communicate effectively, which includes positive body language, facial gestures, and eye contact. It's also crucial to actively listen, ask intelligent questions, and follow up with clear written communication [5]. On the other side, poor communication can result in missed commercial opportunities and even harm a company's reputation.
3. *Close the sale:* A company needs to make money. As a result, the sale must be finished once people's attention has been captivated and a solid connection has been established. When it comes to bargaining, having staff with great communication skills is essential. When a transaction is on the line, it's critical to maintain a pleasant and professional demeanor while being firm and steady [6].
4. *Discover new opportunities:* Businesses may genuinely comprehend the demands of their customers and staff by recruiting people who have mastered active listening. This is an important stage in resolving problems and may result in a more pleasant working atmosphere as well as a more appealing product or service [7]. This may result in happier employees, more loyal customers, and a more profitable organization.
5. *Keep processes moving forward:* Information must often be shared from one person to another for work to progress. Face-to-face talks, presentations, emails, phone calls, or even collaborative technologies like Slack or Trello might be used to do this. Employees with strong communication skills may guarantee that messages are delivered quickly and properly, allowing processes to function smoothly and productivity to remain high [8]. Poor communicators, on the other hand, might lead to misconceptions. Processes can become difficult, time-consuming, and even costly as a result of this.
6. *Create a positive working environment:* Employees must be able to operate successfully as part of a team for businesses to succeed. Good communication skills enable everyone to share ideas and see the value of listening to others. This can aid in the development of better professional connections as well as a pleasant working atmosphere. Employees may become dissatisfied and discouraged as a result of poor communication, which may be costly and destructive to firms [9].

#### 1.1 To improve professional communication skills:

As you can see, organizations require staff with strong professional communication skills to flourish. As a result, it's a talent that's frequently at the top of their list throughout the hiring process. As a result, professional communication is not a talent to be overlooked. If you're looking for some tips, check out our blog "Tips to Become a Better Communicator." You might also want to have a look at our Professional Communications short course, which will help you acquire the skills and information necessary to become an experienced

communicator [10]. It is critical to have effective communication skills to thrive in business. Perfecting them will require time and work, but it will pay off in the long run. You will not only be able to interact with others more effectively, but it may also assist you in achieving your goals.

Communication is the act of transmitting a message through many mediums; it can be spoken or nonverbal, formal or informal, as long as it conveys a thought-provoking concept, gesture, action, or other form of expression. Communication is a talent that can be learned. Although most individuals are born with the physical capacity to speak, we must learn to speak clearly and efficiently [11]. Authors learn speaking, listening, and our capacity to interpret verbal and nonverbal meanings in a variety of ways. Observing other individuals and modeling our behavior after what we observe is how we develop fundamental communication skills. It is vital to note, however, that knowledge is useless unless it is delivered to the person who will receive it or who has the authority to do so. As a result, communication is the act of conveying, disseminating, or transferring information from one person to another or from one location to another [12]. Communication, in other terms, is the process of generating, transferring, and interpreting ideas, facts, views, and feelings. It's a procedure that's fundamentally a sharing one, with two or more people exchanging information. Furthermore, communication refers to the sharing of information between management.

### *1.2 The Need for Good Communication in Organizations:*

Communication is an important aspect of every business. Furthermore, in the commercial sector, effective communication skills are crucial. Many techniques to handle and deal with poor communication have been discovered in various studies. She claims that having a dialogue with another person is the goal of communication and that this conversation must be two-way for communication to be successful. This important concept is to remember what is said, particularly in times of dispute. When your voice raises, your body tenses, or your temper flares, you are not being productive [13]. According to some scientists, two factors must be kept in mind for good communication to occur: the first is that everyone has their views and perspectives, which must be respected. The second concept is that every discourse requires a conclusion. Keep in mind, according to Tucker, that everyone arrives at the dialogue table with their interpretation of what happened, what exists, or how to accomplish anything. It doesn't help the problem to dismiss a person's point of view without evidence and clear examples of improper, unprofessional, or undesirable conduct or deeds. It is, nonetheless, critical to communicate until the dialogue is over [14]. Closure indicates that you and the other person have discussed all of the concerns and that, while the other person may not agree with you, he or she has listened to you in a non-threatening, non-defensive manner and heard what you had to say.

This is a very essential notion to remember in the workplace. Employees and bosses come in a variety of shapes and sizes, each with their personalities and perspectives [15]. As a result, it's critical to remember to accept everyone's viewpoints, regardless of how divergent they are. Furthermore, the concept of closure in communication is critical since leaving a conversation open-ended or even hostile may frequently lead to business ties being damaged or broken. For businesses to function properly and smoothly, good communication is required. Even if an organization is cut off from its surroundings, it must have some means of interacting with them [16]. Everything outside of a system belongs to the environment, not the system itself. This is true for all sorts of businesses. At the same time, the environment has a significant impact on an organization's behavior, and the organization has little or no control over the environment's behavior. The performance of a system is influenced by its

surroundings. The following environmental elements, for example, may need to be communicated to a corporate organization:

1. The number of rivals in the market, as well as their strategy.
2. Competitors' products, their pricing, and their quality;
3. The value of the native currency in the organization's operating nations; Personal taxes and the company's structure
4. The policies of the reigning political body/government; party's
5. Concern for the natural environment as a social attitude; and
6. The legal and regulatory environment in which the firm works.

All of these must be communicated to an organization, which is achievable through the communication process. All members of a company must engage internally, tactics must be maintained, policies must be formed, strategies must be devised, and programs must be planned, implemented, and assessed. Employees must also be compensated and motivated, and choices must be made, among other things. In reality, there will be no management function without an effective and efficient means of communication. Everything will just have to be incrementally disjoined in a chaotic and disarray manner. As a result, information is a critical component of management. To achieve the policy objectives, management choices, and policies must be conveyed to people who will utilize them. This will be accomplished through excellent communication both within and outside of the company [17]. A decision is pointless until it is conveyed, regardless of its aim. If, for example, the Sales Director of a certain industry chooses to drop the price of product X and launch an interactive campaign, nothing will happen until the advertising departments are notified, as well as any other departments involved in the development of new packaging to lower the price. The messages should be at the center of all external communications, and they should include: Experts are being developed and positioned to engage with conventional media. Message distribution, monitoring, and evaluation of effort efficacy.

### *1.3 The importance of communication for a manager:*

Managers that understand communication and how to apply it in the workplace are the most effective. Communication is the means through which managers may carry out each of their responsibilities. Managers must be able to effectively convey their vision to the rest of the business to plan successfully. Managers must enable and promote free-flowing communication both up and down the hierarchy, as well as across departments and coworkers, to properly organize. Managers must properly explain corporate goals to workers to encourage people to trust their leadership and perform at their best. Managers must effectively interact with employees to monitor progress, reemphasize corporate goals, and rectify ongoing procedures to regulate effectively [18]. As a result, communication encompasses more than only speaking, writing, reading, and listening. The key to good management is effective communication. Managers may convey their objectives to both internal and external stakeholders through communication. It enables managers to encourage workers and suppliers to improve their behavior. It enables managers to inspire staff and consumer loyalty.

It enables management to persuade employees and labor unions to engage in a variety of harmful actions. It allows managers to persuade leaders to approve funding, as well as to soothe irate consumers and impress new ones. As a result, managers must be good communicators to function. What, therefore, makes a manager a good communicator? They must first comprehend what communication entails. They must also grasp how communication works on an interpersonal and organizational level, as well as what hurdles

might obstruct communication, to overcome these obstacles and increase communication throughout the business. Communication is commonly thought of in modern organizations in terms of the following: media of communication such as internal memos, reports of various forms, etc; communication skills such as giving instructions, interviewing, chairing meetings, etc; and communication organization such as chain of command, briefing groups, work committees, etc. However, at its most fundamental level, communication consists of three basic pieces or components: encoder, channel, and decoder. The encoder is the information that comes from the source or origin [19]. That is, the encoder is the source of the data that will be sent to the other side. The medium chosen or to be utilized in transmitting the message or information to the other party is referred to as the channel. The decoder is the individual who receives the message or information. He is the one who receives the message. He may, or may not, be the recipient of such information.

#### *1.4 Communication Methods:*

Depending on the type, extent, and degree of technology, as well as the applications of information in the business, there are a variety of communication methods or approaches. For example, in small-scale business organizations such as sole proprietorships, one-man businesses, small-scale dry-cleaning businesses, and so on, the majority of communications, whether between the business owner and his employees or between him and his clients, are conducted through face-to-face personal contacts. However, as a company grows and its operations get more sophisticated, more paperwork will be required, necessitating written communication rather than simple oral communication. This is essentially the core feature of medium-sized business units such as partnerships, private and public limited liability firms, and other similar entities. Furthermore, most large corporations, particularly multi-product corporations, multinational and transnational corporations, and so on, make extensive use of current high technology. Almost all of these organizations use computers, telephones, the Internet, Intercom, telex, telefax, radiograms, the General System of Mobile Communications (GSM), and other similar communication methods.

Based on its unique idiosyncrasies, an organization can pick from some channels available for the effective transmission of business or management information across lines within the system. In addition, the type of organizational system links will vary based on the needs of each subsystem. As a result, the usual ways or channels of communication from which an organization could choose can be classified as follows.

Languages, which are made up of words and grammar, are used to express information. Words are ordered according to grammatical rules to construct an idea, with the various elements of speech in the correct order. The message is then transmitted either orally or in writing. The act of expressing one's thoughts through the spoken word. Managers communicate with their co-workers and employees through oral media such as face-to-face meetings, and phone calls, including messages left on answering machines, private meetings, group meetings, and teleconferencing (the use of telephone equipment to allow people in different locations to participate in a discussion). In general, oral communication is easier and more efficient than written communication. It enables real-time feedback. Daily, managers prefer oral communication over written communication for conveying information, while they do put key messages in writing. Oral communication can occur in a face-to-face intimate context or over the phone, according to this investigation. The telephone may be used to transmit commercial information. For example, the sales ledger subsystem can make oral contact over the phone to find out when an overdue debt will be paid; the request and reply are both given verbally.



However, while oral communication provides a personal and dynamic form of expression, its ephemeral nature renders it vulnerable to misunderstanding and misremembering. After discussing speech and communication thus far, this section will focus on a more in-depth examination of the effectiveness of oral communication. In this sense, the importance of the power of word conceptions will be emphasized, as it has been revealed since the beginning of time. Various philosophers have attempted to explain the world, and its use or potency has virtually become undeniable.

Kindly assist me, or even constructive criticism through word of mouth, may have a significant impact on an administrator or manager's success or failure at work, at home, in society, and so on. As a result, a competent administrator should be extremely attentive to what he says at all times. You can't dispute changing a word or making a statement; otherwise, you're a liar. As a result, a manager might utilize his or her word of mouth to jeopardize his or her prospects of success at work, much alone those of his subordinates or co-workers. Similarly, if care is not exercised, personnel may create or break the business objectives of their firm.

### *1.5 Communication Flow:*

Most companies' communication networks are made up of vertical communication lines that provide upper and downward methods of transmitting information, to integrate processes like committees and workgroups formed or evolved across these lines. Again, whether in the public or private sector, an organization provides lateral lines of communication that are deemed to be equally important as vertical lines. There is also a diagonal or matrix form of communication network construction, which has both vertical and horizontal or lateral communication lines. Most horizontal interactions occur between managers or supervisors in separate departments, whereas vertical conversations occur between senior and subordinate officials in the same department. Diagonal communication, on the other hand, occurs when a senior officer and a junior officer from opposite departments communicate. Most commercial and public sector companies, on the other hand, tend to think of communication in terms of upward or downward channels of engagement. Management communicates policies, strategies, information, and instructions or directives in particular. The command chain facilitates downward communication, whereas work-group meetings, joint consultation machinery, and grievance processes facilitate upward communication. Vertical communication, on the other hand, in most modern businesses is dominated by downward communication.

The flow of information throughout the company, on the other hand, is rarely comparable to the vertical flow. However, every company must establish provisions for coordinating, integrating, or unifying the operations of many departments, sections, or senior executive officers, which can be accomplished through inter-departmental meetings or committees. There are Faculty or College Board meetings in the University system, for example, where staff from various departments meet regularly to work out issues that affect the Faculty or College, as well as pool and share experience, ideals, and other information among colleagues across the Faculty or College. There are also DEO (Departmental Examination Officers) meetings and Academic Board or Board of Studies meetings, which are solely attended by the Heads of Departments or their representatives. Disciplinary Committees or Panels, Examination Committees, Transportation Committees, Development Committees, Appointment and Promotion Committees, and so on are all examples of committees.

All of them function as channels for transmitting knowledge across the company, and similar experiences may be found in both the public and private sectors. However, it should be

emphasized explicitly that the usage of committees is a sensible and regulated solution to the problem of integration, and it represents the very minimum that organizations may do to establish lateral or horizontal communication lines. When an organization is more organic in its operation, it tends to use horizontal lines of communication among people who work together in the same specialization, and much of the information that flows along these lines is highly technical, task-oriented, and facilitates cooperation among work groups. Only if the information is very important or falls under the category of "need to know" for the manager or senior administrator involved is it forwarded up the line. Organizations that employ a Management by Exception approach can use more lateral types of communication than organizations whose management insists on being immersed in the pressures of what is happening all of the time. Management by exception is more prevalent in businesses that are less concerned with routine tasks. Management by exception entails a high level of delegation and autonomy in which, once responsibilities have been established and performance standards have been established, the manager in question will only request information if there is a problem, it is time for a periodic review of progress, or there is a significant deviation from the plan, target, or standard.

The principle of management by exception, or reporting by exception, implies that there are physical and mental limits to what a manager or administrator can read, absorb, and comprehend before taking action; and an enormous mountain of information, even if it is all relevant, is too much for an average manager to handle. Reports for management or executive action or decision must be clear and concise, and in many systems control, action is based on the exception principle, which states that minor differences between the actual result and the plan may be considered acceptable, while corrective action is only taken when the results exceed a certain tolerance or allowable level or standard. This is especially true when it comes to useful knowledge.

## 2. DISCUSSION

Nonverbal communication may be advantageous to an organization; however, the contents of nonverbal communications must be conveyed, otherwise, they risk being misread, resulting in misunderstanding. A pleasant grin, for example, might be used to express encouragement or to compliment someone on their work. However, it is now commonly misinterpreted as a sign of flirtation. Nonverbal communication may be beneficial to a company; nevertheless, the contents of nonverbal messages must be communicated, or they risk being misinterpreted, leading to misunderstanding. A friendly grin, for example, might be used to encourage or commend someone on their job. However, it is now sometimes misunderstood as a flirtatious gesture. Nonverbal communication may be beneficial to a company; nevertheless, the contents of nonverbal messages must be communicated, or they risk being misinterpreted, leading to misunderstanding. A friendly grin, for example, might be used to encourage or commend someone on their job. However, it is now sometimes misunderstood as a flirtatious gesture.

Internet services, when combined with other, more extensively utilized communication mediums, will provide for the most comprehensive augmentation of information and communication resources. Although it is simple to use, it ignores non-verbal aspects of communication such as facial expressions, tone, and pitch. Although these details may appear little, they are critical in speaking as they convey sincerity, irony, and other communication traits. People are eager to presume without this nonverbal form of communication, and their assumptions may not always be true. In this setting, a businessperson's ability to communicate effectively is critical. He propels his company forward via effective correspondence. Specifically, the success of every organization is dependent on efficient

communication, and as a result, we can finish our discussion with the following statement: Take care of communication, and the rest will fall into place.

Communication abilities aid in the planning, management, organization, promotion, and innovation of a variety of marketing, management, development, and building processes and systems. Communication skills are essential for marketing and promoting a company. Communication skills aid in the development and motivation of employees to achieve corporate objectives. And communication skills are one way for a company to deliver a positive client experience. Communication skills are essential for bridging the gap between companies and employees. Communication skills aid in the reduction of stress and the increase of productivity. And it is in this manner that everyone is motivated to fulfill the organization's objectives successfully and cheerfully. As a result, communication abilities are critical in company management and organizations.

### 3. CONCLUSION

Finally, when it comes to conflict, excellent communication may be a very beneficial instrument. Confrontations do happen at work; this is unsurprising! When handled effectively, however, good communication may put many of these difficulties to rest. An effective communicator will be able to defuse a potentially explosive situation. This is true not only in confrontational confrontations but also in situations where there are conflicts of interest. A good communicator will spell out the benefits and drawbacks of both solutions, as well as solicit everyone's thoughts on the matter. This results in a majority choice as well as a calm solution to a problem. The question of whether women or men are better communicators is debatable. Women do converse more and for longer periods than males, but this is a personality trait. There are simply too many cliches that depict women as talkers who are even more persuasive than males. However, this is a highly subjective matter. The only thing that determines whether or not someone, regardless of gender, can become a good communicator is their environment and upbringing. The argument that women are more talkative because of societal ideas is just insufficient to sustain the notion that women are better communicators than males. When it comes to communicating effectively, there is a certain demand for control. Controlling emotions, personal ideas, and even facial expressions all fall within this category. Emotions aren't always rational, and when it comes to business, emotions may often get in the way. Anger, for example, might stymie the development of a new company concept. Also, competing personal ideas can cause disputes, and personal home-life matters should be kept out of the workplace as much as possible. Facial expressions are frequently misconstrued; a little roll of the eyes might derail a possible client-organization connection.

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## CHAPTER 10

### A STUDY ON THE ROLE OF RELIGION AND SPIRITUALITY IN MENTAL HEALTH

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Dr. Narasimha Murthy S V , Associate Professor,  
Department of English , Presidency University, Bangalore, India,  
Email Id-narasimhamurthysv@presidencyuniversity.in

#### **ABSTRACT:**

Religion and spirituality have been shown to improve mental health via healthy religiosity, society and connection, and positive thoughts, according to research. Religion and spirituality may also be harmful to one's mental health due to bad religiosity, misunderstandings and miscommunication, and bad opinions, according to studies. Spirituality requires measurement approaches have been investigated, and including spirituality elements into therapy has also shown benefits. Hysteria, neurosis, and psychotic delusions have historically been related to religious thoughts and behaviors. Religion has recently been revealed to have another side that can be exploited as a psychological and social resource for managing stress, according to a recent study. This research focuses on despair, death, anxiety, psychosis, and drug dependence as well as the link between religion and spirituality and psychological health. Current research in the United States, Canada, Europe, and other nations, and the conclusions of a previous systematic study, are described in depth. Although religious thoughts and activities may provide solace, hope, and purpose, they are often associated with neurotic and psychotic disorders, making it hard to determine whether they are a benefit or a burden. Religion and spirituality can be beneficial or detrimental to one's psychological health. This promise will be realized if mental health practitioners have a better knowledge of religious concerns and psychiatric research remains focused.

#### **KEYWORDS:**

Faith, Religion, Spirituality, Health Outcomes, Mental Health.

#### **1. INTRODUCTION**

The link between religion, spirituality, and mental health has piqued scientists' curiosity in current history. Such contrasts with psychiatry's traditional practice of dismissing or demonizing religion as unhealthy. Ultimately, this new study has shown that religion has a positive impact on people's lives. More religious people have been observed to have superior psychological health, a superior standard of living, and reduced incidence of depression, anxiety, and suicide. Although these are good features like religion and spirituality, a rising amount of research shows that religion may also have a bad side, and religiously motivated difficulties can be a cause of anguish for several people. A dual character of religion and spirituality in the life of mental patients necessitates a greater understanding of religion as part of sufferers' lives, and also options accessible to help those that are suffering.

The history of the conflict between religion and psychiatry is quickly reviewed in this study. The advantages of religion and spirituality for psychological health are next discussed, followed by the negative elements of religion and spirituality. Finally, humans discuss the implications of this research for the evaluation and therapy of mental individuals. The words "religiousness" and "spiritual practices" are most commonly used in research journals on



religious doctrine, while there is much debate and contradiction among scientists over their meanings. Religion may be defined as the formal, organizational, and external representation of the holy, and can be assessed by factors including such religious significance, faith in God, religious ceremony participation, prayer regularity, and/or meditative intensity [1]. Spiritual well-being, calm, and comfort coming from religion, spiritual connectivity, and/or spiritual or religious coping are all indicators of spirituality. Psychiatry and religion have always had significant disagreements and conflicts. Religion was rapidly recognized as harmful when psychiatry developed as a specialty. Sigmund Freud used the phrase "universal obsessive-compulsive neurosis" to characterize religion in 1907. The atheistic attitude of Sigmund Freud was widely embraced by psychoanalysis therapists, thereby reinforcing psychiatry's anti-religious reputation. Simultaneously, the medical model of psychological health offended several clerics, who saw psychology as "anti-Christian" or "hazardous." This rivalry between psychiatry and religion lasted for the majority of the twentieth century, with some modern writers even arguing that religious luminaries like Abraham, Moses, Jesus, and Saint Paul may have experienced psychosis.

Meanwhile, in the past 30 years, American psychiatry has taken a much more favorable and open attitude toward religion and spirituality. This is due in part to a growing understanding of the importance of a participant's culture, and also mounting data that religion and spirituality may benefit mental health. In 2011, over 79 percent of U.S. medical schools included some kind of spirituality in their curricula, and 75 percent of those institutions mandated medical students to take at least one spirituality class. Religion, faith, and Spirituality are all terms that are used interchangeably in the study, but only to a certain extent. Therefore, the definitions & meanings of these terms are distinct. Because of its close ties to religion, spirituality is sometimes misinterpreted. The impact of religion and spirituality in living with life circumstances, disease, illness, and welfare is widely documented in the research. Throughout stressful circumstances, spirituality may be a source of comfort and strength. Faith is a significant topic in holistic nursing since it is a major role in fostering hope. The research constantly indicates the holistic idea of caring for bodily, mind, and soul healing, as well as the requirement of preserving hope. It's also worth noting that spiritual influences and religion may help keep hope alive. Spirituality has an important role in nursing care. Faith, it is critical for nurses and other health care workers must know the differences between spirituality, religion, and faith, to offer spiritually aware care to their patients [2].

### *1.1. Spirituality as a Concept:*

The Latin term spirits, which means "to blow or breathe," is the source of the term spirituality, that have evolved to denote "something which gives life to the soul." Spirituality is a quest for the truth. The idea of spirituality comprised thirteen conceptual elements in his description research, which analyzed 265 published books and papers; transcending or connectedness being the highest-mentioned mental element for spirituality among those 13 elements. The idea research was carried out in eight phases. Another of the words associated with religion is immateriality. Several equivalents for this idea were discovered in the literature, including personal meaning, purpose, values, beliefs, and connectivity, and the interconnected meanings of spiritual pain, spiritual needs, and spiritual well-being. Religion is a personal and conceptual concept with a lot of preconceptions. It is also the connectedness of anything outside oneself with everything inside oneself, and individuals understand and perceive their spirituality in a variety of forms, whether via the practicing of such a particular religious tradition or a mixing of spiritual and philosophical systems [3]. Native Americans communicate their spirituality via five traits, according to focused groups performed amongst

Native American healthcare learners: friendship, unity, respect, balancing, and healing. Connecting, understanding, and employing cultural traditions are all spiritual aspects of the connection. Spirituality as a sociocultural idea involves a sense of belonging to people, the surroundings, and the creators. A few of the features of spirituality addressed in the research include personal connectivity, connection to individuals, connection to the environment, and connection to God, or a Divine Being.

### *1.2. Religion and Spirituality:*

Understanding the distinction between spirituality and religion is crucial for healthcare providers since they might have various implications for various people. Spirituality or religion can also have various spiritual aspects for different people. It's tough properly define these notions, and it's much tougher can establish a general description due to the differences between them. Spirituality may be exhibited in a variety of ways, including ceremonies or adhering to specific religious principles. But persons who do not identify as religious might have heavenly experiences. According to psychologists, the concepts of religion and spirituality are distinct, and it is erroneous to use the word religion interchangeably with spiritual. A conceptual method for developing a foundation on spiritual evaluation and practice reveals that these two concepts have different meanings. Some authors, for example, described spirituality as prayers and church attendance. Traditional ideals and behaviors associated with definite groups of individuals or religions are referred to as religion. A spiritual person is identified by their faith, God, holy texts, beliefs, and morality. To provide a holistic treatment, it is vital to know the spiritual beliefs linked with various rituals [4]. In a faith where worshipping more than one Lord and following numerous faiths is typical behavior among many nations, culture may have an essential role. Religion, unlike spirituality, is led by tradition, norms, culture, and well-intentioned goals. Religion may or not be a part of spirituality. It is a human struggle to ascend to an Ultimate Being, God, self, or creation, as well as the procedure of interacting with God through another to find reason and meaning.

### *1.3. Religion's Positive Aspects:*

Religion and spirituality are often linked to improved psychological health. Religion and spirituality have been shown to improve patients' entire quality of life. Reduced levels of depression indicators, fewer posttraumatic trauma symptoms, fewer disordered eating symptoms, fewer bad symptoms in psychosis, less overwhelmed or frustrated, reduced risk of death, and much fewer character problems have all been related to increased levels of religion or spirituality. Furthermore, stronger emotional health is linked to a larger degree of conviction in an individual's belief systems. Religion or spirituality has been demonstrated to be a preventive measure that improves mental therapy adherence. Religiosity and drug misuse have a symbiotic connection. Elevated concentrations of religion and spirituality are linked to a more positive life outlook, more stress resistance, stronger felt social assistance, and reduced anxiety levels among persons recuperating from drug dependence. Religion and spirituality may also perform a role in developing a mindset that fosters receptivity to transformation and therapy adherence, especially in the setting of 12-Step-based programs.

#### *1.3.1. Positively coping with religion:*

Individuals frequently turn to religion as a technique for dealing with stressful conditions. Positive religious coping mechanisms are strongly linked to and predicted improved mental wellness and emotional well-being overall. Positive spiritual coping, in particular, is linked to lower levels of sadness and anxiety. Suicide may be prevented by combining good religious responses with spiritual disapproval of suicide. Positive spiritual coping is also linked to

stronger social relationships and a higher standard of life in terms of mental health. After heart operation as well as amongst former soldier cancer victims, good spiritual coping is a marker of posttraumatic development [5].

### *1.3.2. Support and society:*

When it comes to the positive impacts that religion and spirituality, membership in a spiritual group is crucial. Mentally ill people tend to gain from becoming accompanied by a religious group that is sympathetic. Joining religious services daily has been linked to a lower risk of serious depression and suicide efforts. Spiritual attendance is linked to lower levels of suffering after unfavorable life occurrences. Religious or spiritual participation seems to mediate a decrease in drink consumption in recovered alcoholics by encouraging harmful alcohol views and creating social models. Increasing religion in society may protect residents from the psychological impact of a physical catastrophe.

### *1.3.3. Positive thoughts:*

Religious beliefs and practices may provide individuals with comfort, purpose, a feeling of power, and hope as they deal with challenging life situations. In the domains of suicides, depression, especially drug misuse, religious participation is linked to greater psychological health. Religion beliefs and activities are associated with a better level of satisfaction with life, beneficial effect, and morale. Faith in God, rather than religious membership, has been linked to improved mental treatment results. Anxiety and depressed sensations are reduced in those who have a positive and accepting vision of God. Likewise, faith in a good God is linked to lower levels of social phobia, paranoia, addiction, and compulsion[6].

### *1.4. Religion's Negative Aspects:*

Religion and spirituality have both positive and harmful characteristics. People with more external religious and spiritual orientations those who utilize spirituality for non-religious or antitheist purposes have lower levels of happiness. Integrating religion and spiritual elements within psychosis individuals' illusions may result in increased confidence in deluded ideas, more severe symptoms, poorer levels of functionality, and reduced adherence to psychiatric therapy. There's also a chance that the concept of anything "holy" will be associated with bad items like authoritarian authority people, drugs, and alcohol.

#### *1.4.1. Religion coping in such a negative way:*

Negative religious coping also known as "religion struggle" or "spiritual conflict) is linked to worse mental health consequences. Heavenly, or troubles and anger with the lord, interpersonal, or unfavorable contacts with other believers, and intrapersonal, or inner religious shame and uncertainty, are the three forms of spiritual conflicts. Mental pain has been linked to every sort of divine conflict. Irrespective of the individuals' overall degree of religiosity, spiritual difficulty is linked to higher levels of sadness. Suicide thoughts are linked to a higher regularity and severity of negative religious coping, as well as poorer anxiety, worse well-being, more anguish, more sadness, and increased alcohol issues.

#### *1.4.2. Misunderstandings and miscommunications:*

In the psychological health context, greater religion or spirituality may also lead to more confusion and misunderstanding. Health decisions are influenced by religious and spiritual beliefs, which may contradict health advice. For instance, religious participation is linked to a higher likelihood of a doctor's advice disagreeing with that of a religious guide. Spiritual membership has also been linked to a delay in obtaining mental health care. Interaction

between religious organization participants could also reveal misunderstandings regarding mental illness. Many members of the African-American lay society believe that schizophrenia is induced by bad spirits possessing them or by Lord punishing them. Patients who appear to have religious illusions have been shown to get less assistance from various religious communities. Negative interpersonal interactions in the setting or religion have also been associated with higher levels of depressed feelings.

#### *1.4.3. Negative Thoughts:*

People who have unfavorable or punishing ideas of God have more paranoia, despair, obsession, anxiety, and compulsive symptoms. Such negative depictions of God can change religion from a form of spiritual strength into a cause of spiritual hardship. When people struggle to live up to the ideals religious traditions, and religious beliefs might make them feel guilty or discouraged. While concerns regarding spiritual lessons or beliefs are widespread, they may lead to mental pain, such as despair and anxiety. Murder is incentivized by faith for certain people. Some clients want to end up dead so they can be with the Divine or survive another life now since they end up dying. Some attempted suicide after leaving a spiritual group and experiencing spiritual illusions and hallucinations.

#### *1.5. Points To Consider For Psychiatric Practice:*

Mental disease arises in a cultural environment that includes faith and religion. To have a full picture of an individual, including their requirements & challenges, it is necessary to evaluate their religion or spirituality. Nevertheless, mental healthcare practitioners must recognize their particular religious prejudices and how these may cause the child's religion or spirituality to be minimized or pathologies. To fully comprehend the subtle distinctions between religion and sickness, clinicians should study diverse religious and spiritual cultures and question patients about their religious aspirations, practices, and faith groups. Providers may be receptive to their patients' holy experiences thanks to a clinical paradigm inspired by religion and spirituality. This may help providers project a much more positive image of themselves and strengthen patient-provider relationships while also minimizing interruptions that might develop when a provider's attention is hampered by his or her belief or disbelief in the truth of such experiences. While not all physicians are required to include religious and spiritual perspectives in their work, all should be able to give spiritually aware treatment and show concern for their patients' religion or spirituality. Religion has an impact on how people choose, pursue, and arrange their objectives. Practitioners must spend time exploring the notions of sickness and attempting to reconcile their spiritual beliefs with the clients' spiritual perspectives to help in complying and better knowing their patients. This opens up the possibility of incorporating religion and spirituality into therapeutic care in non-threatening or upsetting ways for the patient. It's critical to continue providing people a safe place to vent and examine their emotions, even their wrath against God [7]. Aside from the potential advantages for patients, including religion and spirituality in mental health treatment might be a boost to clinicians who are trying to preserve optimism in their work with despondent clients. This might be done by concentrating on the holy parts of their profession and the life of their clients.

#### *1.5.1. Assessment:*

One proposal has been to integrate the spiritual component in the biopsychosocial of individual conceptualization. The purpose of this extension would be to assist clinicians in recognizing spiritual concerns in their patients and raising knowledge of spiritual options accessible to assist them. Obtaining a religious/spiritual history is the initial stage in evaluating a person's religion or spirituality. Having taken a divine history can help build

trust between the doctor and the patient. Providers must concentrate on developing the therapy bond, utilizing natural communication, being adaptable, and taking a patient-centered strategy while performing religious and spiritual examinations. Faith, Hope, Spiritual History, FICA, and Royal College of Psychiatrists and Psychologists tools have all been designed for taking a religious history. These techniques, as well as other screening processes, may aid in the early detection of individuals who are having religious or spiritual difficulties, which is a prevalent issue among hospitalized patients. Patients who are experiencing spiritual difficulties should be identified as soon as possible so that they may be sent for further evaluation and treatment. Although several screening tools are being explored, further study is required to determine the best way to detect people who are experiencing spiritual difficulties.

### *1.5.2. Treatment:*

Any use of religion or faith in mental therapy should align with the beliefs of the patients and improve therapy outcomes. Many programs which include religion in psychological illness therapy have previously been created. Participants in one similar program expressed more forgiveness, thankfulness, empathy, & acceptance in their everyday lives, as well as decreased negative thought patterns, ego-centricity, becoming less judgmental, and better self-esteem. Enhanced mood, decreased anxiety, and depressive signs, relaxation, clarity of mind, and better relationships were also noted by respondents. A non - denominational psychically premised interference aircraft research decided to show larger effectiveness, especially in comparison with an influence team in enhancing the signs of a generalized anxiety disorder (GAD). Post-traumatic stress disorder (PTSD) effects were reduced in other spirituality-linked group therapy for military trauma sufferers. The Los Angeles County Department of Mental Health adopted a strategy on spiritual practice in 2012, seeing the possibility for such approaches. Following its dissemination of such policy, upwards of 98 percent of Los Angeles wellness and rehabilitation institutions provided spirituality-infused programs, and one-third provided spiritually focused group discussions.

Psychotherapies that involve religion and spirituality have been demonstrated to be beneficial in studies. Whenever praying and reading the Quran were introduced to Muslim-based psychotherapy for grieving, depression, and anxiety disorders, the outcomes were much higher. People having religious concerns may benefit from the usage of religious books including the Bible in psychotherapy. An emphasis on religious elements can improve mindful therapies, and concentrating on the spiritual elements of mindfulness training can extend its effects. Religiously motivated therapy has been linked to not just better results in domains like anxiety and concern, but also to higher patient experience. Various therapies have also shown promise in helping those who are going through religious or spiritual difficulties. A spiritual or religious therapist, priest, or even similar religious authority might be consulted for serious psychological distress or challenges. Furthermore, other research suggests that especially when doctors are prepared to refer people to religious mental health practitioners, many may not be familiar with local religious options. In contrast to faith-based alcoholism therapy, practitioners are much less likely to recommend a person to a spiritually-oriented therapist for depression and anxiousness therapy[8].

## **2. LITERATURE REVIEW**

Samuel R. Weber et al. studied Religion and Spirituality in Mental Health In the latest days, there's emerged a surge of curiosity in the link between spirituality and religion and psychological health. This paper examines current studies on religion's and spirituality's ability to enhance or impair individuals' mental health. They also look at the consequences of



evaluation and therapy in mental facilities. Religion and spirituality have been shown to improve mental illness via healthy religiosity, society and connection, and positive thoughts, according to studies. Religion and spirituality may also be harmful to one's psychological health due to bad religiosity, misunderstandings and misinterpretation, and negative views, according to studies. Spiritual requires measurement tools have been investigated, and including spiritual elements in therapy has shown some benefit. Spirituality and religion may either help or hurt one's mental health. This possibility requires a greater understanding of religious issues among mental health professionals and also continued focus on psychiatry research [9].

Harold G. Koenig discussed mental study as progressively looking at religious and spiritual elements. Psychotic delusions, neurosis, and Hysteria have historically been related to spiritual beliefs and behaviors. Current research has discovered another aspect of spirituality that may be used as a mental and sociological resource for anxiety management. The study analyzes studies regarding the relationship between religion and spiritual and psychological health, concentrating on anxiety, depression, psychosis, suicide, or drug addiction. Most recent investigations in the U. S., Europe, Canada, as well as various nations, are detailed, as well as the findings of a previous literature review. Although religious ideas and rituals may be strong sources of pleasure, hope, and purpose, they are frequently intertwined with neurotic and psychotic diseases, making it hard to know when they're an asset or liabilities [10].

Christopher C.H. Cook Studied the Royal College of Psychotherapists' Spirituality and Psychiatric Special Interest Group (SPSIG) was founded in 1999 in response to growing scientific and medical interests in a better knowledge of how psychiatric and spirituality/religion (S/R) can collaborate to solve shared challenges. Ever after, SPSIG has played an important role in establishing the professional limits of S/R in psychiatry, both in discourse and in clinical settings. Because of the emotional character of the terminology used to describe spirituality, the theoretical limits of S/R concerning psychiatry are problematic [11]. It has also been shown that religion and psychological health have a two-way relationship. Recognizing the conceptual connection, it is claimed that spiritual and mental well-being are either characterized by a desire or the capacity to pay attention to important matters.

René Hefti's explanation about Integrating spirituality into mental health treatment, psychiatry, and psychotherapy still seems to be debatable, despite a rising body of data demonstrating positive outcomes and a pressing need for that kind of incorporation. Past and present studies, as well as data from a Swiss patient's integrated paradigm, are discussed in this study. Religiosity is quite common among persons with mental illnesses. According to studies, 70-80% of people utilize religious or spiritual concepts and practices to deal with everyday challenges and disappointments. Spirituality may aid emotion regulation and the maintenance of hope, goal, and meaning in individuals. Patients underline that serving a cause larger than oneself may help people cope with things that would otherwise be terrible. Spirituality-in-clinical-practice programs that have been effective are outlined and discussed. According to studies, including religious components in the treatment protocol may improve the result of psychotherapy among religious individuals, and it can be performed effectively by religious and non-religious counselors equally [12].

### 3. DISCUSSION

Spirituality is a notion that defies easy categorization, classification, or evaluation, but it affects interpersonal, economic, mental, and intellectual life. The information relating to



spiritual and religious engagement to many elements of psychological health, and particularly, various mental health issues, has been evaluated in this paper. The information is mixed; certain forms of spirituality might be beneficial in certain situations. These are usually spiritual statements that support self-empowerment, acknowledge and welcome diversity, and emphasize the value of feelings like optimism, forgiveness, and destiny. Other components of spirituality appear to have little influence on psychological health or, in certain situations, may contribute to emotions of religious regret, humiliation, as well as helplessness, all of which can be detrimental to one's psychological health. Various forms of spirituality have an impact on a person's lifestyle and can inspire people to cut down on unhealthy habits like smoking, drinking too much drinking, and overeating, or enhance healthy habits like meditation, exercising, and assisting others. Religion and the built surroundings may also act as a buffer against the negative impacts of spirituality on psychological health. In general, though, the data appears to support skepticism about the function spirituality may play in establishing and sustaining excellent mental health. The study begins to put out a portrait of how faith may influence psychological health. Future studies should look at how physicians' religious and spiritual beliefs engage with the individual's religious and spiritual beliefs, as well as if religious and spiritual values alignment affects treatment effectiveness. While study into the mental health of religious believers is booming, individuals who take the road of nonbelief, such as agnostics and atheists, need more attention. We believe that by paying more emphasis to such essential issues, patients and mental health workers would improve. Within the range and requirements of the comprehensive nursing profession, holistically nurses must be educated in identifying the psychological requirements of the person as an instrument of healing. A lack of understanding of holistic concepts and techniques may be a roadblock to effective treatment. Attempting to comprehend one's spirituality and also the religion of another offering appropriate care may be both difficult and gratifying. A variety of consequences and suggestions are offered to identify methods to construct a more complete, colorful image of that connection. The engagement from service users and caregivers is critical to that image, and when their perspectives blend with those of scholars from other fields and those working in different mental health programs, the role of spirituality in a mental illness may be substantiated.

#### 4. CONCLUSION

While research on religion and spirituality and psychological health often finds favorable relationships, religion, and spirituality may sometimes have negative effects. Extra sophisticated methods, greater discrimination among different cultural groups and customs, and a stronger emphasis on the located perceptions of individual people belonging to specific cultures are all needed as our knowledge of the connection between religion and spirituality and psychological health grows. Most of today's religion and spirituality study centers on Christianity. While studies evaluating the application of CBT in a variety of different religious systems, including Christianity, Buddhism, Hinduism, Islam, and Judaism, are now ongoing, rising attention to theological perspectives outside of Christianity requires further scientific investigation. Self-awareness and self-reflection are required to comprehend spiritual notions. To completeness & very well, all individual aspects, including thought, body, and soul, are merged into the spiritual aspect. The scientific process, which places a focus on quantifiable phenomena, is the dominant mode of understanding in the Western world. Human perception and behavioral concepts, on the other hand, are seen as unscientific and less adaptable. As a consequence, subjective ideas like spirituality dependent on human experiences are ignored, denying accessibility towards the comprehensive viewpoint founded on ancient understanding and thousands of years of knowledge. A holistic approach to

nursing cannot overlook a person's spiritual component. Many nurses confuse spirituality with religion or religious practices. Nurses are perplexed by the nature of spirituality and the consequences of spiritual care for achieving optimal healthcare. Belief, spiritual ideals, objectives, soul, greater power, devotion, transcending, self-actualization, & religions are all treated as spirituality. Spiritual healthcare practitioners must determine their patients' grasp of the idea of spirituality.

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## CHAPTER 11

### MEASURING AND ANALYSING, EDUCATION AND GENDER EQUALITY IN SCHOOLS

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Dr. Vinodhini C, Associate Professor,  
Department of English , Presidency University, Bangalore, India,  
Email Id-vinodhini.c@presidencyuniversity.in

#### ABSTRACT:

Gender differences in academic performance such as success, attainment, and experience within education systems are studied in the fields of gender and education. Gender mainstreaming means that boys and girls have an equal opportunity to fully realize their civil rights and to participate in and contribute to social, cultural, economic, and political development. Education gives man a sense of security in life that no one can ever take away from people. By being well educated and earning a higher education, students have increased chances of enhancing career prospects and opening doors for themselves. The authors of this paper discuss the individual benefits of education in the context of economic mobility, analyzing the factors that represent gender equality in schools. Emphasis on economic models with little concern for gender or social implications for measuring gender equality. They make more money, make more choices about the choices that affect them, and can make their lives and their children's lives better in the future.

#### KEYWORDS:

Boys, Education, Gender, Girls, Gender Equity, School.

### 1. INTRODUCTION

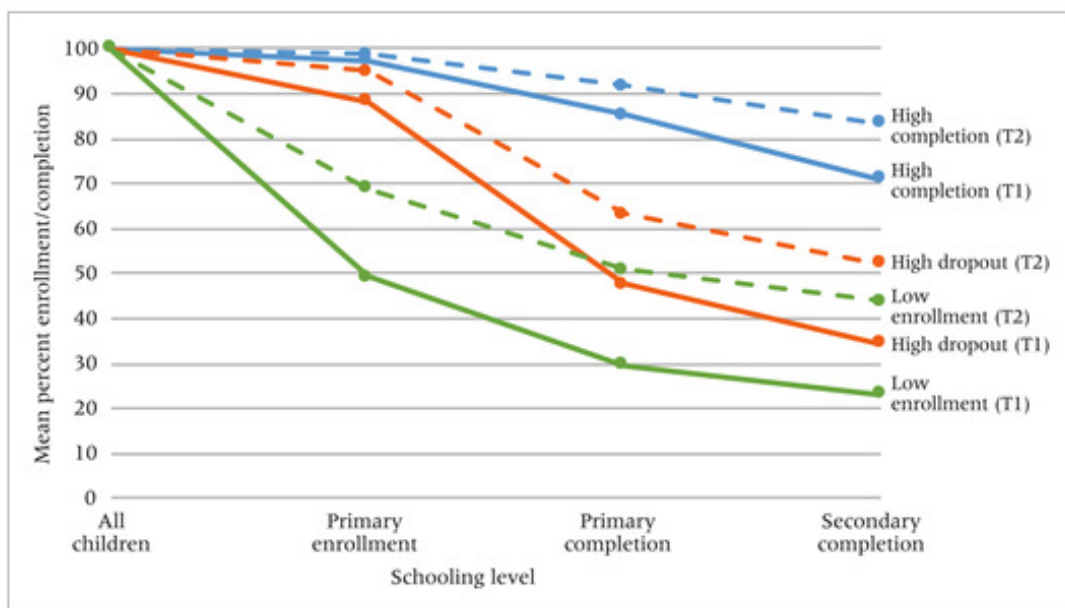
In past decades, policy discussions on education and gender have shifted away from an emphasis on females' 'unfairness' toward a preoccupation with male underachievement. This paper gives an impression of contemporary gender and education studies. It primarily focuses on the variables that influence gender inequalities in educational success and fields of study [1]. This isn't intended to imply that these are the sole consequences to be concerned about. A full examination of how schooling affects broader individual and social growth (e.g., self-concept) is outside the scope of the paper [2]. Although many of the topics mentioned have a broader significance, the focus here is mostly on industrialized countries. The first segment examines gender disparities in educational attainment and accomplishment in different nations [3]. Even though many of the concerns discussed have a larger impact, the focus herein is mostly on developed countries.

#### *1.1 A cross-national pattern in educational achievement and attainment:*

When examining gender inequalities in education consequences, it's important to make the distinction between 3 types of outcomes: education, involvement, and accomplishment, which refers to how often young men and women progress through the educational systems; educational achievement, which refers to how young-male and female operate in relations of the academic at a provided educational levels; and area of study, which refers to the specific course chosen to take inside the educational systems [4].

*(i) Educational attainment and participation:*

Men in western nations have traditionally had greater educational achievement numbers than women. In two or three industrialized nations, males have added centuries of education and are much extra probable to attain secondary-school schooling than women among some of the adults in the United States (those aged 25 to 64), Organisation for Economic Co-operation and Development (OECD), 2005 [5]. Concentrating on the population aged overall, on the other hand, obscures significant shifts among different cohorts of youngsters. When just the younger age group (those between the ages of 25 and 34) is studied, the ancient patterns are inverted, with female achievement levels exceeding male levels in two out of the three nations. Furthermore, in nearly two out of every three OECD nations, the female higher education graduation ratio is equivalent to or surpassing the male ratio [6]. The only level of education where males continue to outnumber women is in advanced research degrees (OECD 2004, 2005).



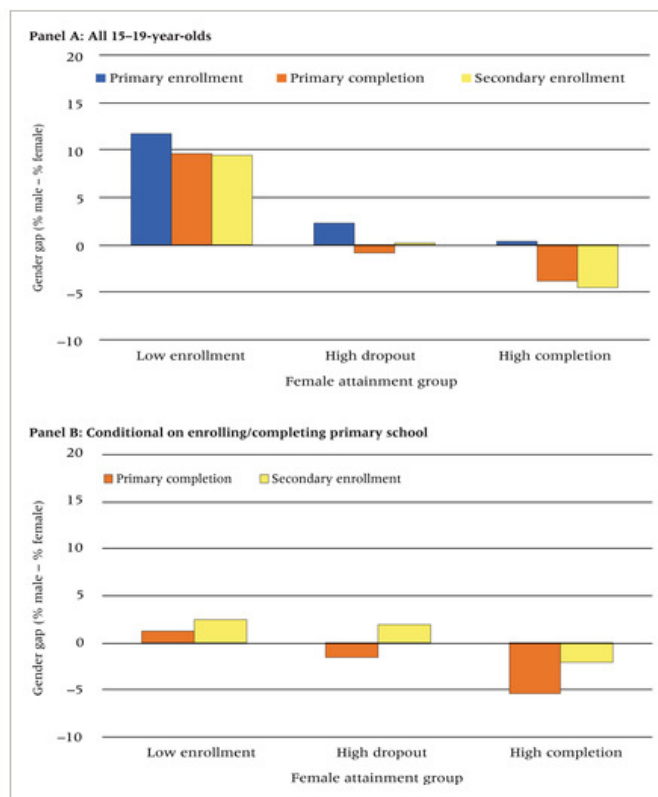
**Figure 1: Shows the schooling level of the primary and secondary completion [7].**

Figure 1 depicts the mean levels of primary school completion and enrolment, as well as secondary school attendance, by country and level of females' educational development. In summary, there has been a dramatic shift in female and male achievement trends in the present years. It's crucial to emphasize, though, that this transition hasn't occurred in all nations, and the magnitude of such gender disparities varies widely [8]. Finland, Norway, Spain, Greece, and Ireland, are the highest gender disparity in the upper-secondary-graduation ratio in support of women while having quite varied educational systems. The answers suggested by commentators for these alterations will be examined in this paper [9].

*(ii) Educational achievements:*

There are 2 methods to judge academic attainment: first, by examining (gender disparities in) achievement on standardized assessments of aptitude; and second, by watching just how early men and women achieve in their respective national and regional educational structures. In terms of gender disparities, these two techniques have complementary advantages. The amount to which gender alterations in similar results vary between nations is shown via cross-nationally standardized exams [10]. Gender inequalities in productivity and credential attainment, that will affect accessibility to further schooling, training, and profession, are revealed through country-specific assessments.

Figure 2 depicts mean gender disparities through time at each educational level, with nations now organized by stage of female educational progress. An early study of the findings of ability testing found significant variations in numeric, verbal, and spatial capacity between the sexes, with female achievement measures in verbal intelligence tests and men placing more importance on calculating and geometrical capabilities tests. But, meta-analyses of succeeding pieces of training have found that gender inequalities in cognitive task performance have decreased. The average gender difference, according to quantitative ability testing, is minimal, and the gap has been reducing over time. Female learners have quite a lot of ability overlap. Men may have better total notches in intellectual, mathematical, and graphical specialties, but these are created to be more diverse, with extra men getting extremely great and extremely low marks.



**Figure 2:** Shows the gender gap between the different age gaps [7].

Program for International Student Assessment (PISA), Progress in International Reading Literacy Study (PIRLS), and Trends in International Mathematics and Science Study (TIMSS), among other cross-national studies of recital crosswise a choice of ability categories, have provided important insights on the gender difference in student achievement athwart several nations. So, these pieces of training have mostly attentive to pupils between the ages of 9 and 15. In all of the nations studied female students outperform their male complements in reading literacy, with gender inequalities being prominent among older pupils. Conversely, the severity of the gender gaps diverges by country, with gaps in Korea, Japan, and the United Kingdom being below average. In terms of mathematical literacy, almost half of the nations in the PISA training and nearly a third of persons in the TIMSS research find substantial disparities in favor of male pupils (OECD, 2004). In nineteen nations, gender inequalities have decreased over time, according to statistics from the 1960s through the 1980s. In terms of scientific performance, there are some inconsistencies. Program for International Student Assessment (PISA) data demonstrate that there are no consistent gender disparities in science literacy, yet TIMSS findings reveal that males do better in all but one country [11]. Gender inequalities among older pupils tend to be more prominent (OECD, 2005).

Although there have been noticeable variances in the extent of the gender gap among countries, little emphasis has been devoted to the causes of these discrepancies. The authors relate differences in arithmetic performance across countries to differences in the gender inequalities of educational and employment options in maturity. Thus, in countries where women make up a greater proportion of individuals in higher education and the job market, and where jobs are less gender-divided, math achievement between male and female students is more comparable. On the other hand, it argues that gender differences in the literacy profile are more or less universal, with minimal differences between nations [12]. The author explains the gender disparity to the type of literacy being tested rather than cultural or system-specific features. The issue of gender inequalities in accomplishment has inclined to center on secondary school, with university education receiving less emphasis [13].

In conclusion, gender inequalities in several ability categories, notably verbal and mathematical skills, have been discovered. These discrepancies, however, vary by country and age group and have been steadily decreasing over time [14]. The rising gender disparity in academic achievement, which is visible in several countries and for which arguments are presented in the second portion of the paper, is more pronounced.

*(iii) Field of course and study choice:*

Despite huge advances in young women's educational performance, there are still major gender inequalities in the sorts of courses they pursue in school. Engineering classes at the upper secondary level are overwhelmingly male in Europe, whereas Women dominate health/welfare, economics, literature, and social science/business courses. In higher education, women will outnumber young boys in human sciences, arts, professional training, health, and welfare, whereas young males will outnumber females in computing science, mathematics economics, commerce, and construction. More specialized areas of research are the study of gender differences in science and mathematics [15]. Gender differences in scientific and math involvement have been discovered, with male students more likely to study 'hard' sciences, particularly advanced maths and Physics, while female children are much more interested to choose Biology. The incredibly low take-up rates of female students in materials or technical topics at school levels have attracted scant attention, with less empirical research addressing the mechanisms involved [7]. With the feminization of several historically masculine areas such as medicine and law, changes have also occurred



throughout time. In the next part, we'll look at some of the possible causes for the durability of gender disparities in subject choice, as well as how they've changed through time.

## *2. Processes-shaping the gender differences in the educational outcomes:*

### *Nurture or Nature:*

The rise of sociobiology and evolutionary theory has a role in long-held beliefs that men and women behave in essentially different ways. For example, biological differences were seen as controlling the gendered distribution of labor. Simultaneously with these theoretical advances, there has been increased attention on the impacts of intellectual ability and the qualified usage of something like the left-brain and right-brain hemispheres, with maybe some observers assigning variances in latitudinal reasoning, for all, to genetic characteristics. As an outcome, gender discrepancies in school attainment are blamed on intrinsic differences. However, similar hypotheses have been criticized for a variety of reasons. To begin with, these explanations neglect how sex differences imitate the intricate interaction of hormones, genes, and the environment. Second, they fail to account for how 'ability' changes with age, as well as the fact that masculinity inequalities are extra noticeable amongst pupils than among students. Finally, this viewpoint does not account for cross-national differences in gender beliefs and conduct [16].

Unlike biologically based views, a large number of educational scholars have emphasized how disparities occur as a result of indoctrination into proper gender relations from infancy onward. From an early age, adults have been seen to engage differently with newborns based on their gender, while toddlers learn to categorize others based on their gender. As a result of what they're seeing and hearing around them, youngsters from stereotypical views of 'male' and 'female,' strive to act in ways that conform to these beliefs. Even among young toddlers, gender preconceptions about subjects and jobs are obvious [17]. Younger children, on the other hand, have more conventional ideas about what occupations are suitable for men and women than teenagers. However, for males, the amount to which their vocational objectives are gendered grows with age, whereas for girls it diminishes. Girls, on average, have more egalitarian ideas on gender roles than boys. If gender is socially constituted, then female educational accomplishment may be interpreted as a reaction to larger societal shifts in women's labor politics and regulatory engagement. Similarly, the building of scientific and mathematical realms of knowledge might be linked to the perseverance of gender inequalities in the area of study [18].

### *The Educational System:*

Columnists have increasingly emphasized how the structure of the schooling systems itself subsidizes the formation and repetition of gender inequalities, in addition to investigating the influence of broader cultural trends on educational achievements. The influence of a range of issues, containing all the educational systems at a macro level, school administration, nation, and whether institutions are coeducational and single-sex in the silhouette. The kind and timing of diversification into distinct courses or tracks, as well as the technique adopted for student evaluation, have been recognized as crucial features of the educational system in generating gender inequalities in academic outcomes. According to early studies, educational gender segregation, or the amount with which young women and young men are primarily focused on diverse fields of knowledge, is more prevalent in the highly monitored and controlled device, in which children are taught to specialize in certain fields of expertise at a young age.

Several research has found that femininity variations in speculative achievements are connected to the type of evaluation utilized, at least to some degree. Protracted, open-ended occupations benefit girls, but guys want factual, episodic detail. As a result, males outperform women on numerous choices, while women outperform men on coursework-based examinations. Additionally, the scrutiny and grading organization favors the sorts of inscription talents that women possess (for example, narrative and descriptive writing). Others, however, contend that legislative changes alone cannot explain the establishment of a gender gap. The evolving modalities of evaluation have been a major focus of the British discussion. However, it is unclear if other nations encountering a similar pattern in accomplishment patterns have seen similar shifts in evaluation practices. Due to the system-level slants to distinction and evaluation have appeared as significant influences that explain correlations between accomplishment and course enrolment, the magnitude to that which macro-level schooling system characteristics contribute to the cross-national variability in academic performance by gender appears to be presumably fruitful, and are under research direction. The influence of school administration and culture may be evaluated in 2 ways: the magnitude to which femininity gaps in accomplishment and subject take-up contrast among colleges, and how gender inequalities are formed daily in a school setting.

## 2. DISCUSSION

In terms of between-school variance in the gender gaps in theoretical attainment, study results have been mixed. According to certain research conducted in the United Kingdom, the performance gap between male and female pupils varies dramatically among schools. Recent research reveals that, while there may be particular variance between the colleges, there are few secondary-school where lads outperform their female colleagues. Other studies have questioned the findings of between-school variance, claiming the gender gap in success exists in both low and high-performing schools, and that any variability is not due to subjective school features or within-school behavior.

It has also been shown that the amount of which female and male students choosing various disciplines and courses varies from school to school. Schools with otherwise identical qualities might differ greatly in the topics they offer and how they make these subjects available to dissimilar ability groups of girls and boys. Subject packing for optional topics (e.g., by allowing students to choose between 'female' and 'male' themes) and the more subtle promotion of the take-up of specific sorts of subjects can also impact course take-up implicitly. Teachers were accused of deterring children from making non-traditional gender choices in some situations.

### *The school's roles in creating a gender difference:*

While several pieces of training are attentive to gender variations in educational results between schools, most educational scholars have focused on how school atmosphere and processes underwrite the establishment of gender inequalities in educational outcomes. Teacher expectation and classroom engagement, peer contact, and 'faddishness,' as well as the complicated way in which educational demands intersect with, and affect, variances in students' behavior, are all considered key factors. While all these considerations are seen as having taken differently in various school contexts, most discussions have concentrated on the common characteristics in the production and dissemination of differences between men and women across schools.

This reflects both the guys' higher readiness to provide feedback and the teachers' differing expectations. Indeed, some observers have claimed that instructors' need to retain classroom control explains their increased focus on guys' behavior [19]. Other studies have presented a

more nuanced view of classroom interaction, focusing on how a minority of males frequently account for male superiority in classrooms, as well as the reality that girls may 'outvoice' boys in specific situations. The influence of gendered contact patterns on academic performance is an issue that has been raised; interaction patterns have stayed relatively unaltered throughout a time when major changes in the gender gap in accomplishment have occurred. Teacher expectancies for male and female pupils are believed to differ in general. Teachers' lower expectations for girls were initially noted by researchers. Teachers, on the other hand, have lately been discovered to be more inclined to label male pupils as underperformers. Teachers build underachievement differently for males and girls, stressing girls' lack of confidence while highlighting boys' bad behavior and drive. Whether or not there is explicit prejudice in classroom observations of female and male students has been the subject of debate. One study claims that instructor biases in marking extend this same male-female education gap in all sections of the capacity and achievement dispersion, while another claims there is no substantiation of such bias.

A tradition of laddishness is perhaps the most prevalent argument for males' underachievement in contemporary discussion, at least in the British context. Boys with low educational marks are seen to represent a culture of disaffection, identification, and bad behavior, with a male uniqueness centered on non-school events like sports. For a few secondary-school males, laddishness serves as the self-worth-defense mechanism, shielding them from the risk of 'failing' scholastically or being perceived as feminine. In terms of achievement, girls, and boys are subjected to various peer pressures. Boys are interested in maintaining images of hesitant disengagement or involvement, thus being interested in academic work is not considered acceptable. The problem isn't with achieving in and of itself; it's with being perceived to be struggling to obtain it. As a result, 'effortless achievement' becomes the ideal. Schools are places where males and females are developed. These identities have a historical and cultural context, and they are actively cultivated in schools and other social situations. Even though many conversations have focused on male underachievement, power imbalances still exist in the classrooms. Girls act in ways that benefit boys at the detriment of their power; they both build themselves as feminine and are formed as such. Furthermore, certain academic areas, such as physics and mathematics, may be framed as masculine,' causing conflicts for feminine students in choosing and excelling in these courses.

#### *Gender mix within the schools:*

The first significant pieces of training on coeducation found that kids in mixed-gender schools had excellent developmental results without a detrimental influence on educational outcomes. Subsequent research, on the other hand, found that females who attended single-sex schools had an advantage in terms of academic ratings and the possibility of choosing less 'conventional' courses. Male domination of the classroom interaction, instructor attitudes, peer culture, expectations, and different methods of education between the boy and girl students were all blamed for the alterations between co-educational and single-gender institutions. When comparing 'like with like,' a number of these studies found negligible differences in student results between coeducational and single-sex institutions. With the advent of single-gender courses as a means of fostering sex parity in some circumstances, the argument over the comparative advantages of co-education versus single-gender schooling has been reignited. However, determining the net impact of single-gender education is far from clear. To begin with, single-sex education is uncommon in many industrialized nations, resulting in a highly selective single-sex sector that makes comparisons with coeducational institutions difficult. Nevertheless, because their observations are restricted to the Catholic

school sector, comparing 'such as with like' when examining the effect of the school sex-role mix is difficult, and successive researchers have confirmed no major differences in accomplishment between single-gender and co-educational Catholic schools when thorough eating regulations are used.

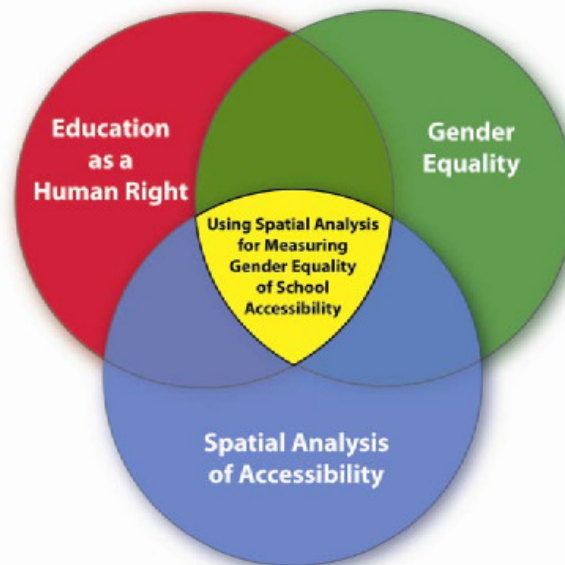
Similarly, in Belgium, males in coeducational classrooms made more growth in language, while girls in single-sex-school made more success in arithmetic (but not language) (Flanders). It appears that the benefits of single-gender education are restricted to a national educational system where the sector is relatively small. At the secondary level, a handful of nations, such as Ireland and Australia, have sizable single-sex sectors. Even in these nations, however, school options trends may indicate that single-sex-school are additional discerning than co-educational institutes in rapports of socioeconomic and 'ability' admissions. In the Irish setting, no substantial variations in overall test performance are discovered when these characteristics are controlled for, and the take-up of scientific or technical topics is not affected by the gender mix of the school. Teachers' gender has been viewed as taking a possible role to play in affecting enlightening results, in addition to the gender mix of the school. Developed countries have experienced a feminization of the teaching profession in recent decades, albeit the degree of feminization differs by country. Some observers attribute the gender gap in achievement to the feminization of teaching, particularly at the elementary level, and the absence of masculine role models for boys as a result of this trend. This assertion, however, has not been subjected to rigorous empirical examination. Moreover, there is no indication that the teacher's gender benefits male or female pupils more broadly.

#### *Females and Males:*

A few of the discussions of gender variations in educational attainment seem to focus solely on the terms "male" and "female." Still, a large and expanding figure of investigation shows the complicated habits in which gender co-operates with other characteristics including socioeconomic class and ethnicity. Indeed, there are numerous 'femininities' and 'masculinities' in the creation of gender among diverse groups of girls and boys. It's crucial to appear at how early age people create and ratify sex across time rather than interpreting sex as a mutable that "elucidates" diverse results.

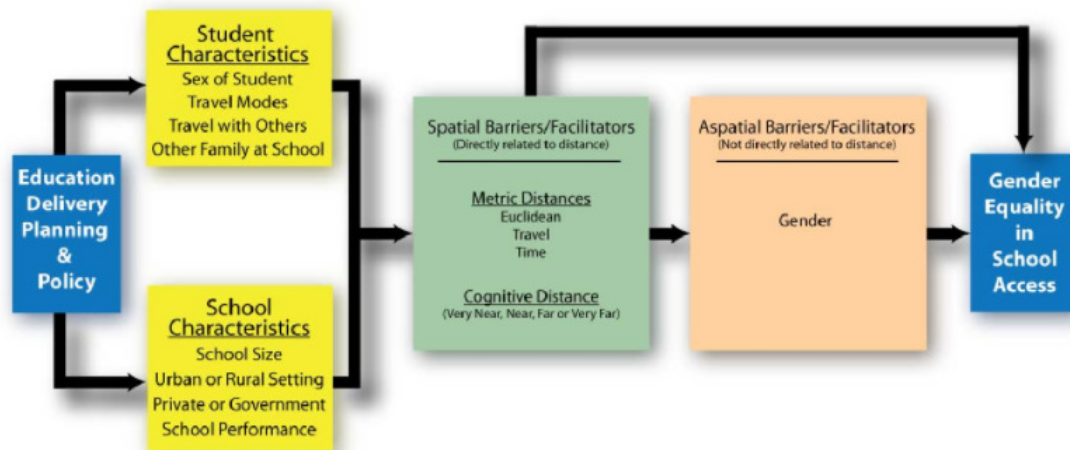
### *3. Policy Interventions and Gender Equity*

The anti-discrimination legislature, encouragement of contribution in non-traditional subject areas, single-sex classrooms or colleges, and the production of 'boy-friendly' supplies, education, and calculation procedures are the four main categories of policies linked to gender equity in education. Gender disparities in educational results are, of course, influenced by broader educational changes that aren't specifically focused on advancing gender parity. In several industrialized nations, a variety of legislative measures have made it illegal to discriminate against either gender in educational services. Likewise, in the United Kingdom, the Sex Discrimination Act of 1975 made it illegal to eliminate boys or girls from certain courses. Though it's difficult to separate the influence of such laws from the larger social process of alteration and as the preceding study has shown, gendered results are more often the result of subtle mechanisms than overt discernment. The 2nd set of metrics focuses on encouraging non-gender-stereotyped course enrolment. These have mostly concentrated on science and technology, with projects such as the girls-into-science and Technology-(GIST) program in the United Kingdom serving as examples. Interventions of this nature have had various degrees of success. Figure 3 shows the spatial analysis for gender equality.



**Figure 3: Represent the spatial analysis for gender equality for males and females [17].**

Single-sex classrooms at mixed-sex colleges have recently developed as a technique for combating male underachievement and encouraging females' confidence in specific academic areas. The outcomes of these therapies have been mixed. A study of all-females computer-science courses, as well as single-sex physics programmers for females, found beneficial benefits on success. Some investigations of single-sex mathematics classrooms, on the other hand, found no significant impacts for boys or girls. It claims that single-gender classrooms will not alter macho culture unless they are complemented by more basic content and teaching techniques. Indeed, many successful single-sex classrooms have occurred as part of a larger set of school development initiatives, production it impossible to separate the probable causative influence of single-sex-schooling on a larger gauge. Figure 4 shows the School Accessibility Model.



**Figure 4: Represent the school accessibility models which help to understand the concept of the school [17].**



In many affluent nations, female educational accomplishment and accomplishment levels have recently equaled or surpassed those of their male counterparts. Despite these advances, there are still significant gender discrepancies in the disciplines and courses that young men and women choose in secondary and postsecondary education. Several of the main explanations for these tendencies have been presented in this paper. Sexual identity discrepancies in enlightening realization have been accredited to wider market and employment shop characteristics, such as student evaluation methodologies, feminization of instructing, instructional way of speaking, males' 'laddish' disposition, and the gender-mix of the institution.

### 3. CONCLUSION

In conclusion, industrialized countries have implemented a variety of policies to achieve gender equality. The emphasis has switched away from reassuring girls to pursue traditionally "masculine" fields and toward male underperformance. Few of these efforts have been evaluated in-depth, but it is doubtful that they will be completely effective except if they are attended to by more essential changes in society. Biological reasons, femininity discrimination in the employment market, the character of the schooling institutions, whether the school is part of the university or single-sex, and the edifice of certain fields of information as 'female' or 'male' have all been blamed for gender inequalities in area of study. While authors have made significant progress in our knowledge of the procedures that shape gender differences in educational achievements, two areas look to be promising for future research. To begin with, while some critics assert that gender disparities are nearly ubiquitous, it is obvious that there is cross-national-variance in the generosity of topics engaged by the fledgling men and women, as well as how they do in the examination. However, little effort has been undertaken to investigate the influence of various educational systems on these patterns too far. Second, it appears that there is room for gaining a better understanding of the processes of social and educational transformation. More thorough analyses of how particular areas of study have become feminized through time, as well as the mechanisms determining the creation of some 'gender gap' in accomplishment, would be required. Increased focus on gender inequalities in educational results across nations and throughout time would add to the great work done to date on gender assembly in specific social circumstances for the future.

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## CHAPTER 12

### FAST FOOD HAZARDS AND ITS HEALTH EFFECT ON THE PEOPLE OF DELHI AND NCR

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Mr.Rahul Agarwal, Associate Professor,  
Department of Food Technology, Jaipur National University, Jaipur, India,  
Email Id-rahulagarwal@jnujaipur.ac.in

#### ABSTRACT:

Fast food is described as easily accessible, generally cheap food that may or may not be healthy. Such foods are higher in fat, cholesterol, animal fats, ferrous, calcareous, and complex carbohydrates, and lower in iron, and calcium, for carbohydrates. Fast food, fizzy beverages, chips, sweets, and truffles are examples of common junk food. The consumption of junk food is on the rise all across the globe. Many non-communicable illnesses are being caused by the shift in lifestyle and food choices. The study's two goals are as follows: To find out the occurrence of disordered eating and the variables related to junk food consumption in Delhi and NCR and second is to contrast junk consumption patterns trends across men and females in Delhi and NCR region. We conducted a door-to-door survey in the Delhi and NCR areas for this study to get precise data, which we then analyzed to put it to greater use in the future. The results of the research support the notion that Delhi individuals consume a lot of unhealthy food. Junk food has an impact on Delhi's eating habits, and this tendency is expected to continue. This rising popularity of junk food is concerning, since it may lead to obesity-related no communicable illnesses.

#### KEYWORDS:

Food, Fast Food, Hazards, Health, Nutritional.

#### 1. INTRODUCTION

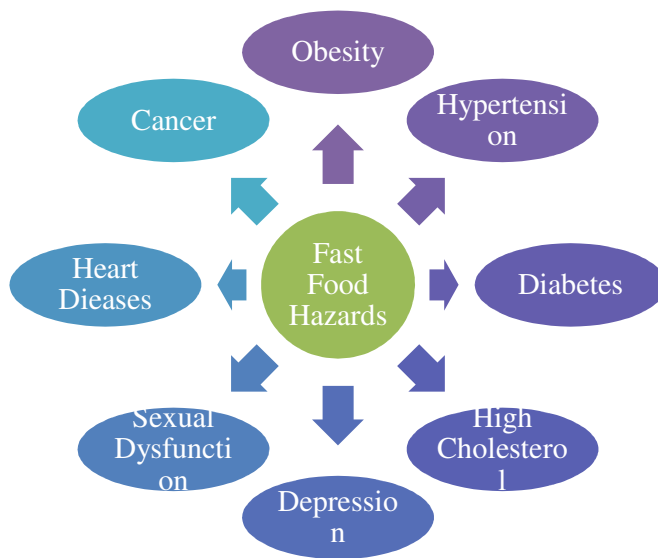
Food that is meant to be consumed rapidly, either on or off the premises, is referred to as "fast food." There is a wealth of good data demonstrating the negative health effects of fast food consumption in the short and long term. Numerous fast-food restaurants now display a lot of nutrition in each order. Furthermore, this is simply one factor to consider when determining whether or not it is healthy. Eating is often nutritionally deficient. Fast food, according to a 2015 Trusted Source study, contains dangerous additives. It has a high glycaemic index, chloride, heavy and Tran's cholesterol, and thus a lot of stabilizers and synthetic compounds. This even misses several essential micronutrients. These details can be found on the web pages of most big establishments. Even the healthiest fast food products, however, are heavy in calories, alcohol, and Tran's fats, especially Tran's fats.

The Directorate of Diseases Control and Prevention is in charge of preventing and promoting disease. According to Study Published, the average American eats plenty of these dietary components [1]–[4]. Every one of us has to keep a balanced diet and good habits throughout our lives to live a happy and healthy existence. However, eating junk food is a bad habit becoming more widespread, posing a health risk, particularly for future generations. Food choices, hazardous food additives, nutritional inadequacies, and a lack of physical activity are now responsible for more than 95 percent of all chronic illnesses. This is true for the vast majority of the world's population, and it is particularly true for practically all school-aged children.

People of all ages like eating junk food, and they often do so while spending time with their families, such as during a birthday party or a wedding anniversary. They quickly grow used to drinking soft beverages, eating Hamburg hamburgers, French fries, Chinese dishes, and certain other fast food options [5]–[8]. Parents should be particularly aware of their toddler's eating habits since youngsters do not understand or determine what is beneficial or harmful for them, thus it is the parents who are accountable for their children's good or poor eating habits. They should start teaching their children about good eating habits while they are young and make sure they understand the distinctions between nutritious and junk meals [9]–[12].

The following are some of the health risks associated with junk food:

- It has been linked to premature aging, high blood pressure, and heart attacks.
- Diabetes and other metabolic diseases are quite frequent.
- It is common to see people who are prone to digestive issues such as liver difficulties, stomach troubles, constipation, diarrhea, and acidity.
- Other side effects include prostate cancer, degenerative discs, and osteoporosis.
- Stones and infections in the kidneys may also occur.
- A mental or psychological problem may occur.
- It produces an increase in physical energy and sleep disturbances.
- It lowers concentration levels and raises the risk of chronic disorders including obesity and hormone abnormalities.
- This causes a person to accumulate an excessive amount of weight, eventually leading to obesity [13], [14].
- Allergies, tiredness, pneumonia, itchiness, and even hypertension have been related to the usage of artificial colors.
- To prevent health disorders and live a good quality of life, avoid junk food and opt for a balanced diet rich in all necessary nutrients, fibers, and minerals. Figure 1 discloses the different types of hazards that can be provided by fast food [15]–[18].



**Figure 1: Illustrates the Different Types of Hazards That Can Be Provided By the Fast Food [19]–[22].**

## 2. LITERATURE REVIEW

Kim et al. Their study illustrate that the influence of perceived brand–health problem fit on customer reactions to a quicker health-marketing campaign was explored in this research, which recognized that accelerated firms are extremely involved in including health and wellbeing values in business marketing. The present study's findings show that a marketing strategy with a high product line fit evoked more positive customer reactions than one with a poor brand–issue fit, which is similar to previous research or the contextual paradigm. Furthermore, under the high and poor brand–health issue fit settings, this research investigated two alternative advertising messaging methods (i.e., health problem-focused vs. brand-focused). Under the poor fit condition, overall health topic online advertisement was a little more successful than the manufacturer online advertisement, as predicted by the categorization approach. The results have academic and managerial ramifications, and they may assist practitioners in improving existing advertising tactics for fast-food healthpromotion campaigns [23].

Joe et al. in their study embellished that this research investigates the wellness bubble as well as horned influences in the framework of different fast food companies (Subway and McDonald's), which are traditionally connected to both functional and dysfunctional cuisine. Consumers' propensity to exceed the wellness of special dietary classifications or goods basis on a single assertion is known as the wellness cloud, and purchasers' inclination to underestimate it is known as the health horn. The influence factors of nutritional values disclosure and dietary constraint on shoppers' subjective norms were specifically explored. Stimuli came from Denny's and Sandwiches restaurants, respectively. “Menu item type: a mental well-being reddening or horn connected with Train station or McDonald's daily specials with favorable and unfavorable micronutrient accounts) but rather (menu item types: a mental wellbeing halo or horn attributed with Bus or train or Denny's menu boards with favorable and unfavorable nutritional profiles) were used in this study”. A health halo or horn associated with Panera or McDonald's types of food with good and unfavorable nutritional profiles Dietary restraint: restricted eaters vs. uncontrolled eaters menu item type: a healthy rainbow or horned Metro or Macdonald's gourmet burgers with favorable and unfavorable food profiles). The participants were provided with everything. six food items and were randomly allocated to another of two treatment groups (nutritious information: accessible vs. missing). Except for the one expressing health horn disconfirmation, all menu items showed a drop in behavioral intentions. “Behavioural intentions were significantly decreased for the item that included a wellness halo reality in particular (Italian Spicy sandwich)”. The results not only distinguish between the various approaches used by businesses, but they also emphasize the significance of nutrition facts transparency in assisting customers in making dietary changes [24].

Folkvord et al. in their study embellished that a large percentage of individuals nowadays consume a poor diet, which leads to chronic illnesses. Despite the major public health problems and overweight people, only a few interventions promoting healthier eating habits have been proven to be effective. “As a result, the purpose of this study was to determine how the display of clinical documentation, as well as their integration into a fast food menu set, influenced young people's healthy eating choices”. A total of 142 people aged 18 to 24 took part in a novel respectively formats with three criteria: mild, obvious, and no health-related data. According to the findings, the degree of knowledge integration into table backdrops also had an impact when health information about healthy foods was given. Participants who were presented with explicit healthcare data on healthy goods on meals

were far more likely to participate in items than those who were given discreetly incorporated health records. There was no interaction impact for moderating variables. According to the results, providing specific health records on healthy items drives food choices in either a fast food context, which is consistent with the fresh food advocacy paradigm [25].

*Research Questions:*

- i. How Fast Food Is Becoming A Hazard Nowadays?
- ii. What Kinds of Diseases Are Coming from Fast Food?
- iii. How Fast Food Is Affecting People's Health?

### 3. METHODOLOGY

*3.1.Design:*

This is a survey-based study in which we conducted a door-to-door survey in which we asked a variety of questions of various individuals in the Delhi and NCR area. The data from this survey is further analyzed, and it includes 200 individuals who live in adjacent areas such as Noida, Gurgaon, and South Delhi. The data is analyzed and gathered in such a way that the odds of making a mistake are reduced.

*3.2.Sample and Instruments:*

A door-to-door survey is conducted in this study, and different types of questions are asked of the participants, such as their desire for fast food, their favorite types of food and restaurants, how they get to their favorite restaurants, how much they are likely to spend on fast food and how many calories they consume from fast food, and what are the breakouts on their bodies as a result of fast food.

*3.3.Data Collection:*

- Which fast food joint do you frequent the most?
- How frequently do you get a craving for fast food?
- Do you prefer to eat at home or a drive-through?
- When you're at home, how frequently do you consume fast food?
- How do you normally travel to your favorite neighborhood restaurant?
- What effect does the quantity of fast-food consumed have on the obesity rate?
- How much of a calorie contribution does fast food provide to individuals of all ages?
- Do you prefer to dine at a high-end restaurant or a low-cost one?
- In a month, how much do you spend on fast food?

*3.4.Data Analysis:*

All of the data is efficiently gathered and analyzed, reducing the odds of inaccuracy. We created many types of pie charts for this data. Figure 2 shows the various fast food joints and the fast-food cravings of those who eat fast food. Figure 3 shows the calorie contribution of fast food and other types of restaurants where people go to eat. Figure 4 depicts the pace of fast food and drive-through purchases. Figure 5 depicts the number of people who visit restaurants and the pace at which they consume food.

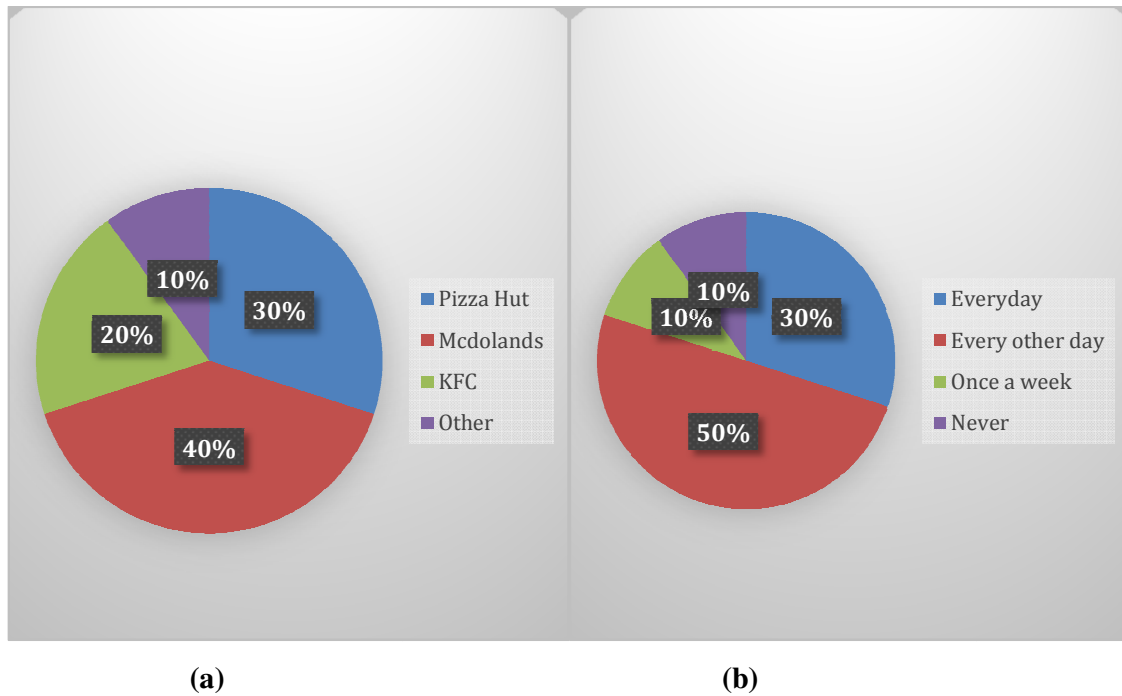


Figure 2: (a) illustrates the different fast food joints and cravings of the people who eat fast food, (b) discloses the consumption of fast food.

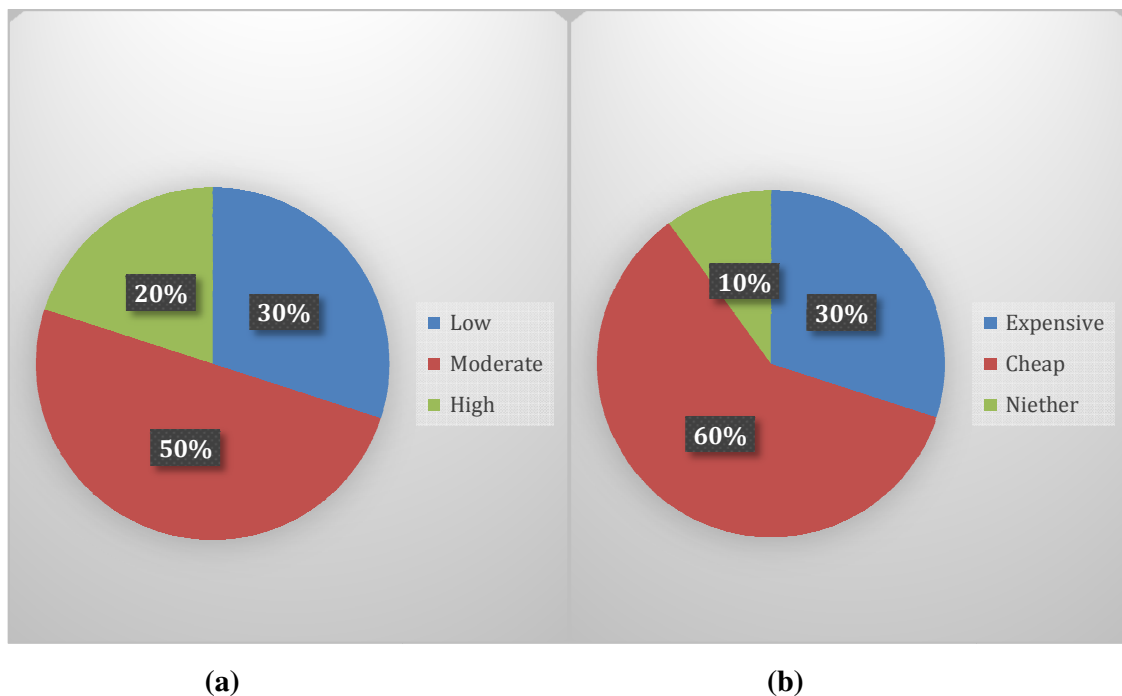
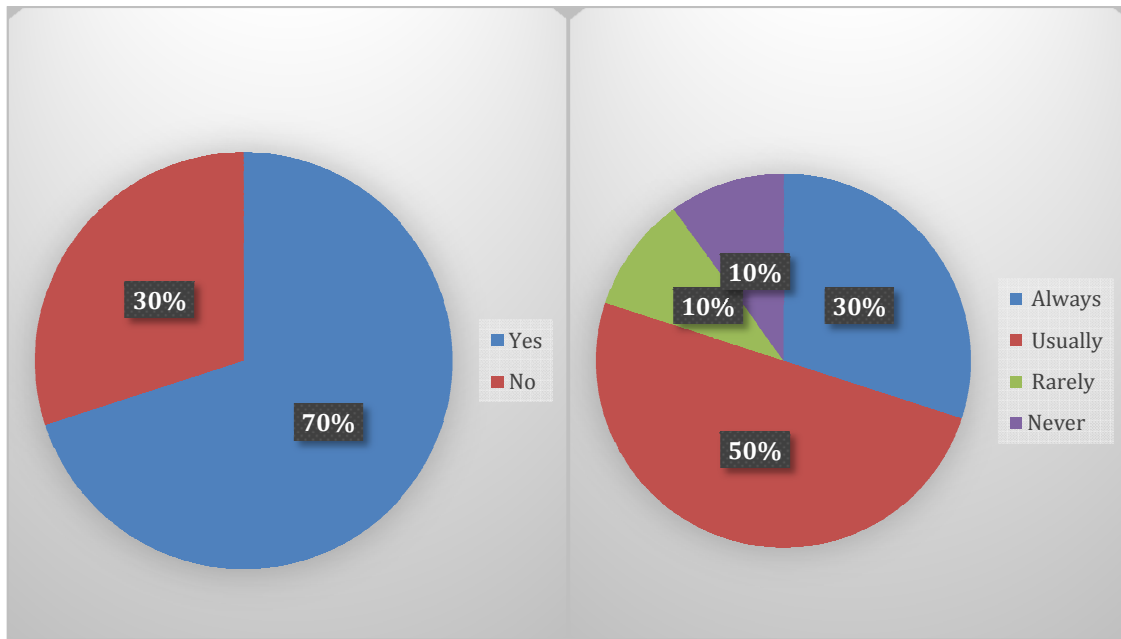


Figure 3: (a) Illustrates the calories contribution of fast food and different categories of the restaurants that people go to eat, (b) Discloses do you prefer to dine at a high-end restaurant or a low-cost one

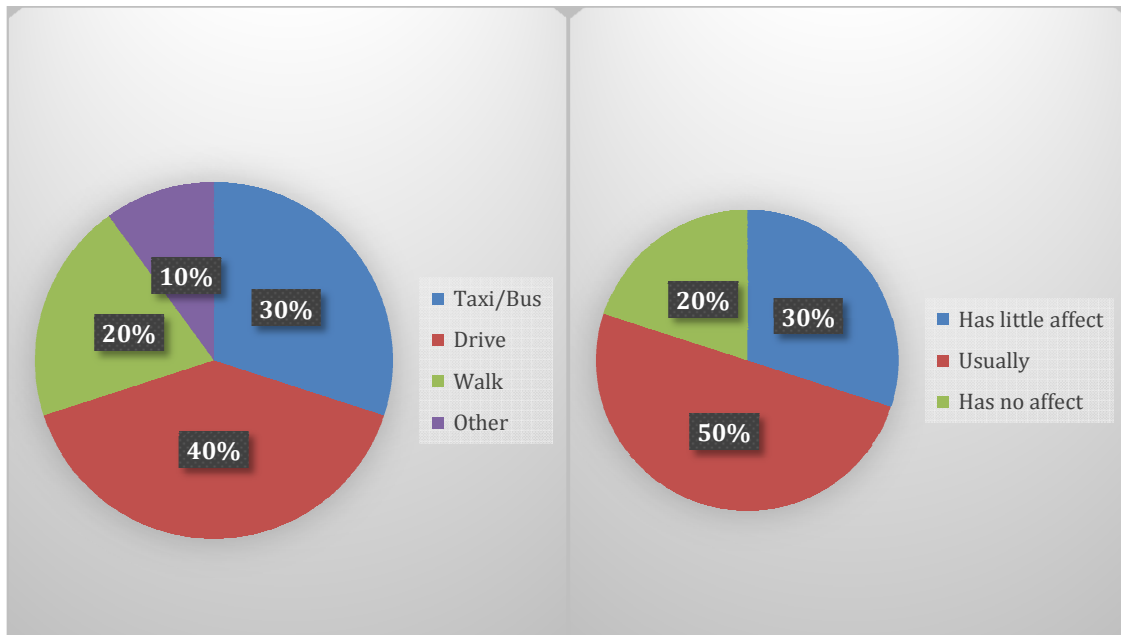




(a)

(b)

**Figure 4: (a) Shows the rate of fast food and drive-through consumption, as well as whether you prefer to eat at home or a drive-through, (b) When you're At Home, How Often Do You Eat Fast Food.**



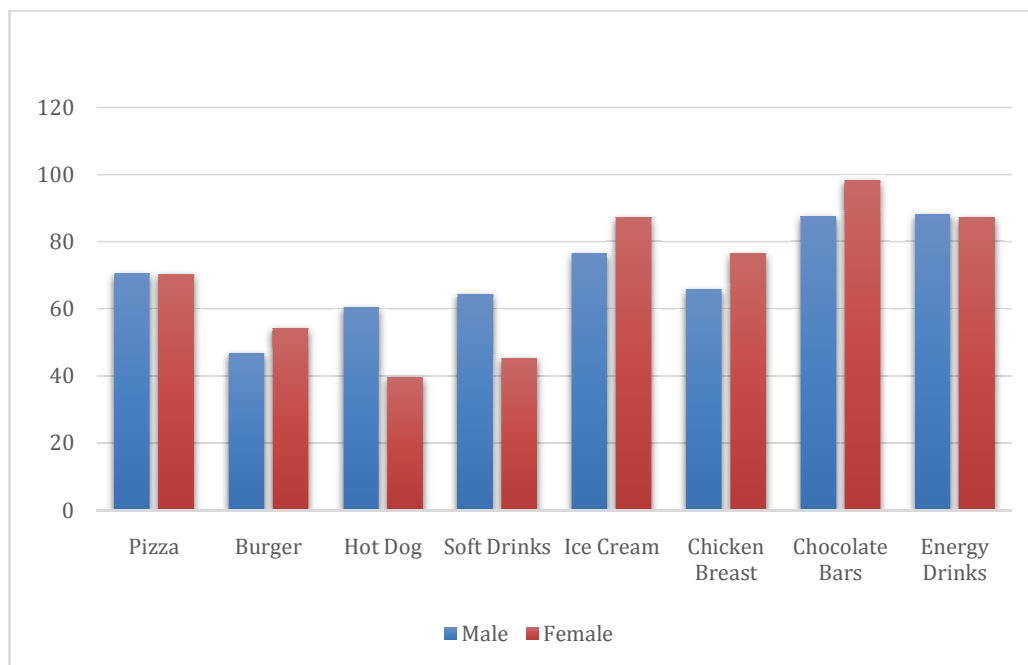
(a)

(b)

**Figure 5: (a) Illustrates People's Traveling to Restaurants and Their Consumption Rate. How Do You Get to Your Favourite Neighbourhood Restaurant Normally, (b) What Effect Does the Quantity of Fast Food Consumed Have on the Obesity Rate**

**Table 1: Illustrates The Different Kindsof Junk Food and Its Percentage of Consumption.**

Junk Food Consumption Pattern	Male	Female
Pizza	70.45	70.33
Burger	46.75	54.25
Hot Dog	60.45	39.55
Soft Drinks	64.40	45.34
Ice Cream	76.34	87.23
Chicken Breast	65.78	76.45
Chocolate Bars	87.56	98.4
Energy Drinks	88.23	87.24



**Figure 6: Discloses the Male and Female Percentage of Junk Food Consumption.**

#### 4. RESULTS AND DISCUSSION

Figure 2 illustrates the different fast food joints and cravings of the people who eat fast food nearly 40% of people visit McDonald's, 30% visit Pizza Hut, and 20% visit KFC. Nearly 50% of people desire fast food the following day, and 30% crave it every day. Figure 3 illustrates the calorie contribution of fast food and different categories of the restaurants that people go to eat nearly half of those polled believe fast food moderately serves people of all ages, while the other third believe it serves people of all ages in a bad way. Nearly 60% of individuals prefer to dine at low-cost establishments and restaurants, whereas 30% prefer to eat in high-

cost establishments. Figure 4 illustrates the drive-through and fast food consumption rate 70% of people prefer to eat meals at home, whereas 30% prefer to eat them in a drive-through; 50% of people generally consume fast food at home, 30% do so often, and 10% do so seldom. Figure 5 illustrates the Traveling into the Restaurants and Consumption Rate of the People Nearly 40% of individuals drive to their favorite restaurants, 30% use a cab, and 20% like traveling. Fifty percent of people believe obesity does not influence fast food, while 30% believe it has little impact. Table 1 illustrates the different kinds of junk food and its percentage of consumption. Figure 6 discloses the male and female percentages of junk food consumption. Pizza is enjoyed by around 70% of males and 70% of females, whereas burgers are enjoyed by approximately 46 percent of males and 54 percent of females, and hot dogs are enjoyed by approximately 64 percent of males and 45 percent of females. Because it is approximately 60-70 percent in both genders, the ratio of soft drinks and ice cream is likely to be matched. Nearly 65 percent of males and 77 percent of females prefer to eat chicken breast. In this study, the ratio of chocolate bars and energy drinks is roughly 80-98 percent effective.

## 5. CONCLUSION

"Fast food" refers to food that is intended to be consumed quickly, either on or off the premises. There is a variety of reliable research proving the short- and long-term harmful health impacts of fast food intake. Many fast-food restaurants now provide a significant amount of nutrients in each order. Furthermore, this is only one thing to consider when deciding if it is healthy or not. The food we eat is frequently nutritionally insufficient. It has a lot of stabilizers and synthetic substances due to its high glycaemic index, chloride, heavy, and Tran's cholesterol. In this research the author conducted a survey in which outcomes are noted and analyzed the author concludes that Delhi and NCR individuals consume a large amount of junk food. Personal tastes, consumption, and the detection of performance risks for increasing junk food intake were the center of our results. In conclusion, junk food has altered the eating habits of Delhi and NCR and then this tendency is expected to continue. This rising popularity of fatty foods is concerning, since it may lead to sedentary lifestyles and NCDs. Junk Food intake should be kept to a minimum to live a happy life. Cultural dietary educational initiatives should be done to enhance the Delhi and NCR population's nutritional food preferences choices.

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## CHAPTER 13

### ANALYZING THE FOOD SAFETY AND HYGIENE PURPOSE FOR THE FOOD CONTAMINATION

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Mr. Rahul Saxena, Associate Professor,  
Department of Food Technology, Jaipur National University, Jaipur, India,  
Email Id-rahulsaxena@jnujaipur.ac.in

#### **ABSTRACT:**

Food research was primarily focused on the country's capital city, with the majority of studies focusing on inadequate knowledge of corporate catering or other sorts of food dangers in commercial food operations, including Indian food or microbiological safety. Food- sellers, schools, restaurants, food -joints as well as private households are examples of food businesses and other sources that contribute to food-related diseases. The current study sought to measure food safety practices and hygienic behaviors among food handlers, as well as the improvements in knowledge as well as hygienic practices following an educational intervention. For improving the food safety practices within food- industries HACCP system is implemented. To overcome the food-borne illness food hygiene training that operates outside of the workplace and uses just knowledge-based evaluation methodologies would be much more suitable than training activities that are inextricably linked with such an environment. The adoption of HACCP management and evaluation ensures food safety and cleanliness if all of these factors are incorporated in a perfect balance.

#### **KEYWORDS:**

Control Critical Points (CCPs), Food Safety, Food Hygiene, Food Contamination, and Food-Borne Infection.

### 1. INTRODUCTION

Hygiene standards describe the standards or processes which must be met to guarantee food safety from the point of manufacturing to the consumption point. Contamination of food may happen at any point during the slaughtering and harvesting process, as well as during processing, storing, distribution, preparation, or transportation. The World Health Organization (1984) defines food hygiene as "all conditions and techniques used in the preservation, production, distribution, processing, or preparation of food to ensure its safety", healthful, or appropriate for personal use only. Food-borne infections or consumer fatalities may come from a lack of basic food hygiene. A 1940 Food and Drugs Act [1] governs food safety and handling requirements in India, as well as the consequences for infringing on the law. The Indian Standard Authority (ISA) does not legally enforce the existing hygiene principles, but they are standards that the food sector may utilize to maintain food safety [1].

Food-borne sickness has already been linked to inappropriate reheating as well as storage (%), inadequately stored food (45 %), as well as cross-contamination (39 %) [2]. The rising increase in the number of people dining out has increased food-borne diseases of filthy cooking as well as a loss of personal hygiene knowledge. Those influencing elements are



indeed the result of the lack of understanding and implementation of food safety. HACCP, (Hazard Analysis and Critical Control Points), is a rigorous preventive food safety approach that detects biological, chemical, and physical hazards in manufacturing procedures that could result in dangerous final products and then creates solutions to decrease the reduced risk to an acceptable level. Food safety systems must be created to regulate the manufacturing process and should be founded on preventative ideas and concepts. This sort of system is designed to apply methods that provide efficient management by identifying locations or phases where consumer health threats can be managed.

Customers are more concerned about the safety of their food. As a result, food processing industries have developed HACCP-based food–safety–management- systems (FSMS). International Organization for Standardization (ISO) began developing an auditable standard in 2001 to further clarify HACCP's position within an FSMS. This standard is not intended to describe the minimum necessary regulatory requirements; rather, it is meant to establish the needs of firms who want to go above and beyond the minimum regulatory standards for food safety. This standard is anticipated to be released in ISO in 2004 [3].

Everyone else who works with food is accountable for protecting customers against contaminated food products. Food poisoning is a danger that can cause great discomfort, loss from work or school, and, in some circumstances, death. People become ill as a result of food poisoning so because the food they ate included germs, viruses, or chemicals. Food illness can take anywhere from an hour to just a few days to develop, treatment depends on the cause, as well as the best method to avoid food poisoning is to employ proper food handling techniques.

#### *1.1 Food Hygiene Comprises:*

- i. Avoiding the transmission of illness by food handlers.
- ii. Guarantee the cleanliness of food preparation spaces, equipment, and surfaces.

#### *1.2 Food Hygiene Goals:*

- i. Keep food safe from infection.
- ii. Prevent germs from proliferating to the point where they cause illness.
- iii. Bacteria in food can be destroyed with proper cooking or processing.

#### *1.3 Food Hygiene's Benefits:*

- i. Return of business as a result of happy consumers.
- ii. A positive reputation.
- iii. Adherence to the law.
- iv. Food of high quality with an extended shelf life.
- v. A pleasant working atmosphere that boosts employees' morale.

#### *1.4 The Cost of Improved Hygiene:*

- i. Outbreaks of food poisoning and, in severe cases, mortality
- ii. Complaints from customers
- iii. Product waste due to spoiling
- iv. Infection from a pest.

- v. Trading was halted by local health officials.
- vi. Fines and legal fees incurred by victims of food poisoning.
- vii. Loss of reputation as a result of word-of-mouth or media exposure

#### 1.5 *The Problem's Approach:*

- i. Keeping food from being infected.
- ii. Bacterial eradication.
- iii. Bacterial growth and multiplication prevention.

#### 1.6 *Contamination Sources:*

- i. Individuals - (hands, mouth, nose, anus, skin).
- ii. Clothing.
- iii. Utensils (dirty utensils, particularly those used for raw and cooked meals without proper washing and sterilizing between those, tea towels)
- iv. Uncooked meals - (especially red meat, chicken, seafood, vegetables, and water).
- v. Flies and other pests.
- vi. Rubbish.

#### 1.6*Protection:*

If we are to follow the major principles of food hygiene, we must do the following.

- i. Establish and maintain good personal hygiene standards.
- ii. Avoid food cross-contamination.
- iii. Create and maintain proper storage conditions.
- iv. Sanitize all equipment and utensils used in food preparation and handling.
- v. Pest control.

## **2. LITERATURE REVIEW**

Patricia Foriwaa et.al examined in this study food handlers in Kumasi Metropolis were aware of food hygiene and what might be designed to stop foodborne illness outbreaks. The practical side, on the other hand, was not completely grasped by the food handlers, who lacked a technical awareness of the measures that might be used to guarantee food safety. Temperature management also was unscientific among the majority of food workers, particularly for food that has been cooked and is ready to consume, and relied on the respondents' personal opinions. Some food handlers sliced and chopped meat and vegetables with their hands, while those who used cutting boards did not apply color code and may readily contaminate cooked or ready-to-eat meals. Cleansing, disinfection, as well as pest-control techniques also weren't based on scientific evidence or a predetermined schedule. Even though a larger number of food workers cleaned their hands, their frequency varied across major food categories, needing training. It is strongly advised that qualified professionals in food hygiene and safety be available to supervise food preparation facilities, while a well-designed training program for food-workers would do a ways way towards ensuring a safer community in Kumasi Metropolis [4].

J. Slatter explained about HACCP is a food-related management system, and so this paper examines core HACCP ideas and also a few features from some of modern Hazard Analysis

as well as Risk-Based Preventive Controls system variants. The United States Food And drug have designated four food-specific online sites that emphasize critical HACCP procedures including milk, juice, retail-food service, as well as seafood. Programs and initiatives to teach people when and where to decrease food dangers would've been prioritized, and so will alleged violations of HACCP rules, whether indicated by food-related Legal Notices and publications highlighting this need for improved HACCP implementation. Subjects include information on juice and seafood dangers, insect management, and medication substances in dairy products, including examples of foodstuffs grown in the United States, and also foods exported and imported from the United States (U.S.) [5].

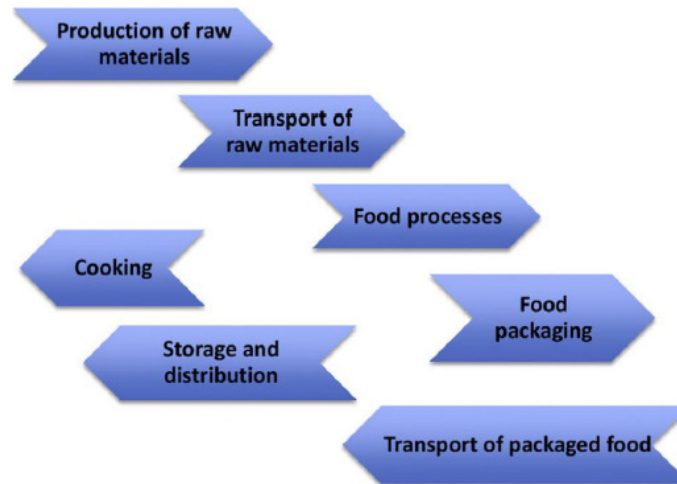
Anil Panghal et.alexplained about the safety of food has gained attention within the agri-food industry, and they serve as the foundation for all activities undertaken at various activity levels ranging from the farm to organizations on the whole of global levels ISO 22000, regional, national is indeed a mash-up of ISO 9001 and Quality Management System (QMS), or HACCP, was created asa global strategy to improving food safety rather than developing effective manufacturing processes, HACCP, as well as certifications to ISO 9001:2000 ISO 22000:2005, are used independently for maintain synergy as well as assure food safety within the food chain. ISO 22000, often referred to as the Food Safety Management System, is just an auditable international standard. This standard ensures the supply of food throughout the supply chain which serves as the foundation for a global conformity assessment. To provide a more effective auditable FSMS, ISO 22000 includes revised critical control points or hazard analysis procedures. This standard supports service and product conformity for international trade by ensuring, food –safety, dependability, and food- quality.[6].

### 3. DISCUSSION

Contamination of food as well as cross-contamination become much more frequent as just a result of poor environmental factors, poor -personal -hygiene, low-quality or insufficient water sources, or unsanitary food preparation, storage, as well as feed, especially in lower socioeconomic levels. The World Health Organization (WHO) had long acknowledged the importance of teaching food workers about their responsibilities in terms of food security WHO published the Ten Main Principles for Safe Preparing Food in the early 1990s, however, in 2001, it released the five keys to safer food emphasizing the value of nourishing food in human health, the WHO has picked Food Safety also as topic of World Health Day 2015 intending to ensure food safety from farm to plate

#### *3.1 Food contamination occurs during the manufacturing of food:*

The phases of food preparation are depicted in Figure 1 Contamination is indeed the existence of undesirable chemicals including papers as well as dust of this kind all through as a result of industrial and manufacturing operations. Contamination is defined as any unwanted material discovered in the product. Such contaminants have had an impact on the product's quality or process. Contamination of food, whether of a microbiological or chemical kind, is the most serious problem for consumers. The next paragraphs address the main pollutants in each phase, how to regulate them, as well as methods to lessen or eliminate their presence in meals such data is crucial for pinpointing the source of contaminants within finished product.



**Figure 1: This represents the phases in food preparation that result in food contamination [7].**

### *3.1.1 Contamination from outside raw foods:*

In industrial development, developments in pesticides could be found in vegetables or fruits due to the application of agrochemicals or urban activities, as well as certain derivatives with potentially harmful effects, including such metabolites from organo-chloride pesticides found in fatty meals. Several techniques for identifying methods for detecting antibiotic residues in foods like meat, eggs, and milk, including the bacterial-inhibition plate-test and liquid chromatography, have been developed [8].

### *3.1.2 Food contamination during transportation:*

Contamination of food also can develop during transit. It can be caused by the exhaust of gasoline and diesel vehicles, or through cross-contamination within a vehicle used for food-transportation. Food safety is cross-contamination has put in jeopardy. Fungicide-contaminated pallets in use for storing and transporting food-packaging materials were involved in a major illness in the European Economic Community in 1999 (EEC). Cross-contamination through disinfectant chemicals or even other sources also has an effect on long-distance cargo ships on multiple occasions [9].

### *3.1.3 Contamination as a result of cleaning operations:*

Sanitizing or Cleansing during food-processing reduces the number of dangerous pathogens, making them essential for preventing the contamination of food. Chemicals for use as cleansers as well as disinfectants must be free of contaminated food and should be legally permitted. Quaternary ammonium compounds including dodecyl-trimethyl-ammonium chloride or non-ionic surfactants, including stearyl alcohol ethoxylate [12], were common-surfactants. Cleaning time, as well as water-temperature, are 2 factors that affect its clearance from diverse surfaces.

### *3.1.4 Contamination as a result of heating steps:*

When paired with external factors, high cooking temperatures, may lead to the production of dangerous compounds, which can harm food quality and safety. Certain harmful substances (for example, acrylamide, nitrosamines, chloro-propanols, furanes, or polycyclic aromatic hydrocarbons (PAHs)) can occur heating, baking, roasting, grilling, canning, hydrolysis, or fermentation are all examples of food processing.

### 3.1.5 Packaging for food:

Packaged foods provide various advantages, namely physical- protection, barrier- protection, or enhanced food preservation, which extends the product's shelf life. Contact with food production chain material, whether indirect as well as direct, may as a consequence, these chemicals to migrate from packaging to food, a phenomenon known as migrations [10].

### 3.1.6 Food contamination during storage:

Preserving food parameters is critical in determining quality and food safety. Appropriate food storage extends shelf-life, which would be affected by the type of food, packaging, or storage -conditions, including humidity or temperature. The optimal temperature range is 4 to 210 degrees Celsius (cold to moderate). Direct sunlight has the potential to accelerate the deterioration of both food as well as packaging. The transmission of chemicals through the packaging may vary depending just on barrier properties, particularly mentioned [11].

### 3.2 Food-safety concern:

Contaminants that endanger food safety are known as food safety risks and can make the production of a food product hazardous. Hazards are defined as follows in Codex 1997. "Any chemical, physical or biological substance in or on foods which can harm one's health." Hazardous substances could contaminate a food product through its elements or taint that even during manufacturing and processing. This is vital to understand possible hazards which may exist within specific component categories or the manufacturing process. It enables the development process to determine the best approaches for managing these dangers, whether by avoiding their access to the process, eliminating them, or lowering contamination to a certain level. It is no longer a food-safety issue risk method. There are different types of hazards discussed in Table 1.

**Table 1: discussed the various types of Hazards.**

Variables	Biological	Chemical	Physical
<b>Considerations</b>	Microbes can inflict damage by infecting and intoxicating humans	Chemicals that have the potential to harm by toxicities, whether longer or shorter	Materials that have the potential to harm through direct damage through choking

<b>Examples</b>	Harmful bacteria include E.coli, B. cereus, Campylobacter botulinum, Campylobacter perfringens, Salmonella, Shigella spp, Staphylococcus aureus, and Vibrio parahaemolyticus. Virus, parasites, Protozoan e.g. parvum, Giardia intestinalis, Cryptosporidium	Aflatoxin, heavy metals, PCBs, dioxins, patulin, vomitoxin, fumonisin, pesticides, allergenic compounds, and cleaning chemicals are examples of mycotoxins.	Intrinsic natural materials, Glass, pests e.g. bone, nutshell, metal, stones, wood, plastic
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### 3.3 Methods for ensuring food safety and cleanliness:

#### 3.3.1 Good Manufacturing Practices (GMP):

GMP implementation is a continuous process that relies just on using PDCA procedure (plan, do, check, and act) GMP installation may be broken down into four parts: initial diagnosis, roadmap construction, non - conformance resolution, as well as re-evaluation of corrective activities.

#### 3.3.2 "Sanitation- standard -operating- procedure ( SSOP)":

SSOPs were documented procedures developed and implemented at the facility to avoid contamination or adulteration. SSOP gives a thorough description of the specific steps required to keep dangerous germs or viruses out of the materials and equipment with minimum degrading micro-biota, hence preventing food contamination from coming into touch with all these utensils and equipment [12].

#### 3.3.3 "Good hygiene practices (GHP)":

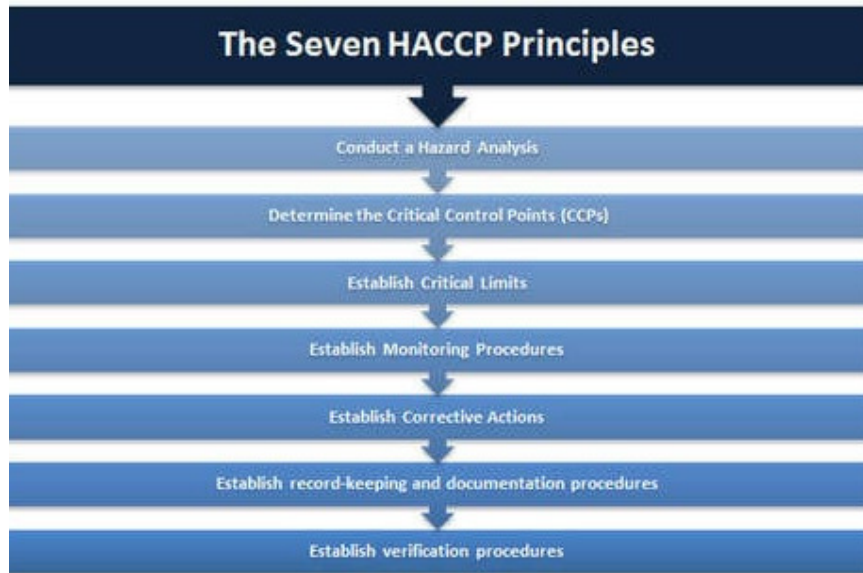
Procedures or processes that correspond to best-practice norms are referred to as good hygiene practices (GHP) (British Retail Consortium, 2011). Food-hygiene is defined in European Commission (EC) Regulation No 852/2004 thus "its methods as well as circumstances needed to prevent hazards or ensure the fitness of a food product for human utilization, taking into consideration its final use."

#### 3.3.4 "Hazard Analysis of Critical Control Points (HACCP)":

This is a set of standardized techniques for controlling food production to promote food security as well as avoid food modification. This strategy relies on the implementation of control mechanisms in specific manufacturing processes wherein health risks are much more



prone to developing. According to the World Health Organization (1997), 7 basic guidelines should be followed for HACCP implementation, as seen in Figure 2, as well as the reasoning system for HACCP implementation, according to Codex Alimentarius (Food and Agriculture Organization, 1997), does have twelve steps which begin before all these 7 principles and require them as the system's execution progresses, as seen in Figure 2:



**Figure 2: This represents seven HACCP principles [13].**

i. *“Conduct a Hazard -Analysis “:*

During the first stage, facilities identify the specific food-safety concerns they may face, as well as the specific preventative measures their people may use to control them. Food temperatures should be taken into account at every stage of manufacture in your plant.

ii. *“Determine your Critical- Control- Points (CCPs)”:*

The Critical Control Point is a stage in food production when a safety risk may be avoided or minimized to prevent and reduce food-safety exposure to the risks. CCPs should include all locations where you feel staff may act effectively and efficiently to help resolve the food-safety issues outlined in Step 1.

iii. *“Determine Critical Limits”:*

This critical -limit is a threshold level at which a hazard must be dealt with to prevent or decrease it to an appropriate standard at the CCP. This remains typically one or several temperature restrictions for the packaged food. For this reason, a Cold- Chain -Temperature Data Logger is ideal for generating or monitoring alerts on this value.

iv. *“Establish Monitoring Procedures”:*

Continuous Monitor is necessary to ensure that your food processor is under control at all (CCPs). Each monitoring process and its frequency must be listed in your strategy. Many facilities utilize data loggers to develop performance temperatures and/or environmental

conditions in storage rooms as a low-cost alternative. Most manufacturers provide devices that may be used independently of a computer.

v. “Establish Corrective Actions”:

Whenever monitoring reveals a deviation from crucial limitations you've established, take corrective measures must be implemented. When a critical limit is just not met, the HACCP plan will specify the remedial measures to be done. Many of our clients pick a recording with automatic alarm functionality for these occasions.

vi. “Establish Record-Keeping and Documentation Procedures”:

HACCP requires all facilities to preserve specified documents, including their hazard analysis or recorded HACCP plan, and the tracking of their CCPs. Data loggers monitor the data by comparing it to internal memory or wirelessly sending this to a computer for storage. As a consequence, your standard procedures will be captured electronically.

vii. “Establish Verification Procedures”:

The plant's HACCP approach must be certified. Verification ensures sure the facility's HACCP plan does what was designed to accomplish, namely ensure safe manufacture of the product. Microbial contamination samples or analysis, and a study of HACCP methods, CCP records, or critical control points, may be included, and so on.

#### 4. CONCLUSION

A public standard can boost welfare, especially whenever there is a strong concentration of low-productivity domestic enterprises due to improved resource allocation. The topic of our paper was how to identify hurdles to HACCP as well as food safety systems in food enterprises. One of the major hurdles to HACCP adoption is a lack of knowledge of the concept. In conclusion, the key difficulties to food standards in food operations were flagged as an absence of HACCP understanding as well as other food safety processes. Other impediments found were a lack of required programs and an unsatisfactory condition of the institution. HACCP is a tool for detecting risks, ranking them, and determining how to effectively mitigate the identified hazards. It would not result in the abolition of all dangers. In this study, we discussed food safety and standards, as well as their influence. A higher public standard raises prices set by both constrained and unconstrained enterprises, although the effect on production for both types of firms is often equivocal. In this study, we discussed food safety and standards, as well as their influence. A higher public standard raises prices set by both constrained and unconstrained enterprises, although the effect on production for both types of firms is often equivocal. In this context, HACCP should be implemented in every industry. This study emphasizes the need for a proactive food safety culture as well as a better environment in fostering behavioral changes. Understanding both environmental and organizational variables that affect food safety is the first stage towards improved food safety. Food-safety awareness or advocacy are major elements of the FSMS at all levels. There is indeed a void within the food business that must be filled soon quickly as possible.

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## CHAPTER 14

### COMPLICATIONS OF TEENAGE PREGNANCY AND THEIR HEALTH EFFECTS

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Dr. Anita Dhaka, Assistant Professor,  
School of Education, Jaipur National University, Jaipur, India,  
Email Id-dhakaanita9@gmail.com

**ABSTRACT:** *Pregnancy in a woman under the age of 19 is referred to as teenage pregnancy. Despite conflicting data, teen pregnancy is a worldwide problem and a high-risk category. The health of the teenage mother and her child is endangered by adolescent pregnancy. Teen pregnancy is both a consequence as well as an outcome of inequity, limiting the chances of young parents and their children in life. The evaluation of mental health risks associated with adolescent pregnancy and parenting by teens is explored in this paper. The two disorders that have gotten the greatest attention are depression and postpartum depression. The primary objective of this study is to deal with the complications of teenage pregnancy and its adverse effects on both teenage mothers as well as baby's health. In this study, the author also states the negative societal impacts on teenage parents. The study depicts being a teenage parent both the baby and parents are faced with various health and societal problems in their future.*

**KEYWORDS:** *Depression, Health Effects, Mental Health, Postpartum Depression, Teenage Pregnancy.*

#### 1. INTRODUCTION

Teenage pregnancies are defined as pregnancy in females under the age of 19. It is typically encountered among young individuals who have been underprivileged and also have low hopes for their schooling or the job market. Teenage pregnancy has now become a national pandemic, in part due to the increasing number of teens who choose to maintain as well as nurture their children after giving birth [1], [2]. Individuals, families, and society all pay a significant price whenever adolescents have their children. Teenagers may be afraid to seek such information or they may be uninformed of the risks and consequences of becoming pregnant, carrying the baby child, canceling the pregnancy, catching infections, and even being unwell. Teenage pregnancy causes "overpopulation," with a substantial percentage of the population under 18 years old. Furthermore, there are some of the most visible repercussions associated with adolescent pregnancies, such as school dropout or delayed education, waywardness as well as criminal activities, abortion, and also childhood abuse, and poverty, among others.

Teenagers who get pregnant are much less likely to complete their higher education. In recent years, teen pregnancy becomes a big social concern [3]. Girls are becoming more sexually active at a younger age, which might lead to unintended pregnancies. Even though teenage pregnancy rates have dropped considerably in the past few years, the United States still has one of the world's highest numbers of teen mothers. Religious leaders, as well as the general public, politicians, and social scientists, have all shown concern and curiosity about teenage pregnancy, particularly in the United States as well as in other developed countries. The continued anxiety of adolescent pregnancy arises from the potentially devastating consequences for both the females and their offspring. Children of pregnant adolescents had worse scholastic success, greater poverty rates, and even worse "life outcomes" than adolescents of early adult females in developed countries like the United States, according to demographic data.

Pregnancy between the ages of 13 and 19 is referred to as teenage pregnancy. Girls as young as 10 can have sex and, in rare circumstances, become pregnant as well as able to give birth.

Girls aged fifteen to 19 accounted for the vast majority of teenage children in the United States. Pregnancy in teenage is a word used to characterize the emotional as well as biological growth stage known as adolescence, which includes all females who are capable of becoming pregnant and giving birth [4]. Throughout human history, there has been debate on what age a young woman should give birth. However, when it comes to explaining adolescent pregnancy, there are two opposing viewpoints. Pregnant teens encounter most of the same challenges as regular pregnant females. There are additional concerns for youngsters under the age of 15 since they are less likely to be directly and physically developed enough to produce healthy infants or bear children. Biological factors are less relevant than socioeconomic factors for girls aged 15–19. Low birth weight, early labor, anemia, as well as pre-eclampsia are all associated with physical age because they are more common in teenage births, even when other health considerations such as access to prenatal care are accounted for [5]–[9].

The major goal of this study is to address the problems of teenage pregnancies and their negative impacts on the health of both the teenage mother and the infant. In this study, the author also states how societal concerns affect teen parents and their infants. The present study is divided into several sections, after the Introduction part reviews of several kinds of literature were mentioned in which kinds of literature give their suggestions and possible solution for teenage pregnancies. After that, the discussion of the present study is mentioned where the author of this paper represents the percentages of the nations with the highest teenage pregnancy rates over the world and also states the effects of teenage pregnancies. Lastly, the conclusion of this study is declared where the outcomes and recommendations of this study were mentioned.

## 2. LITERATURE REVIEW

S. Paranjothy et al. recommended the epidemiology of teen pregnancies (girls aged 15–17 years) in the United Kingdom, as well as the findings for its impact on the health and well-being of women, newborns, fathers, as well as civilization. The authors of this paper determine the rate of adolescent pregnancy in the UK, which has decreased over the previous decade, and it is still much higher than in other European nations. According to their research, pregnancy, and childbirth among adolescents are connected to a greater risk of poor health for both the female and the newborn, which might be attributable to the socioeconomic situations which accompany teenage pregnancy and delivery [10].

T. Combs-orme states the health of the teenage mother and her child is endangered by adolescent pregnancy. According to their study, these challenges, such as pregnancy difficulties, low birth weight, as well as infant deaths, are mostly related to the adolescent's behavior and social status. Early and regular use of health care can help to reduce risks by allowing for the early discovery and treatment of major issues. Human service workers should take advantage of every opportunity to promote effective prenatal care while keeping in mind the pregnant adolescent's developmental and personal needs. The final result of their study is that prenatal care is important not only for a safe pregnancy but also as regards additional therapies that can enhance the young parent's functioning and the family's chances of a happy and healthy life [11].

J. Corcoran discussed the connection between adolescent pregnancy as well as mental health in his paper. According to the author's Mental Health highlights the dangers associated with teen pregnancy and parents who are teens. The two disorders that have attracted the most attention are depression and conduct disorder. The treatment of these diseases in adolescents is based on his research. Connections with moms and spouses for a teenage mother are

similarly filled with possible conflict, according to the authors, but these are crucial relationships to concentrate on since they may influence anxiety in pregnancy as well as parenting teenagers, which may have a substantial impact on delivery. Consequences, later substance abuse, repeatedly having children, as well as traits of parents that can affect their offspring in the long run [12].

A. Panting et al. classified Teenage pregnancy as one of the most serious social concerns that Sarawakian teenagers face. Pregnancy in a teen can have a variety of social, psychological, and physiological consequences for both the mother and the child. According to the authors, Sarawak is one of the Malaysian states with the highest incidence of adolescent pregnancy cases. As a result, a thorough grasp of this topic might give useful information for evidence-based sexual and reproductive health preventive efforts and the goal of their study is to uncover any underlying societal risk factors that may lead to teen pregnancy in Sarawak. At least six societal risk variables were found in the literature research as possible contributors to adolescent pregnancy cases in Sarawak in their study [13].

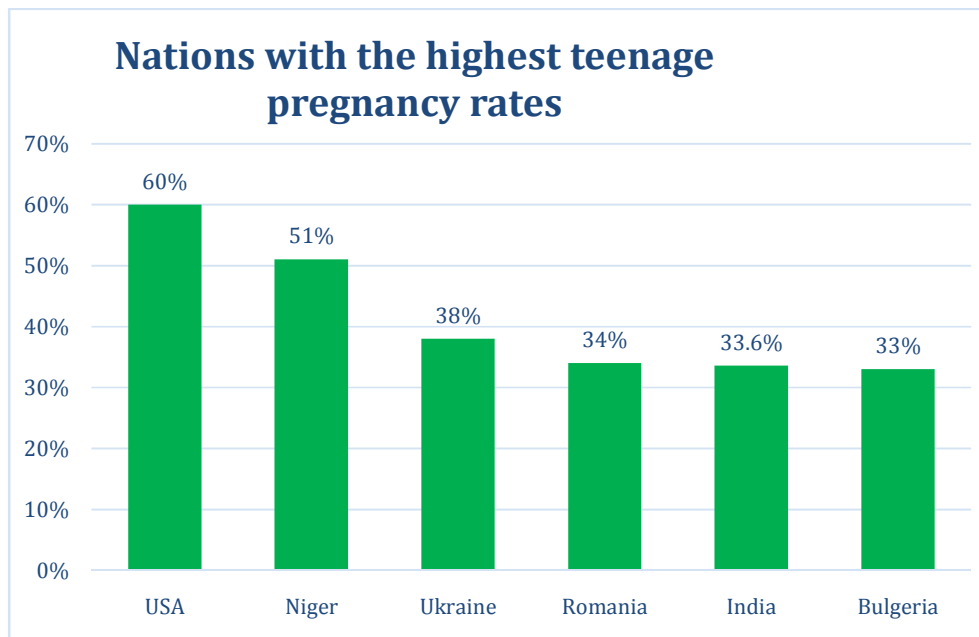
S. Cook et al. According to the study, the United Kingdom does have the highest percentage of teen pregnancies in Western Europe, with higher rates recorded amongst women with specific socioeconomic risk variables, including those who live in poor areas. According to the authors, adolescent pregnancy can be a positive experience for some young women, and their evaluation of Teenage motherhood, on the other hand, has been related to some poor socioeconomic outcomes in the United Kingdom, such as being higher likely to be in poverty, be unemployed, or have lower incomes as well as educational achievements than their contemporaries. According to the researchers, Adolescent mothers' children are much more likely in becoming parents in their teenage. Concurrent interventions, such as schooling, developing skills, health and social care for young moms, and contraception program, are also required to address societal problems associated with adolescent childbirth [14].

### 3. DISCUSSION

The absence of reproductive education and information, societal pressure, and premature sexual engagement may all be factors contributing to teenage pregnancies. Although some adolescent births are planned, the vast majority are unintended and have a variety of negative repercussions for the young mother, their kid, as well as other household members and peers. Teenage mothers generally lack the financial means to care for a child, and they are usually unwilling to sustain positive habits during pregnancies to deliver a healthy baby. These young women typically drop out of school, kicking off a never-ending loop in which their child may also become a teenage mother. Teenage pregnancy occurs when a woman is Nineteen years old or younger when she becomes pregnant. Pregnancy in adolescence is a complicated problem with several causes for concern [15]–[17].

Pregnancy in adolescence is a natural human event that does not fit into current culture. This has become a surrogate in what could be called cultural warfare in many respects. Political and religious leaders on one philosophical side of the argument employ cultural and moral standards to sway public opinion and advocate e public policy with the declared goal of reducing teen pregnancy. Even if a woman has monthly basis periods, still might become pregnant if she has penetrative intercourse with a partner at any point. In 2017, over 194,000 infants were born to American females aged 15 to 19 years old, as per the Centers for Disease Control and Prevention (CDC). While the proportion of adolescent pregnancies in the United States has fallen, it remains higher than in other industrialized economies [2]. The countries with the greatest rates of adolescent pregnancy in the globe are illustrated in Figure 1.





**Figure 1: The above graph represents the percentages of the nations with the highest teenage pregnancy rates in the world.**

### *3.1. Effects on Teenage Mothers:*

Preeclampsia (pregnancy-induced high blood pressure) and its complications are much more common among adolescents than in average-aged mothers. The baby is at risk of being born prematurely and having a low body weight. Preeclampsia can harm the mother's kidneys and potentially result in death. Having a baby in the United States is easier than it has ever been, but it is still more hazardous for a teenager than for a woman aged 20 or older. Confusions during pregnancy or conveyance, per the World Health Organization (WHO), are the top reason for mortality for females matured 15 to 19. Assuming you become pregnant as a teen, you might fear illuminating your loved ones. You might feel more estranged and miserable if you don't address somebody or get the guidance and support you require. This might cause issues at home or school. Numerous pregnant young adult young ladies exit school, and others won't ever wrap up. Subsequently, numerous mothers who become pregnant as young people are poor. Ladies who become pregnant as young people are bound to have numerous kids. A second birth to a teenage woman happens once in every five deliveries. A woman with minimal education and multiple children will find it incredibly difficult to make a living.

### *3.2. Health Effects of Teenage Pregnancy:*

Adolescent childbirth is quite widespread in the United States, affecting people of all racial, ethnic, as well as socioeconomic backgrounds. Clinical experts some of the time battle to offer far-reaching treatment to youthful families, a significant number of whom are faced with a scope of hindrances to their well-being and advancement. Since high schooler mothers are oftentimes presented with extensive ecological and mental burdens, as well as being in danger for an assortment of emotional well-being issues that might have an impact on them and their babies, young mothers, and children must settle these concerns. Teenage mothers must balance the responsibilities and expectations of motherhood with the developmental requirements of adolescence, sometimes in the context of socioeconomic adversity. These pressures can lead to a range of mental health difficulties, which can affect young moms'

functionality and parenting behavior, as well as increase the likelihood of behavioral disorders in their children [18].

### 3.2.1. Mental Health Consequences:

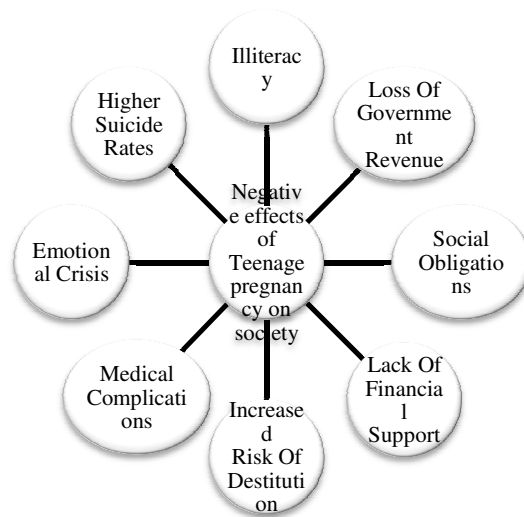
Pregnant adult ladies are bound to encounter psychological well-being issues such as trouble, intense pressure, and the strain to become guardians. They persevere through an absence of help from their family and local area, which can prompt trouble, unfortunate choices, and substance addiction. Since youngster pregnancy is as yet generalized in our way of life, pregnant teenagers might encounter sensations of disgrace, culpability, outrage, refusal, and hopelessness, which can prompt melancholy and low confidence. They will ultimately be frightened to look for help from companions, family members, or any other person assuming they get pregnant, prompting expanded social separation. High schooler mothers might encounter an assortment of psychological wellness issues because of conveyance and becoming another mother. These are some examples of these conditions:

#### ➤ Baby Blues

The "blue eyes" are side effects that a lady might feel one to about fourteen days after conveyance. Temperament swings, stress, despairing, overpowering, hardships centering, food issues, and resting issues are a portion of the side effects.

#### ➤ Postpartum depression

Side effects of post-birth anxiety are more extreme and inescapable than those of blue eyes. Youngster guardians are two times as probable as grown-up mothers to experience the ill effects of post-pregnancy anxiety. Post-birth anxiety is here and there confused with the blue eyes by ladies. Following half a month, the blue eyes sensations will disappear. Side effects of melancholy won't disappear.



**Figure 2: Illustrates the Negative Effects of Teenage or Adolescent Pregnancy on Society.**

### 1.1.Effects of Teenage Pregnancy on Society:

Our culture requires personal values, ethics, and decency. Unfortunately, adolescent pregnancy is discouraged. A pregnant teenage woman is unfathomable, no matter how advanced society desires her to be. Not only is adolescent pregnancy harmful to the teenager's

general health, but it is also harmful to the community. Unmarried pregnant teens may face discrimination and be refused the assistance they require to complete their school, obtain jobs, and return to society. There are some negative effects of Teenage or Adolescent pregnancy on society are characterized below and also shown in Figure 2.

#### *1.1.1. Government Revenue Loss:*

Several developing nations' governments create support programs to help teenage moms as well as their dependent children. Since she can find decent employment, the low-qualified lady is completely dependent on government programs to prevent financial collapse. The yearly costs of funding adolescent pregnancies in the United States are estimated to be over \$7 billion. The governments should spend money on public assistance, child health care, and foster homes to support proper child development. Teen mothers are exempt from paying taxes, resulting in a significant income loss for the government.

#### *1.1.2. Social Obligations:*

A teenage woman has a variety of social responsibilities, such as the failure to obtain a suitable job and the lack of regard among family and friends. The teenage mother's overall social life is wrecked as a result of her unanticipated pregnancy, and she is compelled to pay the rest of her life in emotional pain.

#### *1.1.3. Lack Of Financial Support:*

A teenage mother who doesn't get sufficient monetary help from her folks or companions faces a genuine monetary emergency. She is making some intense memories buying essential merchandise for her infant, for example, garments and newborn childcare items.

#### *1.1.4. Increased Risk Of Destitution:*

Since her teenage pregnancy precludes women from pursuing higher studies or earning basic qualifications, the mother is forced to work in a low-paying job. The original father typically forsakes the teenage mom, enabling her to care for the kid alone. As a consequence, the mother is poor and near hunger. If a teenage woman gets pregnant, both the parents, as well as the infant, are in danger of living in great poverty for the rest of their lives. Even though fewer adolescent mothers are obtaining the necessary educational university degrees, they were unable to find suitable and well-paying jobs to help them better their financial situation.

#### *1.1.5. Medical Complications:*

Pregnancy in immaturity raises the opportunity for clinical issues for both the mother and the kid. Clinical issues, for example, hypertension, iron deficiency, and preterm birth of the child are habitually brought about by an absence of adequate pre-birth care. Even though it is suggested, it isn't generally feasible for a juvenile mother to get continuous pre-birth tests, which builds the gamble of clinical issues. Moreover, youngster pregnancy raises the gamble of clinical problems in the newborn child, including low birth weight, visual impairment, hearing, and respiratory concerns. Family problems and child-issue behavior have been connected to parental depression as well as other forms of suffering. Attachment theory suggests that neonates build expectations about their careers' accessibility and attentiveness depending on repeated encounters. There is a link between mother sadness and unstable attachment in early childhood, according to several research. Pediatricians working with juvenile moms ought to attempt to survey and encourage connection ways of behaving with regards to well youngster care and expectant direction since teen moms, more frequently than

grown-up moms, may have next to zero the social and learning assets to give the touchy and responsive parental association expected for a solid connection.

#### *1.1.6. Emotional Crisis:*

Because of an absence of social family support, an adolescent mother who becomes pregnant quite early in life might have an extremely close-to-home emergency. Self-destruction endeavors and endeavors to self-cut short the child are instances of awful lead set off by serious mental and close-to-home breakdown. Confronted with ominous reactions about her pregnancy from society, the juvenile mother experiences outrageous discouragement.

#### *1.1.7. Higher Suicide Rates:*

Teenage moms are bound to end it all because of embarrassment and shame, as well as an absence of social help. Profound pressure, monetary flimsiness, and social alienation are only a couple of the key makes that lead young adult mothers committing suicide and take some wrong decisions. To assist the young mother overcome suicidal thoughts, she needs a strong support structure. Violence during pregnancy, which is estimated to be 43 % among moderate adolescent parents, has been linked to an increased risk of suicidal behavior, with pregnancy-related suicide rates, mental illnesses, miscarriage, embryo injury, premature labor, and low birth weight accounting for about 48 % of all suicides [19].

### *1.2. Prevention Measures to Control Teenage Pregnancy:*

Adolescent pregnancy is a normal human experience that does not fit into contemporary culture. It has become a stand-in for what may be termed social conflicts in many respects. Political and religious authorities on one intellectual side of the argument employ moral and cultural standards to influence public opinion and advocate for governmental measures targeted at reducing unintended pregnancies. Even though a woman has monthly periods, she can become pregnant at any time if she has penetrative intercourse with a partner. Many preventative initiatives aimed at reducing the incidence of adolescent pregnancies as well as sexually transmitted diseases among teenagers (STDs) are given below.

#### *1.2.1. Youth Social Development:*

Teenage social development focuses on the development of sociological and psychosocial abilities that are required to prevent high-risk behaviors like early sexual engagement. These programs are based on the assumption that young people who postpone sexual intercourse have high educational goals, similar-valued classmates, and parent-child interactions defined by monitoring, collaboration, and productive talks. Pregnant adult ladies are bound to encounter psychological well-being issues such as trouble, intense pressure, and the strain to become guardians. They persevere through an absence of help from their family and local area, which can prompt trouble, unfortunate choices, and substance addiction. Since youngster pregnancy is as yet generalized in our way of life, pregnant teenagers might encounter sensations of disgrace, culpability, outrage, refusal, and hopelessness, which can prompt melancholy and low confidence. They will ultimately be frightened to look for help from companions, family members, or any other person assuming they get pregnant, prompting expanded social separation.

#### *1.2.2. Abstinence-Only Programs:*

Abstinence-only programs may not teach about, encourage, or promote contraceptive usage, instead emphasizing that abstention is the only guaranteed way to avoid unplanned pregnancy, STDs, as well as other health issues. Congress authorized \$87.5 million annually

for states that provide abstinence-only education in 1996, and such programs have risen in popularity since then [20].

## 2. CONCLUSION

It is widely acknowledged that adolescent females who have become pregnant face severe medical risks, as do their children if the pregnancy is brought to term. Teen women and their children are likewise known to have a lower likelihood of success in life. Furthermore, the offspring of teenage parents are more likely towards becoming teenage mothers, perpetuating the teen pregnancy intergenerational cycle. People should aim to decrease the frequency of teenage pregnancies, specifically unwanted and unplanned pregnancies, in light of such consequences. The results of this study suggested that, in addition to the usual focus on sex education programs, initiatives to reduce teenage pregnancy rates might target additional factors. Early intervention to correct behavioral issues, in particular, might help to reduce the number of unwanted teenage pregnancies. Teen pregnancy is both a consequence as well as an outcome of inequity, limiting the chances of young parents and their children in life. The study's main purpose is to address the issues surrounding teen pregnancies and their harmful impact on the health of both the teen mother and the newborn. The authors of the study also address the negative societal impacts on teenage parents. Both the infant as well as the parents will face a range of health and social challenges in the future, according to the author.

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## CHAPTER 15

### BIPOLAR DISORDER AND ITS SUBSTANTIAL INFLUENCE ON THE INDIVIDUAL'S MOOD

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Dr. Shavya Singh, Assistant Professor,  
School of Education, Jaipur National University, Jaipur, India,  
Email Id-shavyasingh@jnujaipur.ac.in

#### ABSTRACT:

Mood disorders are prevalent mental side effects of Traumatic Brain Injury (TBI), and they frequently coexist with anxiety, substance misuse, impulsivity, and aggression. The author discussed mood disorders and also stated by a certain age, people suffer from mood disorders, often known as affective disorders, which are linked to considerable morbidity and death. Primary care physicians are increasingly responsible for diagnosing and treating adolescent emotional disorders. In this research author applied a methodology in which they conducted an online survey based on bipolar disorder, all the data was collected and utilized in the results section. The result states that 34 percent of Indians believe bipolar disorder is the same as a physical disease, with 22 percent strongly agreeing, 22 percent disagreeing, and 11 percent disagreeing. The author concludes finally, mood disorders significantly influence an individual's day-to-day life cycle, affecting the individual's overall mood to some extent. This research has the potential to be examined and used for further research, as well as helping patients with bipolar illness better manage their condition and treatment. Bipolar disorder tends to disrupt a person's sleep pattern, and this research explains how to treat it effectively.

#### KEYWORDS:

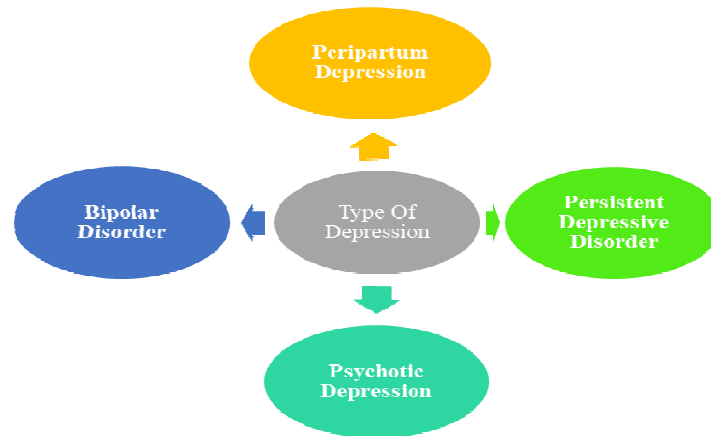
Age, Bipolar, Disorder, Mood, Symptoms.

#### 1. INTRODUCTION

A mood disorder is an injury that has an impact on a person's emotional state. It's a psychiatric condition in which a person experiences long periods of extreme happiness, sadness, or both. It's not uncommon for a person's mood to change depending on the situation. Mood disorder symptoms, on the other contrary, must be established for at least a few weeks to be diagnosed. Mood disorders can change your behavior and make it extremely difficult to perform daily responsibilities such as work or school. Two of the most common mood disorders are depression and bipolar disease.

The many forms of these disorders, as well as many of their subcategories, will be discussed in this research. A common response to a catastrophic life event and even an emergency, such as the husband or wife, is grief or loss as well as another sibling, the loss of income, or the development of chronic disease. Physicians would classify the situation as clinical or major depression if the despair remains long after stressful events have subsided or when there is no clear cause. For an individual to be diagnosed with clinical depression, their complaints must last at least two weeks. Figure 1 illustrates the many types of mood disorders [1]–[4].

### 1.1. Different Kinds of Depression



**Figure 1: Illustrates different kinds of disorders in mood disorders.**

- *Peripartum Depression:*

Depression like this might arise the day after a pregnancy.

- *Persistent Depressive Disorder:*

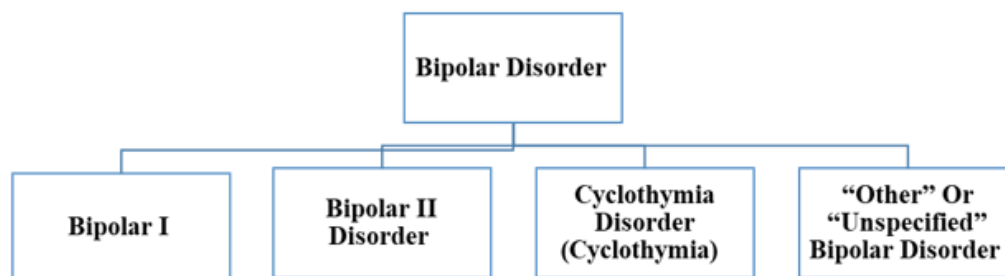
It was a kind of anxiety that lasts for up to two weeks. Symptoms may become less severe at times throughout the whole period [5]–[7], [8]–[10].

- *Psychotic Depression:*

It was a kind of depressive disorder characterized by psychotic episodes such as delusions (seeing or saying problems that others do not) and fantasies. Such events might be terrifying or uncomfortable, and they almost always have a theme [11]–[13].

- *Bipolar Disorder:*

The mood swings that define bipolar illness vary from melancholy to hyperactivity. The symptoms of being in a negative mood may be comparable with that of affective illnesses. Depressive periods contrast with manic or euphoric episodes. Figure 2 depicts the many types of bipolar disorder [14]–[17].



**Figure 2: Illustrates different categories of bipolar disorder.**

- *Bipolar I:*

This has been the most dangerous sort of illness. Manic episodes can last up to seven days, necessitating hospitalization. Clinical manifestations are also prevalent, to last about weeks.

- *Bipolar II:*

Similar to bipolar I, this illness induces depressive episodes. People with the condition might also develop hypomania, a milder type of mania. Hypomanic outbursts are milder and less disruptive compared to manic occurrences. The bulk of people with bipolar II illness is capable of working in daily life and do not require medication.

- *Cyclothymia disorder:*

This kind of bipolar disease is typically referred to as a lesser form of bipolar disorder. People with cyclothymic disorder have unpredictably fluctuating moods for lengthy periods, ranging from basic to intense psychological "highs" to mild to large affective "lows." Furthermore, mood swings can occur unexpectedly and at any time. The typical state of mind only lasts a few seconds. For a teenager to be confirmed with growth and increased illness, complaints had to have been present in the early years. In children and teens, the diseases must endure at least two years.

- *Other” Or “Unspecified” Bipolar Disorder:*

Even though the manifestations of this type of bipolar disease differ and those of the major forms, those who have it experience substantial abnormal mood fluctuations.

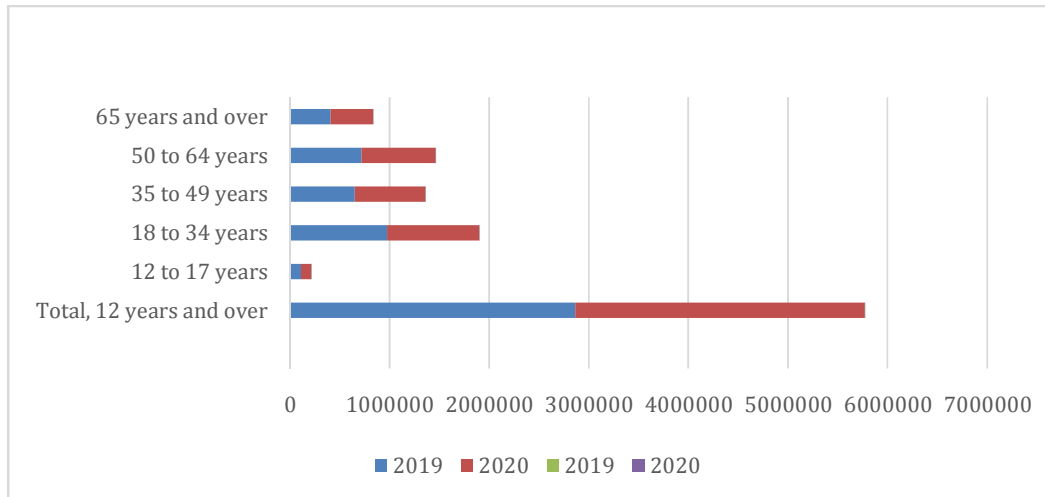
- *Premenstrual Dysphoric Disorder:*

Premenstrual dysphoric disorder (PMDD) is a form of mood illness that arises seven to ten days before menstruation and lasts just a few days after the periodic cycle begins. The hormonal changes associated with menses, according to specialists, are the cause of this condition. Anger, irritation, stress, a lack of motivation in daily tasks, and night terrors are all possible indications.

- *Intermittent Explosive Disorder:*

Intermittent explosive disorder (IED) is a less well-known mood illness characterized by outbursts of uncontrollable rage. It's known as "going into a fury for no apparent cause." the

behavioral outbursts of someone with acute exacerbation of coped are out of line with the circumstances. Figure 3 shows the age group-wise mood disorders of the people.



**Figure 3: Illustrates the age group-wise mood disorders of the people.**

## 2. LITERATURE REVIEW

L. Liu et al. in their study embellished that in the digestive system, humans have around 100 trillion microorganisms. The microbiota in the gut has been linked to neuroendocrine-immune pathways and has been linked to a variety of mood disorders. The author applied methodology in this research and stated that brain cells work differently in individuals. The results show Liu et al. looked into the gut-brain axis' concentrated forms, neuroendocrine, and some using system pathways to evaluate the link between colonic microflora and mood disorders are summarized in this paper. The author concludes that the impact of prebiotics, probiotics, and antibiotics on mental illnesses and also explored, to propose some fresh mood disorder therapy techniques.

Y.Y. Lin et al. in their study illustrate that the pandemic of coronavirus disease 2019 (COVID-19) places a significant physical and mental strain on healthcare workers. The consequence of this research is to assess burnout and mood disorders among healthcare professionals over this period. Lin et al. Applied a methodology in which Adult employees at a COVID-19 specialist medical Centre freely asked some questions and the main focus of the investigation was on burnout and mental disorders. The results show there were 670 male and 330 female individuals, respectively, with individuals experiencing interpersonal and task burnout. The author conclude that there were other factors linked to more severe mental disorders the survey was completed by a total of 1000 people.

Y. Jin et al. in their study embellished that in the control of mood disorders, the neuroimmune system is critical. In this research, the author applied a methodology in which a survey is conducted in it and slightly mind-changing questions were asked in it. Furthermore, the results state that the neurotropic family member brain-derived neurotropic factor (BDNF) is a critical regulator in the neuroimmune axis. However, the mechanism of brain-derived neurotrophic factor (BDNF) activity in the control of mood disorders through the neuroimmune axis is unknown. As a result, the focus of this research is on BDNF's recent success in impacting mood disorders through changes in the neuroimmune axis. This might be useful evidence for future research in this area.

These research findings show that mood disorders play a significant part in an individual's day-to-day life cycle and the basic framework in which they live their lives. Many people suffer from depression on a large scale, and some people are only vaguely aware of how this is becoming a life cycle for them.

*Research Question:*

- How mental breakdown is consuming people's health?
- How does depression play a major role in the day-to-day life cycle?
- How can one cure depression in their life span?

### 3. METHODOLOGY

*3.1.Design:*

The focus of this research is on mood disorders in those who work or remain at home. This study is based on an online survey in which people who completed the survey were asked a series of questions about Peripartum depression, Chronic Bipolar Disorder, Depression and anxiety disorders Depression, and Psychotic Sorrow are all types of depression. All of the responses were recorded in an Excel sheet to reduce the chances of error.

*3.2.Sample And Instruments:*

In this research, we employed a variety of online databases and tools, including MS Office and SQL for the fundamental findings. All of the data was gathered and presented in charts and graphs so that the analysis of the data remained in excellent shape and the risks of mistakes were reduced. Individuals were given a Questionnaire with a variety of databases and questions to answer.

*3.3.Data Collection:*

This research is a survey-based research people were asked several questions about bipolar disorders and their management like how you feel bipolar influences someone's position, such as profession, education, and family life, in the short and long term, and also how much you agree people can work throughout their psychological problems instead of seeking support from professionals or family and to what extent do you identify community help rather than trying to minimize their mental disorders on their own.

- To what degree do you believe that a mental health problem, such as is bipolar disorder the same as having a medical illness?
- Do you understand an adolescent who has or is now suffering from Bipolar Disorder?
- In the short and long term, how do you believe bipolar affects someone's situation, such as career, education, and family life?
- How much of the following statement do you agree with: Instead of seeking help from specialists or family, people can work through their mental health issues?
- To what measure do you agree with the second statement: Instead of trying to manage their mental issues on their own, please seek professional or community help.
- What percentage of the second comments do you approve of? The most effective treatment for mental disease is drugs.

3.4.Data Analysis:

All the data are collected and analyzed appropriately, such that the chances of the error remain less in the system, Figure 4 bipolar disorder physical ailment mental disorder is shown. Figure 5 depicts an adolescent who has been diagnosed with bipolar disorder. Figure 6 shows employment, education, and family as well as a short-term relationship. Figure 7 enhanced the mental health issues and family support status. In their respective opinions, Figure 8 depicts the family aid and their mental health problems. Figure 9 the appropriate system illustrates medication and effective therapy for mental illness.

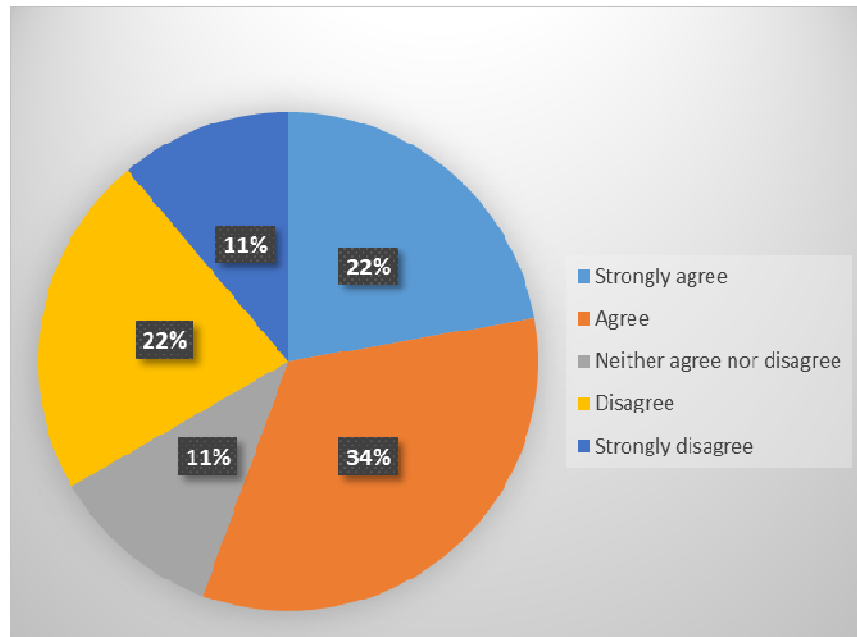


Figure 4: Illustrates the Bipolar Disorder Physical Ailment Mental Disorder.

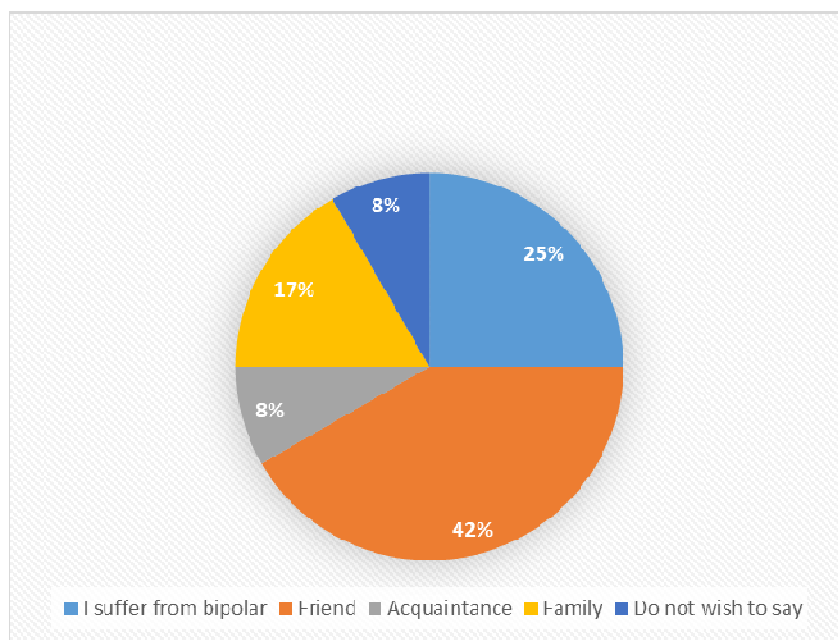
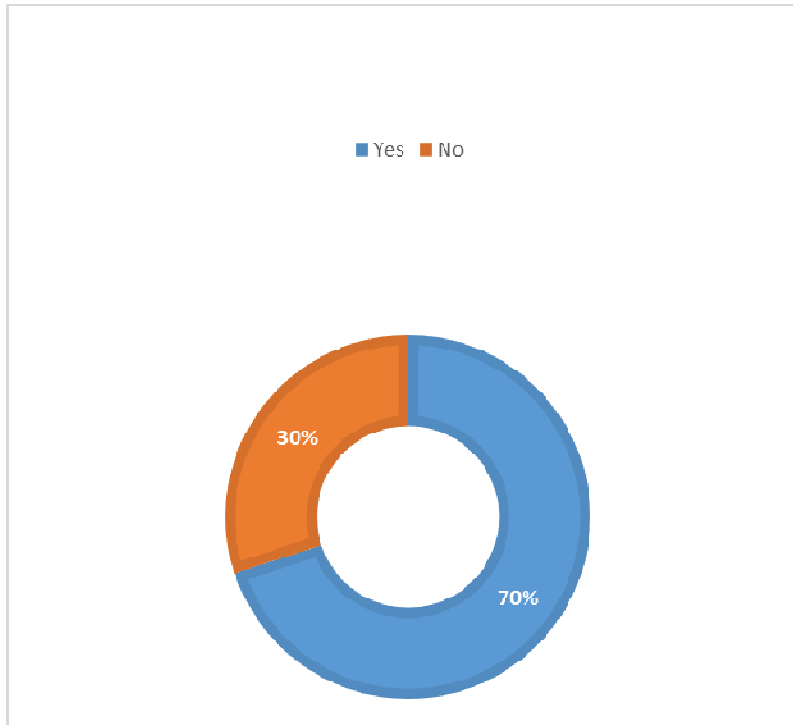
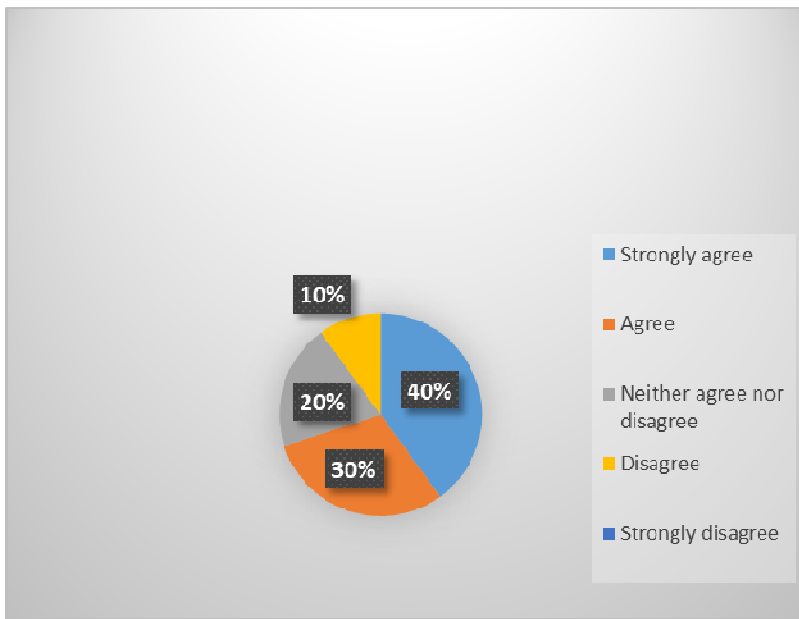


Figure 5: Illustrates the adolescent who experienced bipolar disorder in the individuals.

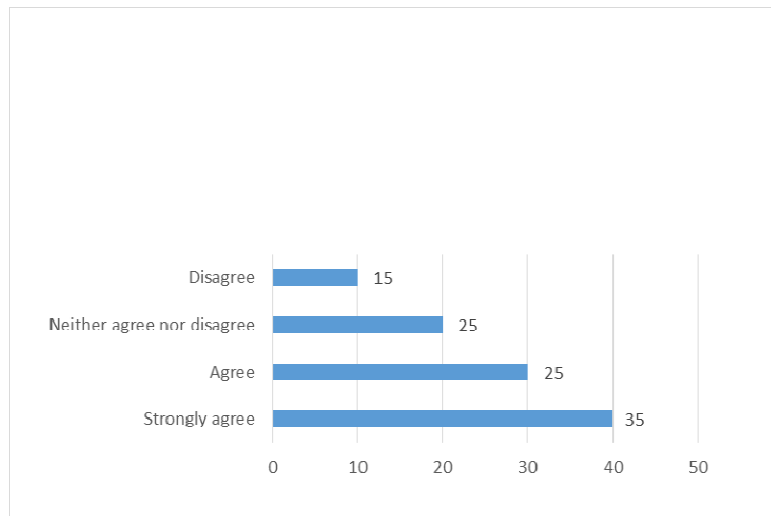




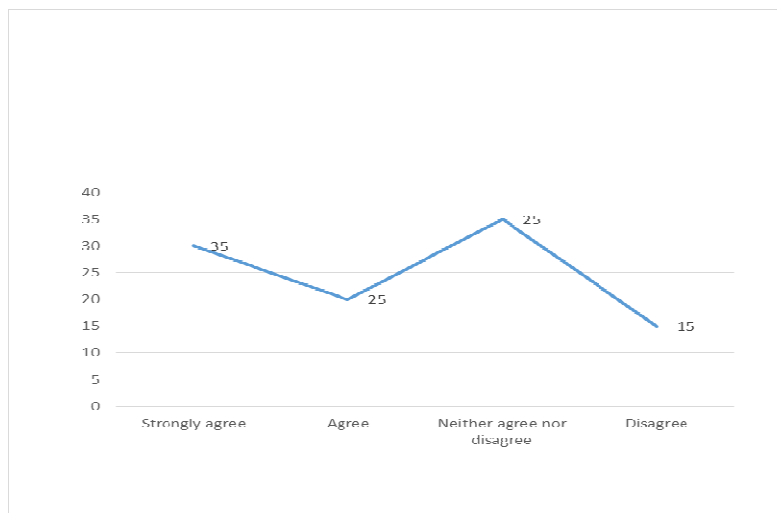
**Figure 6: Discloses the Employment and Education and Family and Short-Term Relationship.**



**Figure 7: Embellished mental health issues and support from the family status.**



**Figure 8: Illustrates the family aid and their mental health problems in their respective opinion.**



**Figure 9: Illustrates medication and effective therapy for mental illness in the appropriate system.**

#### 4. RESULTS AND DISCUSSION

Mood problems can alter your behavior and make it harder to carry out day-to-day tasks like jobs or education. Depression and bipolar illness are two of the most prevalent mood disorders. In this study, the many types of these illnesses, as well as many of their subcategories, will be explored. According to this research with 22% strongly agreeing, 22% disagreeing, and 11% disagreeing, 34 percent of Indians feel that bipolar illness is the same as a physical ailment. 42 percent of those polled had witnessed friends or family members suffer from bipolar illness, 25 percent say they have the disorder themselves, and 17 percent say a family member has it. 70% of respondents feel that bipolar affects work, education, and family life, whereas 30% do not believe it is. Mental health has a considerable impact on family structure and day-to-day living, according to 40% of respondents, while 30% strongly disagree. 35 percent strongly agree with the statement that people should put their family and professional life over their health, 25 percent neither agree nor disagree, and 15 percent

strongly disagree with this statement. 35 percent firmly think that medicine has the potential to treat a person's mental illness, 25% neither agree nor disagree, and 15% strongly disagree.

## 5. CONCLUSION

Mood disorders are common psychological side effects of TBI, and they commonly interact with anxiety, drug abuse, impulsivity, and violence. People suffer from mood disorders, also known as affective disorders, by the time they reach a particular age, which is connected to significant morbidity and mortality. Adolescent mental problems are increasingly being diagnosed and treated by primary care providers. Mood disorders are common mental side effects of (Traumatic Brain Injury) TBI and often occur alongside anxiety, drug abuse, impulsivity, and violence. Furthermore, they become permanent and resistant to therapy in a considerable proportion of patients, having a negative influence on community development projects and well-being. Mood disorders are linked to structural and functional alterations in neural circuits connecting emotional processing brain regions such as the prefrontal, basal ganglia, and amygdala. As a result, the emergence of mood problems in TBI patients may contribute to greater prefrontal dysfunction. Finally, the author concludes that mood disorders have a substantial impact on an individual's daily life cycle, impacting their general mood to some extent. This research's future potential is that it might be researched and used in other studies and also this paper has the potential to be improved upon and used for more research, as well as to assist bipolar patients in better managing their condition and medication promptly. Bipolar disorder tends to disrupt a person's sleep pattern, and this research explains how to treat it effectively.

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## CHAPTER 16

### MENSTRUAL CYCLE AND ITS MANAGEMENT STRATEGIES FOR WOMEN RESIDING IN DELHI AND NATIONAL CAPITAL REGION

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Mrs. Anita Arya, Assistant Professor,  
School of Education, Jaipur National University, Jaipur, India,  
Email Id-anitaarya@jnujaipur.ac.in

#### ABSTRACT:

In research, programs, and policy, the probable menstrual hygiene management issues experienced by teenage girls and women in low and lower-middle countries have received little attention. The author discussed the water barriers, in particular around managing quarterly basis menstrual periods, which have received insufficient attention despite global alleviating poverty among women in this kind of context, presumably interrupting girls' and women's charitable giving to the working place, as well as their health and well-being. This research is door-to-door survey-based research, author applied a methodology in which they collected the data and put it in the chart. The result shows that 70% of people believe colleges ignore the menstrual period, while 30% believe they do not display it. The author concludes that it's crucial to document the specialized environmental and economic barriers they may face when it comes to menstrual hygiene management, calculate the costs of insufficiently compassionate office settings for hygiene practices, and fathom the potential ramifications for girls and women's safety and wellness. The future potential of this paper is this will give critical evidence for national policymakers, the corporate sector, philanthropists, and activists working to advance the rights of girls and women.

#### KEYWORDS:

Cramps, Health, Menstrual, Periods, Women.

#### 1. INTRODUCTION

Menstruation or period refers to regular excessive bleeding that results from a combination of a female's natural cycle. Every month, our bodies prepare for gestation, and if no menstruation develops, the endometrium, or womb, sheds its lining [1]–[4]. Both blood and epithelium again from the uterus make up menstrual blood. The vaginal canal is where it leaves the body. Periods usually begin between 11 and 14 years of age and persist until menopause, which happens at the age of 51. [5]–[8]. On average, the last three to five days. People may suffer the following symptoms in addition to vaginal bleeding:

- Cramping soreness in the belly or pelvic
- Back tightness in the back and shoulders
- Breast puffiness and discomfort
- Hunger pangs
- Irritability as well as mood swings
- Headache and weariness

During your menstrual cycle, substances encourage the ovaries in your follicles to mature; whenever an egg is civilized, it is ready to be fertilized by a sperm cell. These hormones

cause the epithelium of your uterus to thicken and become rubbery. If your egg is fertilized, it will have a nice soft landing to start a pregnancy [9]–[12]. This lining is made up of tissue and blood, much like almost everything in our bodies. It includes various nutrients that help with embryonic development. Around halfway through your menstrual cycle, your hormones tell one or more of your ovarian follicles to produce a mature egg [13], [14]. Incontinence, spotting, or a tiny soreness in your lower belly that should only be felt on one half are all implantation indications that most people are unaware of [15]–[18]. The egg travels from your ovary to your uterus and then into one ovarian follicle. Your body does not necessitate a healthy uterine lining if you do not become pregnant. As your vaginal lining breaks down, circulation, vitamins, and osteoporosis enter your body [19]–[22].

## 2. LITERATURE REVIEW

Critchley et al. in their research embellished that the uterine endometrium's physiological functions include implantation preparation, pregnancy maintenance if implantation occurs, and menstruating in the presence of childbirth (uterine lining). Critchley et al. applied a methodology in which they conducted a survey in which they discussed the physiological functions. As a result, the epithelium is essential for the reproduction and survival of our species. Menstruation is a stimulant procedure, according to the author, and for a tamoxifen endometrium, there are two options pregnancy or menstruation. Menstruation is triggered by progesterone deficiency. The author concludes that the menstrual endometrium is an example of a physiologically damaged or "wounded" surface that must be repaired quickly each month. Menstruation and endometrial healing are physiological phenomena that provide an accessible *in vivo* human model of inflammation and tissue repair [23].

Critchley et al. in their research illustrate that women's health issues are underrepresented in fundamental and translational research in general, but a shortage of expertise in basic vaginal and menstrual physiology has impeded reproductive health in particular. The author applied methodology in which they did a survey that stated that most women menstruate between sexual maturation and menopause, reproductive health is an important element of general health. The results say the author will get closer to periods, dysfunctional vaginal blood, and some other menstruation-related illnesses. Furthermore, a better mechanistic knowledge of menstruation—a rapid, scar-free mending process in healthy people will likely lead to new insights into a variety of other disorders affecting vascular function control locally. The author concludes that menstruation, on the other hand, interrupts the physical, emotional, and social well-being of thousands and millions of women throughout the world on a regular and often catastrophic basis [24].

Liu et al. in their research embellished that endometriosis, menstrual discomfort, and miscarriage are just a few of the pathological changes and gynecological illnesses that can be caused by irregular menstruation. Liu et al. applied a different methodology in which they did survey-based research and conclude that the etiology of menstruation remains uncertain due to the limited number of experimental animals available to study the menstrual cycle. The results show that in recent years, an effective, consistent, and highly flexible mouse model for studying menstruation has been constructed, and also utilizing mice as *Drosophila melanogaster* to study menstruation and gynecological diseases might be revolutionary. The author concludes that in this model, progesterone and estrogen were supplied in intervals after the follicles were removed. Finally, endometrial decasualization was achieved with the use of sesame oil, and progesterone medication was discontinued. Vaginal hemorrhage in mice is relevant to human heavy bleeding [25].



In this research, the author discussed about menstruation is a stimulant procedure, and there are two alternatives for a tamoxifen endometrium pregnancy or menstruation. Progesterone shortage causes menstruation to begin. The menstrual endometrium, according to the author, is an example of a physiologically injured or "wounded" surface that has to be restored swiftly each month. Menstruation and endometrial healing are physiological processes that provide a human model of inflammation and tissue repair that may be studied in vivo.

*Research Questions:*

- How one can cope with the period's cramps?
- How the mentality of an individual matters a lot in the menstruation cycle?
- How does a sexually active person not feel delayed in their periods?

### 3. METHODOLOGY

*3.1. Design:*

In this research, the author discussed the menstruation cycle, how it is affecting the day-to-day cycle of women, and how they are working in this condition. This is survey-based research of nearly 200 women who are working somewhere or are homemakers. The author has done a door-to-door survey in this research in which some questioner is asked to them. This research is based on the people who are living in Delhi and the NCR region.

*3.2. Instrument And Sample:*

This research uses a door-to-door survey to ask participants questions about their menstruation cramps, how cramps are providing pain; and how things are going around. As we all know, running and cycling is one of the best ways to get cure pain and leads for individuals, and people can also make better marketing decisions as a result of that.

*3.3. Data Collection :*

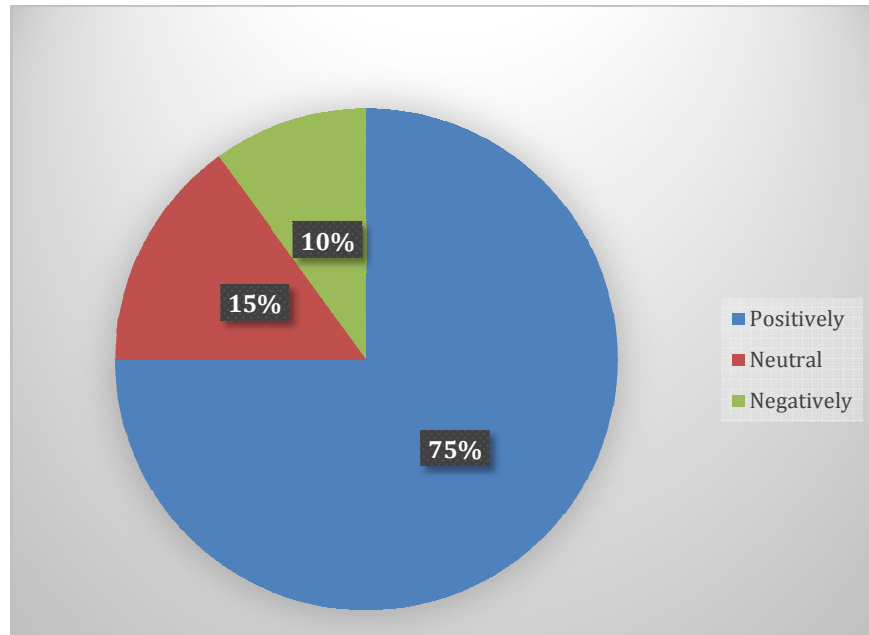
The data is collected from the door-to-door survey and a set of questions were asked like Would you remember your suffering from the beginning of your menstrual cycle and how effective are these coping tactics for you when it comes to menstrual periods? The author also discussed menstrual periods are disregarded (ignored) on college campuses and also whether have you ever had to skip a class due to your menstrual cycle.

- What is your opinion on how menstruation is treated in society?
- Do you think men and women have different perspectives on menstruation?
- How do you feel about menstruation in your own life?
- Would you think about your agony when you first started your menstrual cycle?
- In terms of menstrual periods, how useful are these coping methods for you?
- Do you think menstrual periods on college campuses are overlooked (ignored)?
- Have you ever missed courses because of your menstrual cycle?
- During your menstrual cycle, how does your mood impact you?

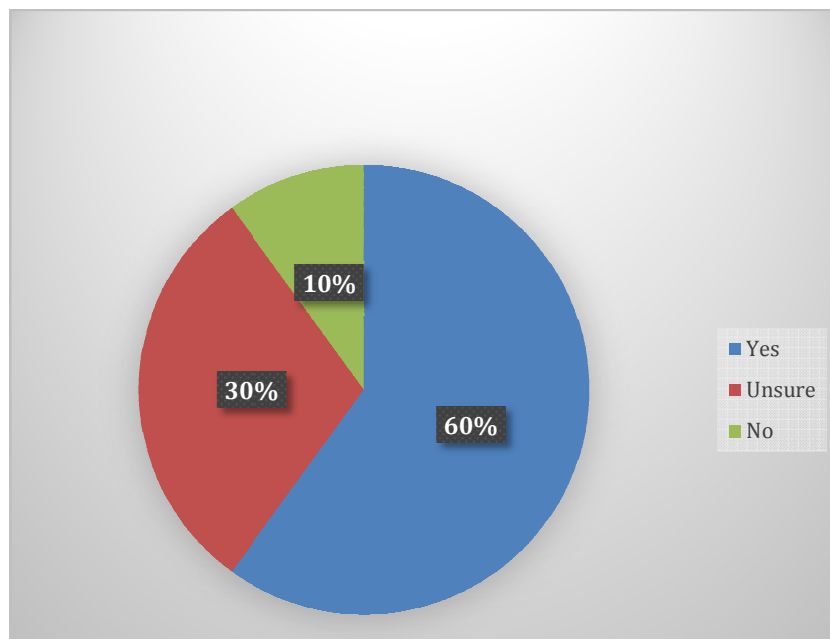
*3.4. Data Analysis:*

All the data is collected and enhanced the survey data is analyzed in different forms such as pie chart tables etc. Figure 1 shows how menstruation is viewed in society, including positive, neutral, and negative aspects. Figure 2 Men's and women's perspectives on the menstrual cycle. Figure 3 shows how a woman feels about menstruation in her daily life.

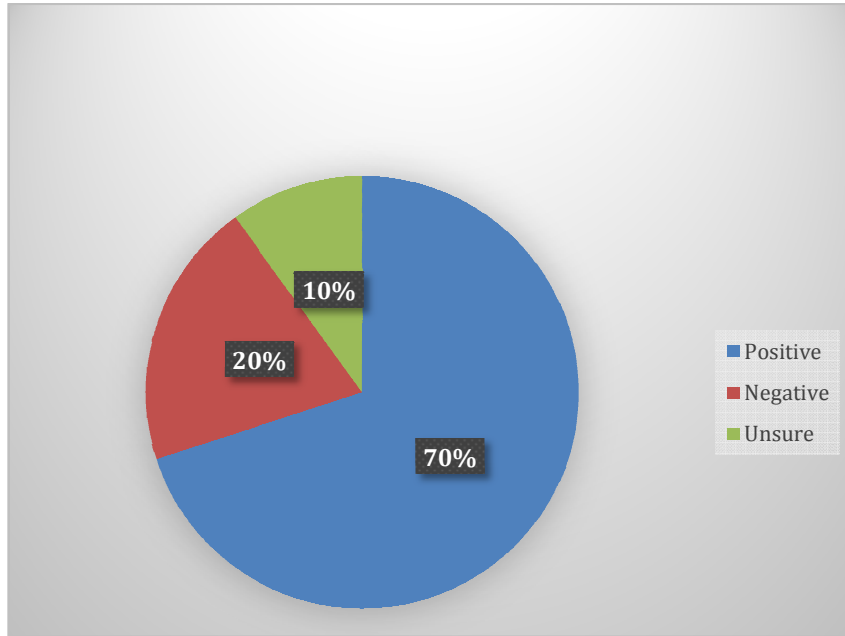
Figure 4 depicts an individual's agony when they first began their menstrual cycle. Figure 5 shows how colleges ignore individuals. Individuals use a variety of coping methods, as seen in Figure 6. Figure 7 depicts the number of people who missed classes and courses due to period cramps. Figure 8 shows the menstrual cycle and how it affects people's moods.



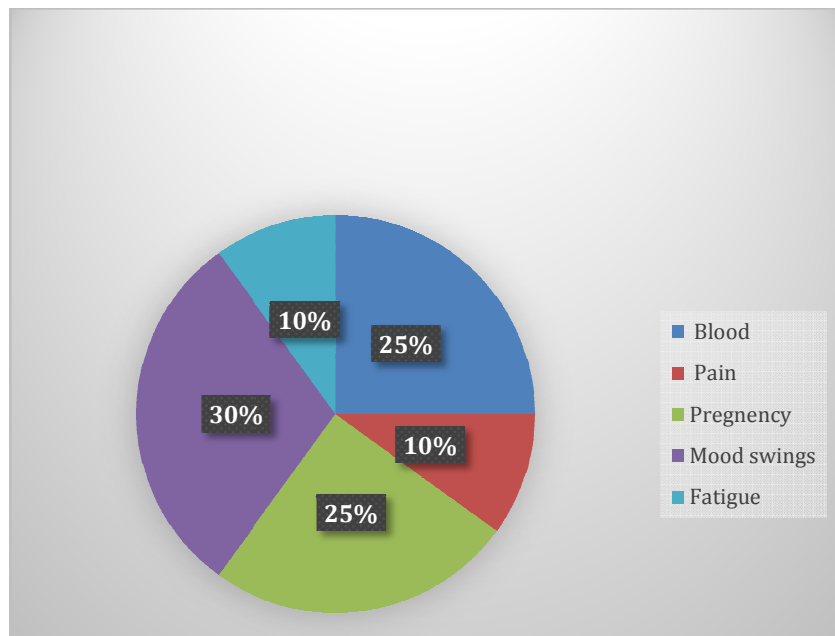
**Figure 1: Illustrates how menstruation is treated in society it shows different aspects such as positive neutral etc.**



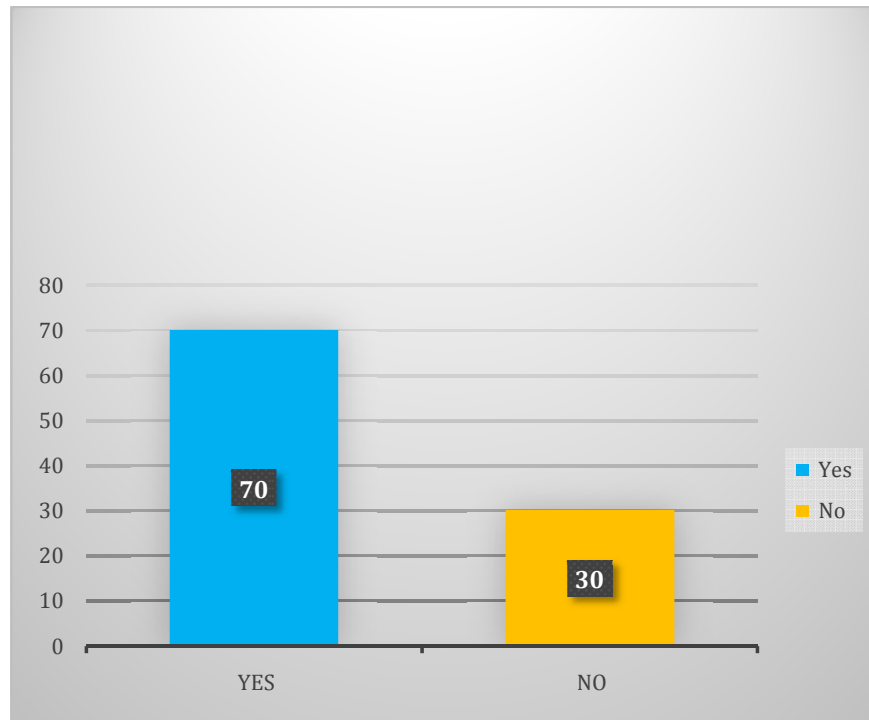
**Figure 2: Discloses the men's and women's different perspectives on the menstruation cycle.**



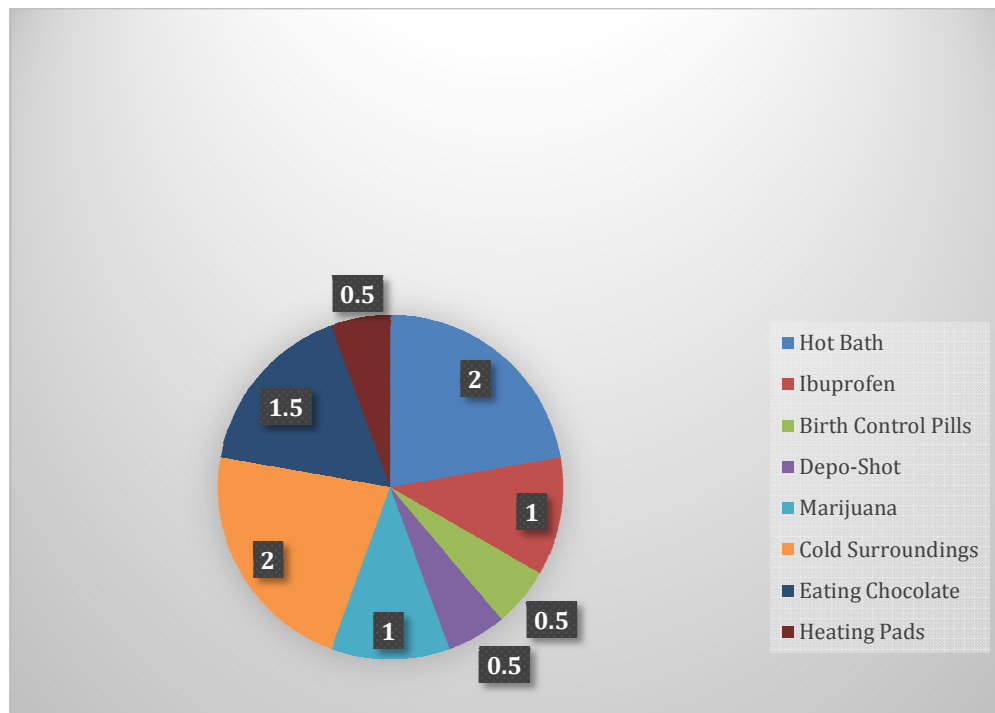
**Figure 3: Illustrates how an individual feels about menstruation in their own life.**



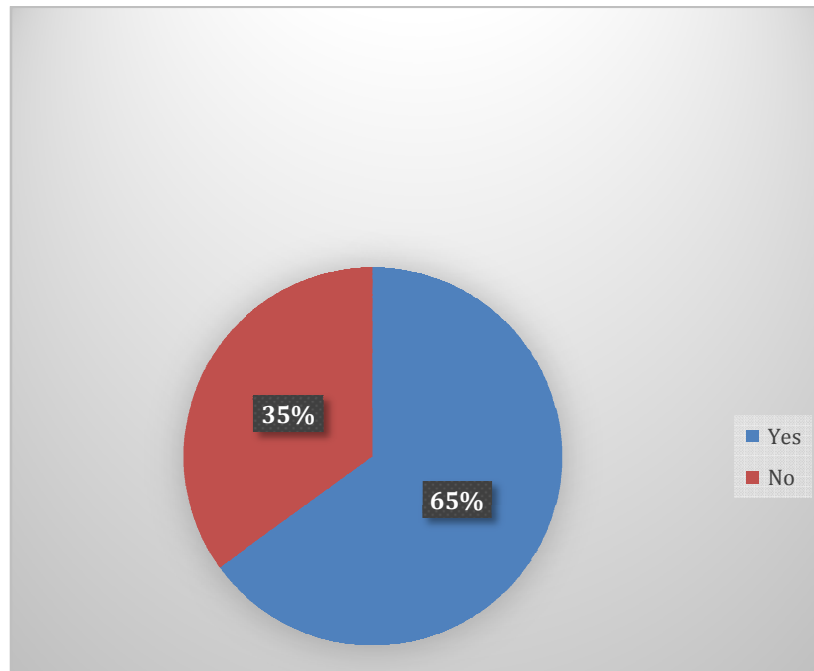
**Figure 4: Illustrates the agony of an individual when they first started their menstrual cycle.**



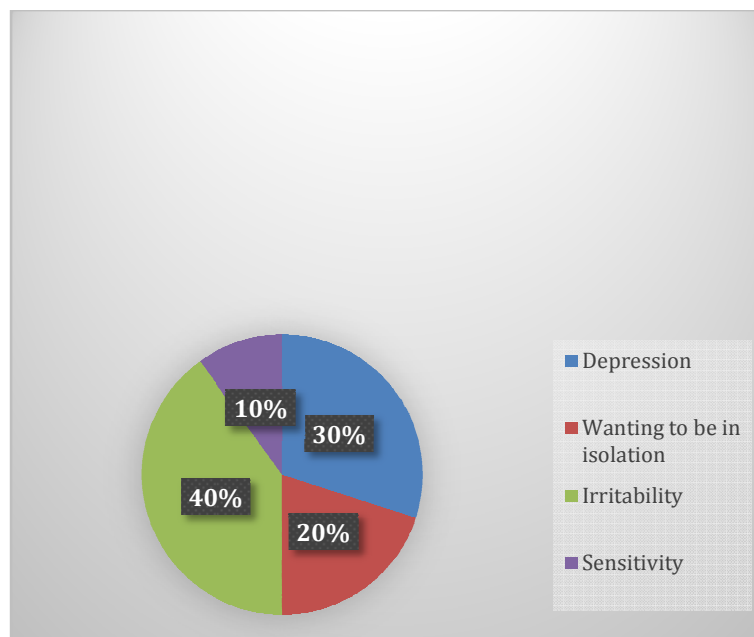
**Figure 5: Discloses the colleges take an overlook the individuals on the girl child in an effective manner.**



**Figure 6: Discloses different kinds of coping methods that are used by individuals.**



**Figure 7: Illustrates the people that missed their classes and courses by the period cramps.**



**Figure 8: Discloses the menstrual cycle and how it impact individual moods.**

#### 4. RESULTS AND DISCUSSION

Seventy-five percent of people have a good impact on society, fifteen percent have a neutral impact, and ten percent have a negative impact. Men and women have various perspectives on the menstruation cycle, according to 60% of people, 30% of people are unsure, and 10% of people are denied. 70% of people have a favorable impact on it, 20% of people hurt it, and 10% of people are unsure about it. Mood swings affect 30% of individuals during their periods, blood clots affect 25% of people, pregnant discomfort affects 25% of people, pain

affects 10% of people, and pregnancy pain affects 10% of people. During their periods, 30% of individuals experience mood swings, 25% of people experience blood clots, 25% of people experience pregnancy pain, 10% of people experience pain, and 10% of people experience weariness. 70% of people believe colleges ignore the menstrual period, while 30% believe they do not display it. 20% of people believe that taking a hot bath is beneficial to their health, 10% of people take Ibuprofen, 5% of people take birth control pills, and another 5% take depo-shot, 10% of people also use marijuana, and 20% of people prefer to be in a cold environment. 65 percent of people stated they missed lessons owing to period cramps, while 35 percent indicated they did not miss classes or other activities due to periods. Thirty percent of women experience despair during their periods, forty percent experience irritation, twenty percent prefer to be alone, and ten percent are extremely sensitive in this situation.

## 5. CONCLUSION

This research found that women experience a variety of symptoms during their periods, whether they are at work or home. This survey-based research found that women experience mood swings, bodily discomfort, exhaustion, and despair. This research also reveals that women use a variety of coping mechanisms, including hot baths, birth control medications, chocolate consumption, and so on. According to the survey, they experienced a sudden ache in their stomach and mood fluctuations when they first started menstruating. Men and women have diverse attitudes about periods, according to nearly 60% of women. And 75% of people in society have a beneficial impact on times when they do not think about it incorrectly. The future scope of this survey is that the data in this research can be expanded further for better results, and this research can be used by individuals to learn more about their bodies and the life cycle.

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## CHAPTER 17

### MEASURING THE IMPACTS OF SOCIAL MEDIA PLATFORMS AND IDENTIFYING THEIR INFLUENCE ON HUMAN LIFESTYLE

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Prof. Rita Arora, Director,  
School of Education, Jaipur National University, Jaipur, India,  
Email Id-ritaarora@jnujaipur.ac.in

#### ABSTRACT:

Social media is popular technology and media service that allows people to share information, ideas, and other kinds of expressions through virtual communities and networks. Social media is a website that allows users to instantly exchange personal details, documents, videos, and photographs with others. Multiple prior studies were reviewed and it was found that extreme social media usage leads to unpleasant moods, stress, and bad mental health. In this paper, the author explained the impacts of social media platforms and also explains the human lifestyle affected by social media. Further, the researcher surveyed to gather data from a variety of people as well as solicit opinions on the influence of social media on people's lifestyles. Many individuals check their Snapchat, Twitter, or Instagram accounts first thing in the morning regularly which comes on their daily basis habits. In the future, the current study would help in a better understanding of the impact of social media and why it is becoming a big concern for the human lifestyle.

#### KEYWORDS:

Facebook, Lifestyle, Social Media, Social Network, Social Media Platform.

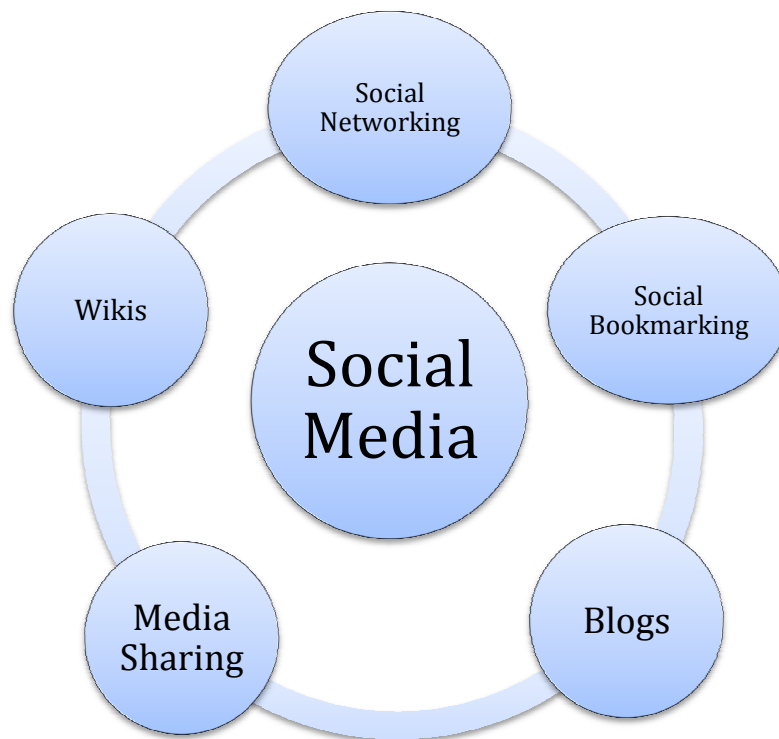
#### 1. INTRODUCTION

The improvement of technology has been affected over the centuries. Social media, mostly used for the dissemination of information, is becoming important, especially for students. The rising popularity of the World Wide Web (WWW) has made it easier than ever to acquire, exchange, and transfer knowledge. People from different gaits of life can now quickly exchange information, photos, and inspirational comments related to jobs on social media [1]. Due to technological improvements, people can now perform all of these things at their leisure by utilizing tablets, smartphones, or personal computers. Numerous students have brought up their team in terms of using social media for marketing for increased acquiring knowledge since the global invention of social media; nevertheless, many probably have spent significant amounts of time on actions that add no value to their academic studies, such as constant posting and chatting of various pictures [2].



**Figure 1: Representing the Needful Steps for the Social Media Platform.**

The rapid growth of the internet has impacted the lives of many people all around the world. In general, the internet has reduced the globe to a single room. The Internet is now used for communication, entertainment, and data [3]. Among the many tools that the internet has provided for our guidance, Social media has become a worldwide phenomenon. Many people now use the internet to participate in informal groups. Figure 1 depicts the procedures for using social media platforms, while Figure 2 depicts the component of social media and social media platforms [4].



**Figure 2: Representing the different sources of social media and showing social media platforms.**

India is the world's third-largest country, with a sizable social and mobile viewership. The use of social media websites is predominant among today's youngsters and teenagers. Social media refers to any websites that permit users to communicate socially, like Skype, Facebook, Twitter, and a video site like blogs and YouTube [5]. Students are being diverted from their schoolwork by social networking sites such as Facebook and Twitter, which promote a distinct lifestyle among teens [6]. Social networking platforms have a beneficial and harmful impact on the lives of teens and young adults. These are some of the affected regions in academic life [7]. There are several risks linked with social media use, including poor mental health consequences, cyberbullying, sexting, sexual solicitation concerns, exposure to harmful and unlawful information as well as privacy violations. The dangers that teenagers encounter online are identical to those that they face offline [8]. The risk profile for utilizing various forms of social media, on the other hand, varies depending on the types of danger, the adolescent's use of the medium, and the psychological makeup of the teen using it. It's crucial to remember that at-risk kids are more likely to participate in dangerous behavior offline and have problems in other areas of their lives [9].

Social media apps allow people to communicate with each other and build social networks, hence increasing social capital [10]. Publishers can use social media to spread their ideas to thousands of individuals, reassuring them to procedure stronger bonds and loyalty [11]. Basis of the social media is the same. For them, social media mention the use of Facebook, Twitter, blogs, MySpace, and LinkedIn to interact and share photos and videos. Youths are at risk when experimenting and navigating social media because of their weak ability to self-regulation and sensitivity to peer burden. According to current studies, an online manifestation of offline events such as factionalism, bullying, and sexual research is common, resulting in difficulties such as privacy concerns, cyberbullying, Internet addiction, sexting, and associated sleep deprivation [12].

The commencement of the 21<sup>st</sup> century has been called "the era of novel addictions". At issue, scientists are describing behavioral dependence or activity addictions in addition to addictions to psychoactive materials (nicotine, drugs, legal highs, and alcohol) [13],[14]. Young peoples are especially sensitive to changing internet practice habits. It's a resource with both beneficial and negative aspects, like the ability to connect with an individual who is away or has easy access to knowledge, and negative responses, such as the risk of being abused and intolerance [15]. School children are typically immersed in the virtual environment, oblivious to what is going on around them. This leads to difficulties connecting with friends and family, a failure in academic recitals, and even vehicle accidents [16]. Social media injected the need for visibility, to be seen, into the lives of youth. Some young children are especially susceptible to this inclination, and they will go to any extent to get popularity, assuming that the only way to progress as persons on the Internet is to gain popularity.

However, several studies were reviewed and it has been found that there is a strong connection between humans and social media platforms. In this paper, the author explains the impacts of social media platforms and also identifies lifestyle changes. In this paper, the author emphasized the question that how social media affects human life and what consequences humans are facing in their day-to-day life.

## 2. LITERATURE REVIEW

Witold Wojdan et al. explained the impact of social media on young people's lifestyles they determined the behaviors associated with social media use by young people so that the research group examined data collected in terms of measuring addiction, impact on personal life, education, and appropriate choices. They provided data for this study, which consisted of

an anonymous online questionnaire administered to a group of students from technical institutions and high schools across Poland. The research was shown using an online proprietary survey through Google Forms. The questionnaire mostly consisted of close-ended questions on social media use as well as a certificate (gender, voivodeship, age, type of school, size of place of residence). For statistical data analysis, the following computer applications were used Microsoft Excel and Statistical. According to the study, Instagram, Facebook, YouTube, and Snapchat are popular social media platforms among the youth. Most of the voters spend 4-5 hours every day on social media. Because of this, most people give up on household tasks and sleep [17].

Mrs. Rajeswari S explained the influence of a descriptive design and a quantifiable non-experimental research approach was employed to examine the impact of social media on teenage lifestyle and learning behavior. The impact of social media on learning behavior indicated that 1 (1.7%) of students were slightly affected, 50 (83.3%) were abstemiously influenced, and 1 (1.7%) were severely affected. and 09 (15%) were severely affected. According to teenage lifestyles, social media has a moderate influence on 40 (66.7 percent) pupils and a significant impact on 20 (33.3 percent) kids. According to the findings, social media had a moderate influence on lifestyle for 40 students (66.7%) and studying behavior for 50 students (83.3%) [18].

Imad Bou-Hamad explained the context of developing nations, the influence use of social media, and the collection of behavioral characteristics such as alcohol use, smoking, and romantic relationships, which all have an impact on academic achievement. In a sample of 110 university students in a university in Lebanon, excessive mobile phone use, extramarital affairs, and inhaling were mostly shown to be highly linked to poor academic performance. There are no known correlations between social media use and different lifestyle practices. They also propose a categorization model that predicts the chance of achieving high academic results [19].

Tang-Mui Joo et al. explained the media's the Dispersal of Innovation in analyzing the enormous and continual expansion of the digital world in human communications; and the Heavy reliance on Learning and Coordinating the Cognitive, Emotional, and Biological Consequences of Social Networking sites on Each Individual Using the Media in Diverse Situations As part of this study, an online poll will be used to collect thoughts from with a social networking site viewpoints and represent self-awareness for people of all ages. Facebook (FB) and other social media sites are viewed as useful communication tools that may bring family relevant together. Findings imply that social media sites like Facebook have a positive influence on relatives; this will contribute to the creation of a more harmonic society, with family ties and communication improving to the stage of a united society [20].

This study observed the advantages and the positive or negative effects of social networking sites on youth's lifestyles and learning habits. Youth may use social media to speak out against social concerns and to share and post information that benefits society. Since social media may give all of the tools needed to build personal and social skills, young people must take advantage of these resources. As a result, corrective and preventative measures to address these negative impacts should be developed, and young people should be appropriately taught and aware of social media concerns. By leveraging social media to influence youth's habits, brands and organizations may leverage the domain of Social Networking Sites to develop devotion among some of the young. It will help to build a healthy youthful population if posts on social media, videos, and messages advocate a healthy lifestyle.



*Research Question:*

- How does the influence of social media do on gives impact human social behavior?
- How do people's attitudes and insights of social media affect their social lives?
- To what extent does social media affect people's social lives?

**3. METHODOLOGY***3.1 Design:*

In this inquiry, both primary and secondary data sources were employed. A questionnaire was used to gather primary data, as well a literature study was used to create the secondary facts. The social lifestyle was the focus of this research. In India, the study used a random sample approach on individuals who used the social networking site. The sample size was derived from 500 persons from various cities who contributed to the study through a questionnaire data collection approach. Then, to comprehend and investigate the consequences of social media on human social lifestyles, an evocative study approach was adopted.

*3.2 Sample:*

In this research, the paper author takes the sampling, through the online survey which is conducted, by 500 people from various cities who were asked various types of Frequently Asked Questions (FAQs) to learn their state of mind about the effects of social media on human social lifestyle.

*3.3 Instrument:*

The purpose of the questionnaire was to collect responses from respondents. The surveys included objects that could be used to determine the needed parameters, allowing for research to be conducted. The questionnaire had several questions in general. Following a brief presentation, the control variables' demographic traits were questioned, the dependent variables were recorded, and the independent factors were ultimately included. During the online survey, you will be asked a few questions:

- Does the use of social media reflect the human lifestyle?
- Does social media promote good societal values and norms?
- Does the posting of abusive, anti-cultural, irrelevant, racist, and religious content promote hatred?
- Is social media providing the information and knowledge to the humans who are using it?
- Is social media a good platform to connect people from one place to another?
- Is social media gives a negative impact on relationships with family and friends?
- Is this true that social media also affects religion by providing hateful posts?
- Is social media necessary for today's youths?
- Does using social media increase the values of our norms?
- Does social media provide relevant data according to human requirements?

*3.4 Data Collection:*

A data collection questionnaire has been developed. In the first pilot study, the questionnaire was checked on 500 people from different cities, since they also belong to the sample studied.

Following the pilot report, things have been enhanced to guarantee their validity and estimation. In addition, instructions for missed instructions were added to the questionnaire. The questionnaire was developed for data collection through the online survey since it is simple to manage, and the questionnaire is adaptable for several different devices. Table 1 shows the most preferred social media platform by the people and Table 2 shows the question that will be asked through the questionnaire on the social media platform.

**Table 1: Representing the Most Preferred Social Media Platform by the People.**

Ask the question related to the usage of social media platforms.		Responses	
		Number of Responses	Percent
<b>Which of the following will be the most preferred type of social media platform for the people</b>	Facebook	100	47%
	Instagram	100	32%
	Twitter	100	12%
	Skype	100	5%
	WhatsApp	100	86%

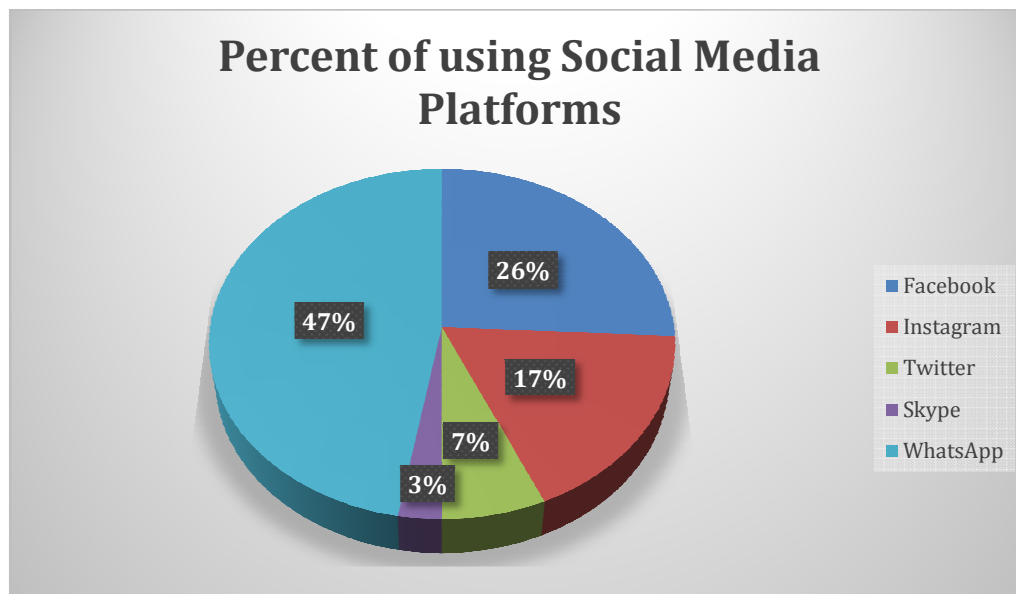
**Table 2: Representing the Question that will be asked through the Questionnaire on a Social Media Platform.**

Sl.	Questions that were asked to the peoples which used the media platform	Agree	Disagree	Neutral
1.	Does the use of social media reflect the human lifestyle?	70%	22%	8%
2.	Does social media promote good societal values and norms?	61%	35%	4%
3.	Does the posting of abusive, anti-cultural, irrelevant, racist, and religious content promote hatred?	73%	25%	2%
4.	Is social media provides the information and knowledge to the humans who are using it?	75%	20%	5%
5.	Is social media a good platform to connect people from one place to another?	88%	10%	2%
6.	Is social media gives a negative impact on relationships with family and friends?	71%	25%	4%

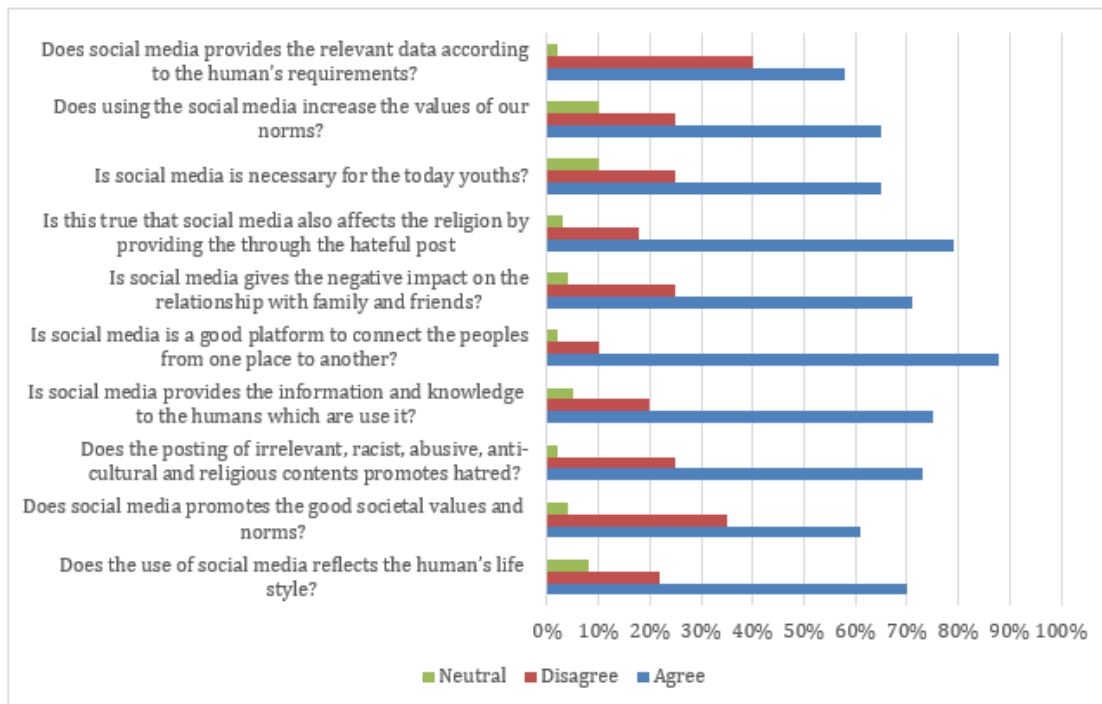
7.	Is this true that social media also affects religion by providing hateful posts?	79%	18%	3%
8.	Is social media necessary for today's youths?	65%	30%	5%
9.	Does using social media increase the values of our norms?	65%	25%	10%
10.	Does social media provide relevant data according to human requirements?	58%	40%	2%

### 3.5 Data Analysis:

For the issue of the paper and sampling, an online survey was conducted to analyze the data. They gather data based on an online survey of those who used the social media platform and represent the graphical representation. This author analysis that there are so many platforms through which people can use social media for connecting the people as well as making a medium showing any kind of content that there were making can represent easily so there are several types of social media platforms and this is Facebook (47%), Instagram (32%), Twitter (12%), Skype (5%) and Whatsapp (86%) were using which is also represented in Figure 3 shows. After that author makes the questionnaire which helps to appreciate the role of social media platforms for people and represents the ratio in the form of agree, disagree, and neutral state after taking the feedback of the people that were using the social media platform which is shown in Figure 4.



**Figure 3: Representing the Percentage of the Using the Social Media Platform.**

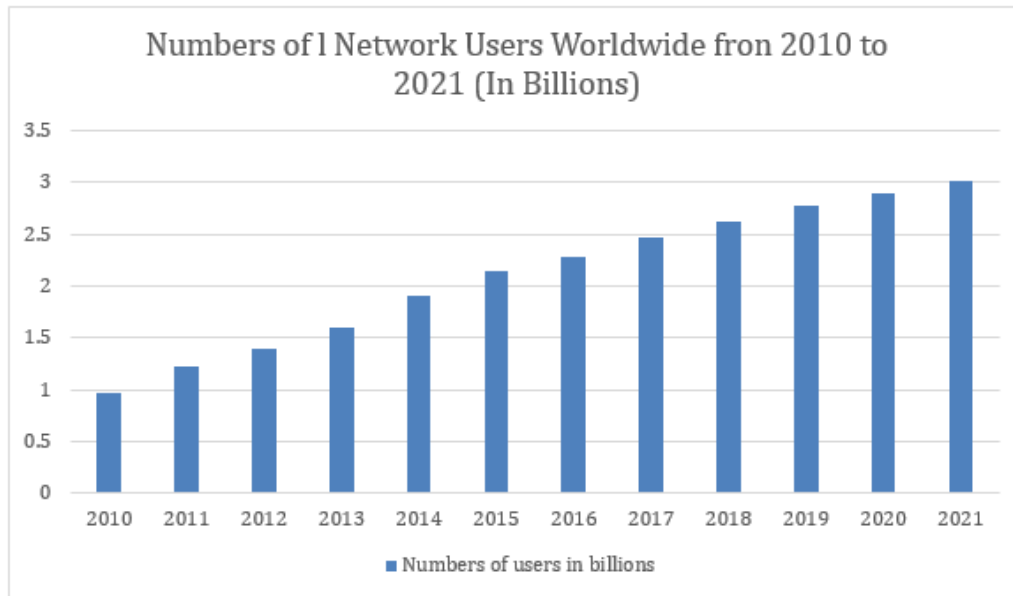


**Figure 4: Representing the Feedback of the People that were using the Social Media Platform.**

#### 4. RESULT AND DISCUSSION

Social media has changed the social lifestyle of humans, and it will have a favorable or negative influence on their lives. Social media has a positive influence on people's social lives. Societal media does not obliterate social values or ways of life. It also motivates people to participate in politics. So, according to the results, half of the members agreed that their use of social media had an impact on how they respond to social media activations conducted through social media platforms. Multiple studies have linked extensive social media usage to anxiety, subconscious, tension, alienation, and even suicide ideation. Negative feelings, such as inadequacy in overall lifestyle or looks, can be exacerbated through social networking. By use of building long-term relationships with people through services like dialing, chatting, exchanging content, and connecting links, among others.

According to the results, half of the participants agreed that using social media is beneficial. Ineffective usage of social media has a negative influence on cross-national connections. The use of social media has become addictive for humans. As a result of these causes, social media has progressed from being a simple means to stay in touch with loved ones to being utilized in activities that already have a significant societal influence. Governance, entertainment, professions, business, cultural landscape, and development are just a few of the fields where social media's influence is felt. According to this hierarchy, social media influences female students' social lifestyle constructions. The role of the social media platform increasing day by day because of the use of social media for connecting people and for different purposes. Figure 5 shows the increasing number of social networks from 2010 to 2021.



**Figure 5: Representing the Increasing Rate of the Social Media Platform Day by Day.**

This research looked at the benefits of social networking sites, as well as the good and bad effects they have on young people's lives and learning habits. Social media may be used by youth to raise awareness about social issues and to share and broadcast information that helps society. Young people must make use of these resources since social media may provide all of the tools required to develop personal and social skills. As a result, remedial and preventative strategies to address these harmful consequences should be established, and young people should be properly educated and informed about social media problems. Brands and organizations may use the domain of Social Networking Sites to generate devotion among some of the young by utilizing social media to impact their behaviors. If posts on social media, videos, and messages promote a healthy lifestyle, it will help to establish a healthy young population.

## 5. CONCLUSION

Even though the paper is based on social media and its effects on society, it will help to understand the impact of social media. The study explored a variety of good and bad effects of social media use as a result of advances in current technologies. The following are some of the highlights of the research: Social media refines how humans interact with other things, communicate and live their social lives. Possible solutions, such as promoting social media culture and those who spend countless hours on social media to communicate their feelings, were proposed. People that utilize social media platforms have their contemporary, institutional, and personal lives, attitudes, and thinking patterns remodeled by the impact of social media. This study presents several recommendations for controlling the consequences on society in this regard. Both the content and functionality of social media sites and applications must be culturally relevant. People in many businesses have benefited from this, and the social media sector is just growing. Job opportunities are increasing in social and digital media and will continue to grow in the future as well. Social media has also increased people's access to information.

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## CHAPTER 18

### ANALYZING THE CORRELATION BETWEEN THE ANIMAL CRUELTY THROUGH THE HUMAN BEINGS

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Prof. Reena Jain, Professor,  
School of Education, Jaipur National University, Jaipur, India,  
Email Id-reenajain@jnujaipur.ac.in

#### ABSTRACT:

Every day we hear news related to animals; whether it's a man killing a neighbor's cat, a billboard of sick and dying animals, or a family of animals with only one hungry dog in the middle of winter, bullfights make headlines around the world every day. Animal cruelty can take many forms, including simple abandonment, intentional abuse, gross neglect, animal hoarding, ritualistic abuse, organized abuse, or animal sexual assault. These incidents of cruelty cannot be ignored as they have proved to have serious consequences apart from the detail that it is related to other misconducts by the fact that these behaviors wreak extreme aching on these creatures who have no one to state for them. Combatting the jeopardy of innate brutality is an expedition that obligation be commenced, and everyone, counting supervision, non-governmental organizations, and even culture, has an important heroine to play. This study helps to understand the causes that contribute to animal abuse and the actions that humans can take to harm animals. If humans do not take action against animal abuse, the proportion of animal cruelty will increase in the coming days.

#### KEYWORDS:

Animal Abuse, Animal Cruelty, Animal Sexual Assault, Human Beings, Injury.

#### 1. INTRODUCTION

An archer or farmer's perception of instinctive brutality can be quite unlike an instinctive protestor's perception. Instinctive meanness also has a permitted meaning. These different explanations of visceral brutality have fashioned an enigma that has persisted since the founding of the animalprotection program. While incredible advancement has been made for creatures in our philosophy, especially in the past 50years, the nonexistence of a universally agreed explanation of animal brutality remains a substantial obstacle. Each behavior that jeopardizes the welfare of creatures and that has not yet been spoken by regulation obligation be fought and conquered on the source of a case [1].

##### *1.1 Animal Cruelty:*

Every day, stories of animal brutality are very news around the ecosphere, whether it's someone who murdered a neighbor's cat, a billboard of sickening and vanishing animals, or a home whose cold, hungry dog dies outside. These practices would expressly be considered animal abuse under the animal torture statute of any state, and they would also be consistent with public opinion about animals [2]. People's perceptions of animal cruelty vary greatly when it arises to creatures extra than dogs and cats. In traditional agricultural practices such as de-breaking, tail docking, castration, and imprisonment in factories, most animal activists show vandalism to animals in the fields. Like making animals work continuously, not giving

them rest while working, and beating; these acts are considered animal cruelty. Most people would agree, but industrial farmers and most states' anti-cruelty laws would also disagree.

While some may consider animal cruelty to be a measure of the amount of pain or suffering an animal suffers during its death, animal rights activists do not consider the intensity of suffering as the reason mammals survive and are free from human use and abuse. Freedom to be is denied. Some examine it in detail according to the species of dog involved or how intellectual they feel that the crater is [3]. For others, the massacre of dogs, horses, or giants for the heart is the extreme of animal cruelty, but the slaughter of cows, pigs, and quitters is suitable. Similarly, some people believe that it is wrong to kill creatures for fur or greasepaints tough but it is permissible to kill animals for food. The more traditionally nurtured animals are and the more unique the injury, the more likely the general public will be offended and recognize the loss as animal cruelty [4].

The Description in Legal Terms, Animal cruelty is defined as the malevolent or deliberate defacement, defacement, torment, or cutting off of a living animal, and any individual who overtaxes, distresses, annoyances, withdraws of compulsory sustenance, juice, or accommodation, maliciously thumps, mutilates, or viciously kills an instinctive is embarrassed about a misdemeanor or misdemeanor, according to the California Penal Code [5]. A misdemeanor is committed by anybody who owns, holds, retains, or sleepers a dog to engage the animal in a demonstration pugnacious, as well as anyone who is intentionally present-day as a bystander at a dog-fighting demonstration. Furthermore, anybody who willfully abandons an animal commits a misdemeanor. Animal Cruelty in Different Forms the following are examples of animal cruelty that are currently acknowledged across the world:

*i. Simple Neglect:*

This occurs when one or some animals are not given enough food, shelter, water, or veterinary care, typically caused by ignorance. It is an important widespread kind of animal cruelty in today's society. The most typical form of basic neglect nowadays is dog possessors shackling their pets everywhere the necks are deprived of a dog belt, so most of the time the dog is left on the terrace for periods, deprived of sufficient lodging which is causing health issues [6].

*ii. Gross Neglect:*

Wilful, malevolent, or cruel neglect are other terms for it. It's critical to distinguish between merely worsening to provide appropriate care for creatures and intentionally or consciously refusing to provide nutrition or liquid to thwart dehydration or famine. As a result, gross negligence is defined as the deliberate deprivation of nutriment or liquid from a group of animals [7]. People who toss away their sick pets indiscriminately, and some who leave their dogs ready in the unfriendly rain, are examples of this form of cruelty.

*iii. Intentional Abuse:*

Intentional cruelty cases are the ones that cause the most worry among the public and are more likely to include young offenders. There is a valid concern that those who commit violent crimes against animals pose a threat to the population. Animal cruelty is commonly associated with other serious allegations including marijuana possession, gang culture, weapons violations, sexual violence, and spousal abuse, and would be one of the most prominent examples of a long history of combative or abusive behavior [8]. Because the impact of the crime on the victim may be simpler to establish and the purpose of the violation

is more readily recognized, such belongings are frequently informal to arraign than disregard or billboard suitcases.

*iv. Animal Hoarding:*

This is defined as having a high amount of animals and weakening to afford basic diet, cleanliness, and care; acting on the animals' worsening state; and recognizing or correcting the detrimental impacts on the health and well-being of the humans in the family. The shipping of huge numbers of animals in a cruel manner, the holding of animals in a very pitiable and fundamentally antithetical atmosphere, and pigs and other animals held to famish to expiry at live-stock ranches, are all examples of animal hoarding [9].

*v. Organized Abuse:*

Cockfighting and dogfighting are both illegal in the United States. Since the 19<sup>th</sup> century, "blood sports" like cock-fighting and dogfighting have already been singled out for some of the inspections under the anti-cruelty statutes of the United States and the United Kingdom. A look into the Nigerian federal republic's constitution indicates that this behavior is likewise illegal [10]. This performance is placing two or more two dogs, cocks, or any extra animals in a battle round and letting them violently murder every added for the express resolution of amusement for the audience.

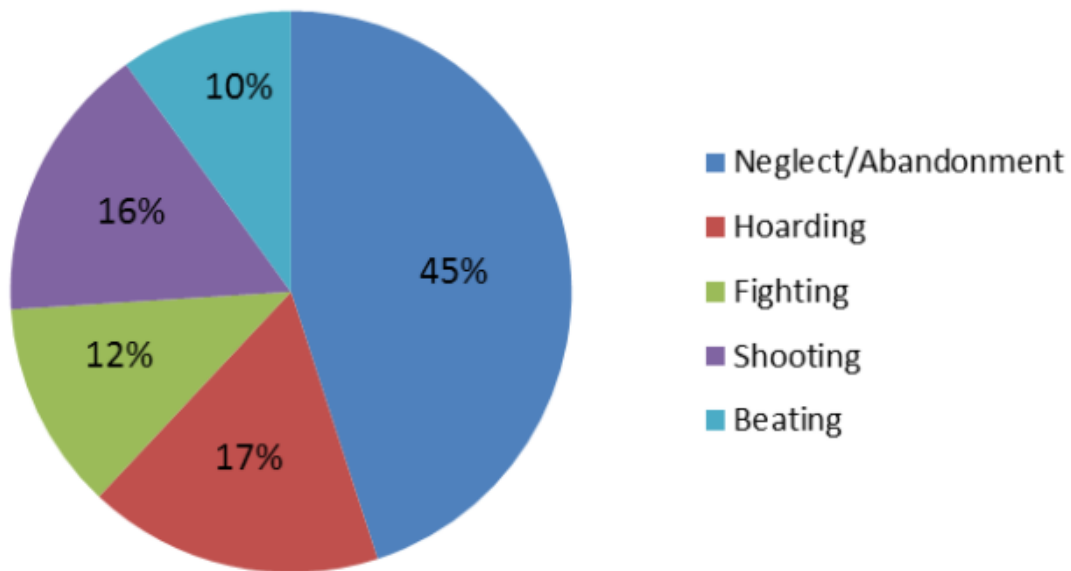
*vi. Ritualistic-Abuse:*

The idiom "gnostics and formalized animal cruelty" conjures up pictures of a cat chained to a crucifix and burnt, a dog's head placed on a building's steps with a newspaper with a blasphemy inserted in the animal's mouth, and a goat-neck severed as part of a ceremonious detriment. There aren't many other offenses against them. Animals elicit such strong feelings of fear in a culture. Most crimes involving the killing or mutilation of animals and leaving them wherever they would be revealed proximately arouse concerns about "satanic" or cult activities, as well as what additional misconducts the wrongdoers of such actions may have devoted or be proficient in [11].

*vii. Animal Sexual Assault (Bestiality):*

A human's connection, interest, or sexual interest to the animals which affects by human activities like a physical assault on animals is known as bestiality. The action of using animals for sex is as heinous and heinous as it sounds, and even though most people feel it is a sin with nature, the subject of brutality has been causing concern across the world. Animal abuse is the intentional infliction of misery or damage on any non-human being by humans by omission or commission [12]. Animal cruelty is a fast-growing problem that has existed for thousands of years all across the world. Every year, almost 56 billion animals die as a result of people's indifference and callousness. There are several methods to assist in the protection and preservation of these magnificent species. Figure 1 shows the different types of animal abuse like abandonment, Hoarding, Fighting, Beating, and Shooting.

## Types of Animal Abuse



**Figure 1: This represents the different types of animal abuse like abandonment, Hoarding, Fighting, Beating, and Shooting.**

The recent sociological study contributes to a better understanding of companion animal abuse in two ways. First, it demonstrates that harshness does not always lead to more acts of violence. Many incidences of animal abuse are fatal, with no relation to subsequent aggressive or antisocial behavior [13]. Because animal cruelty, generally defined, is widespread, it does not always predict later acts of violence, and there are several sorts of animal maltreatment, as seen in Figure 1. Depending on the criteria, almost everyone who has whacked insects has harmed animals, and the majority of those who have done so have not progressed to further forms of violence [14]. Second, it shows that cruelty does not always reflect psychopathology or moral degeneration in those who do it. To individuals who commit acts of cruelty, not all of them have the same meaning. Because of the cultural ambiguity surrounding the human treatment of animals, even killing some species, such as rats or snakes, may be acceptable. Indeed, this ambiguity very probably extends to the mistreatment of some 'higher' animals or pets, which is regarded as natural by some humans in certain circumstances.

## 2. DISCUSSION

"An informally undesirable conduct that purposefully sources undue misery, misery or agony, and passing of an animal," according to the Society for said Treatment of Animals is a non-profit foundation aimed at stopping cruelty to animals (ASPCA) [15]. It separated physical and mental abuse kinds for companion animals, with the former encompassing violent mistreatment, such as stabbing, damage, and bestiality; unreceptive desertion or unfamiliarity, such as nonexistence of nutrition and liquid; and economic mistreatment, such as dogfighting. Active mistreatment or passive neglect was used to indicate mental abuse [16]. The following are some of the reasons why animal cruelty should be handled, according to a report emphasizing the necessity of recognizing animal abuse. "It's a disturbing, antisocial, sometimes unlawful activity; both witnessing and perpetuating animal abuse are

fairly commonplace among children and adolescents, abusing animals, and potentially witnessing abusive behavior by others, is possible to experience negative developmental effects on children, aiding and abetting mistreatment of animals is sufficient to result to other types of interactive belligerence, both indoors and without household [17]. Domesticated rabbits, some of whom are viewed as close relatives, are neglected, and resolving violence in all aspects including animal torture has helped promote a more compassionate and less violent society for all citizens, including animals and humans. And getting it will help. Animal cruelty includes a variety of practices that harm animals through disregard for purposeful killing. The most common type of cruelty reviewed by humanitarian inspectors is unintentional neglect, which can be remedied through instruction. Intentional cruelty may be aggravated by restricting food, water, shelter, socialization, or veterinary assistance to abusing, crippling, torturing, or slaughtering an animal.

Abuse, like any form of violence, is usually perpetrated by people who feel dominated, disregarded, or controlled by others. The intention may be to intimidate, intimidate, humiliate others, or prove that you do not follow established procedures [18]. Some humans who are unnecessarily cruel repeat behavior because they have seen or heard it. Others view animal cruelty as either a safe way to exact payment or as intimidating someone who cares about an animal. Any form of animal abuse is disturbing, as it is wrong to hurt any animal. Intentional kindness is a cause for concern because it is a sign of depressive symptoms and usually indicates that such a person has now been abused or is prone to exploit others.

Depending on the seriousness of the offense, convicted persons accused of animal cruelty may face prison terms. Prohibitions against individual civil behavior, community access, detention, and keeping or caring for people are all acceptable discipline possibilities [19]. Police rarely aim to jail a child for abusing wildlife. Cruelty is part of a bigger problem that enforcement and courts are aware of. The response of authorities to animal cruelty is usually the first point of call for a family seeking help.

There has been evidence of an association between animal discrimination and bullying. Males are more prone than females to participate in both animal abuse and harassment and bullying people are more likely to participate in animal torture [20]. Abuse of animals was linked to an increased risk of animal abuse, viewing family issues, and being bullied. Increased incidences of peer harassment predict many incidents of animal abuse and vice versa. Whenever children are diagnosed as bullies, it is important to know whether they have also committed acts of animal torture and vice versa. Whenever you decide to harm humans and animals, consider the pain the bully child is now going through. It is important not only to establish the motive for the individual bullying but also to find the most efficient treatment. Bullying can emerge from a violent background that requires participation.

When the keeper or owner of an animal fails to provide enough food, clothing, shelter, or hospital treatment for the animal to live, it is called animal neglect. It may indeed be an accident, but the animals are greatly harmed in any case. Prolonged neglect can lead to serious health complications or even death. Incidents of animal abuse seem to be the most commonly used call that animal rights charities around the world get. Animals, women, and other children are perceived as lesser objects in our collective's projection, which facilitates maltreatment. This can lead to a lack of situational empathy, and cultural norms-based procedures allow us to feel no sorrow.

As a result, a lack of empathy, whether emotional or cognitive, is never inherited but is always the product of complicated events and situations. As a result, it's no surprise that, as



previously indicated, animal abusers have a higher level of cognitive empathy than the rest of us. Finally, the topic's complexity is critical for the creation of legal and institutional frameworks for animal protection, as well as for human society as a whole. Understanding animal abuse from a social and legal policy perspective entails not only deciding whether to use punitive measures and what types of sanctions to use, and also education, training, and skills, prevention, multi- and inter-sectional interference, and restoration, which should also be informed by the multi-faceted nature of the human violence. Table 1 shows the amounts of conveyed abuse for the various type. The sorts of injuries connected with the grounds of assumed or confirmed suitcases of manipulation were asked to be identified, and the fallouts are provided in Table 2. There was a modest modification in the sorts of injuries between those who were related to abuse and those who were suspected of being abused.

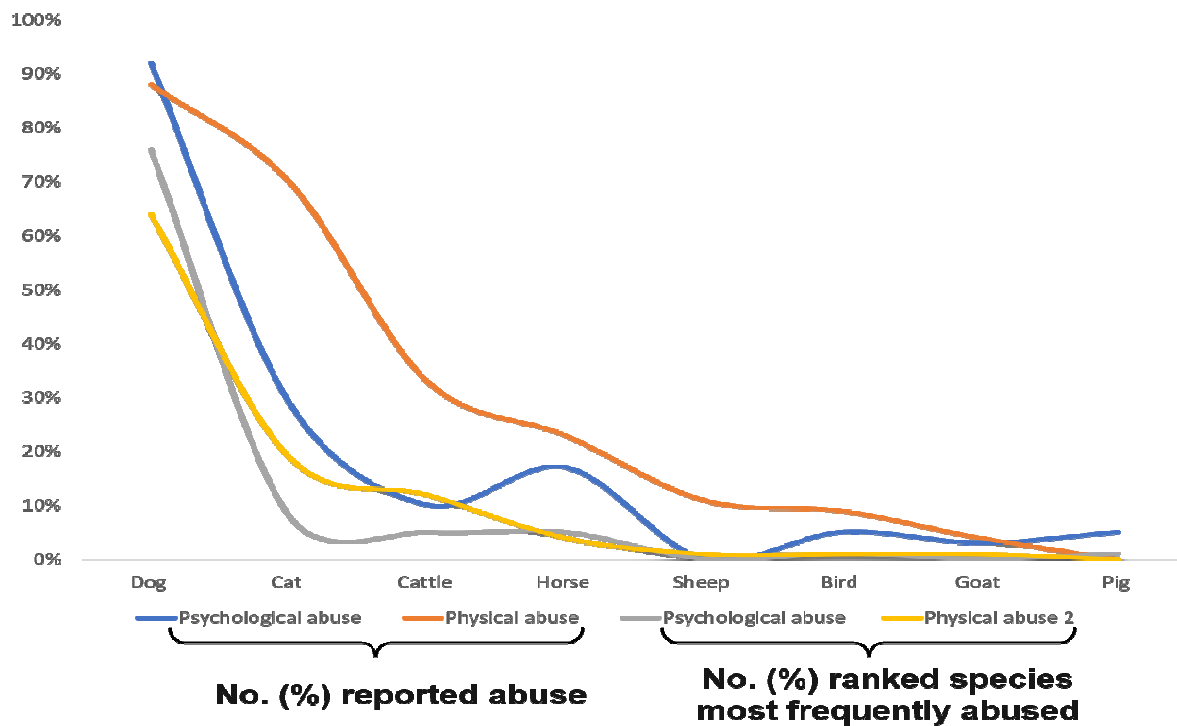
**Table 1: Reported cases of physical and psychological animal abuse reported in various species, as well as the number and proportion of those ranked as the most commonly mistreated.**

Species	Psychological abuse	Physical-abuse	Psychological-abuse	Physical-abuse
<b>Dog</b>	80 (92%)	215 (88%)	66 (76%)	156 (64%)
<b>Cat</b>	25 (29%)	171 (70%)	7 (8%)	47 (19%)
<b>Cattle</b>	9 (10%)	81 (33%)	4 (5%)	29 (12%)
<b>Horse</b>	16 (17%)	56 (23%)	5 (5%)	9 (4%)
<b>Sheep</b>	0	28 (11%)	0	4 (1%)
<b>Bird</b>	4 (5%)	22 (9%)	1 (1%)	3 (1%)
<b>Goat</b>	3 (3%)	10 (4%)	0	1 (<1%)
<b>Pig</b>	4(5%)	–	1(1%)	–

**Table 2: Number and proportion of reported victims along with causes of damage caused by physical assault, listed and classified as known or probable.**

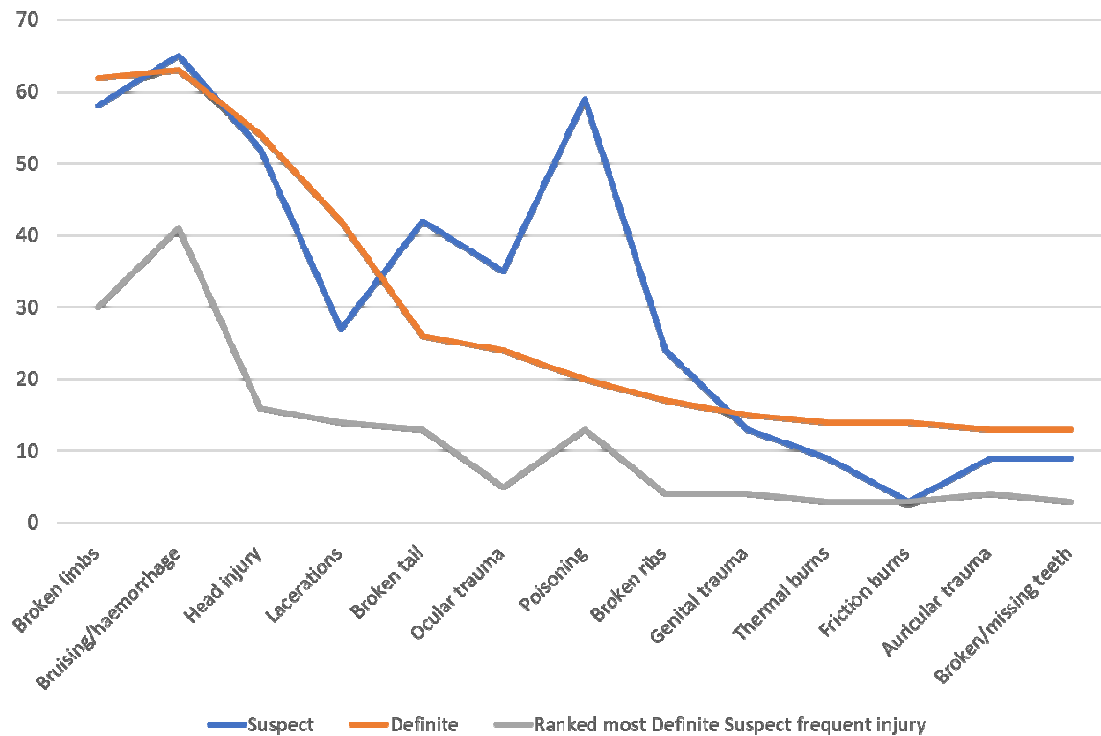
Injury Type	Suspect	Definite	Ranked most Definite Suspect of frequent injury
<b>Broken limbs</b>	58 (24%)	62 (27%)	30 (13%)
<b>Bruising/hemorrhage</b>	65 (27%)	63(26%)	41 (17%)
<b>Head injury</b>	52 (21%)	54 (22%)	16 (7%)
<b>Lacerations</b>	27 (11%)	42 (17%)	14 (5%)
<b>Broken tail</b>	42 (17%)	26 (10%)	13 (5%)
<b>Ocular trauma</b>	35 (14%)	24 (10%)	5 (2%)
<b>Poisoning</b>	59 (24%)	20 (8%)	13 (5%)

<b>Broken ribs</b>	24 (10%)	17 (7%)	4 (1%)
<b>Genital trauma</b>	13 (5%)	15 (6%)	4 (1%)
<b>Thermal burns</b>	9 (4%)	14 (5%)	3 (1%)
<b>Friction burns</b>	3 (1%)	14 (5%)	3 (1%)
<b>Auricular trauma</b>	9 (4%)	13 (5%)	4(1%)
<b>Broken/missing teeth</b>	9 (4%)	13 (5%)	3 (1%)



**Figure 2: This shows the number of percent reported abuse and the number of percent ranked species most frequently abused.**

Figure 2 shows the percentage of people who have reported being abused and the percentage of people who have been abused most of the animals. People frequently consider animal rights to be silly; nevertheless, animal rights are everything but absurd. In the case of animals, they are unable to speak out against any unfair treatment they are subjected to, and people frequently take advantage of this. As a result of their susceptibility, animals are kept in conditions that, when contrasted, are intolerable. Figure 3 depicts the percentage of animals injured as a result of animal cruelty. Even if those who use or have used animals for entertainment may argue that the animals are maintained in a safe setting and that housing is given to them, the animals are nonetheless mistreated in other ways. Because it is cruel and terrible to exploit animals for entertainment, they should not be employed.



**Figure 3: This shows the injury percentage given to the animals on animal cruelty.**

Adult abuse is one of the most serious and upsetting aspects of animal care. As a result of the concentration on kid perpetrators in the animal cruelty literature, researchers and practitioners are confined to an evidence base obtained from developmentally unique offender groups which study animal cruelty. This weekly resolve is to conduct a comprehensive evaluation of the literature on adult animal abusers, with an emphasis on the etiological elements that contribute to this type of crime. Before they begin, the author must establish a clear definition of animal abuse: "any socially undesirable activity that purposefully causes an animal needless pain, suffering, or discomfort, and/or death." The author also distinguishes cruelty from abuse, with cruelty implying some type of enjoyment and abuse implying none. As a result, abuse encompasses a greater spectrum of underlying reasons for criminal activity.

### 3. CONCLUSION

The subject of animal maltreatment offers a surprising number of study possibilities. The fact that it is linked to other types of abuse indicates a widespread series of potential programs and guidelines. People are turning to sell with instinctive cruelty today with the obvious perspective that these mixed types of fierceness are connected to origin and firmness, as the author retorted to the unearthing of marital and then child abuse. The author's optimism that this work has demonstrated the vitality of academic exploration and the growth of procedure concerns with visceral maltreatment. It is similarly our aim that this paper would attract towards the animal abuse that can be done by humans and also explain the reason behind the animal cruelty which have done to animals. If in the future people don't take any action then it will become a major issue for the animals because animal abuse affects the animal physically in a very bad manner.

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## CHAPTER 19

### RECALLING THE SOCIAL MODEL OF DISABILITY: CURRENT BARRIERS AND POSSIBLE PREVENTION STRATEGIES

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Prof. Rita Arora, Director,  
School of Education, Jaipur National University, Jaipur, India,  
Email Id-ritaarora@jnujaipur.ac.in

#### ABSTRACT:

Disability is a major problem facing our society, and trying to describe the word disability can be very challenging. There is currently no legal definition of a disability described in the social model of disability. A person with a disability is described under the Equality Act, (2010) as "a person with physical or mental infirmity which has a substantial and long-term adverse effect on his ability to perform normal day-to-day activities. This viewpoint emerged as an alternative to the medical model of disability, which cites wounds as the primary cause of social inequality. In this paper, the author talks about the various problems that people with disabilities face in this society and talks about its barriers. The study aims to contribute to the knowledge about the experience of disability and its major prevention. This paper in the future helps to make people aware of the disability and problems faced by disabled people in society.

#### KEYWORDS:

Disability, Impairment, Medical, Social Model, Society.

#### 1. INTRODUCTION

The social model of disability, which was created by persons with disabilities, states that social barriers, not individual boundaries or differences, are what make people with disabilities. People would not be excluded or constrained by modern life if it were designed in a way that was truly accessible to persons with disabilities. It is crucial to remember that the word "model" refers to a method of thinking or a notion. This factsheet goes into more depth about the various "models" of disability [1], [2]. These models have a completely different stance on disability. It is well acknowledged that conceptual models are seldom infallible, rarely offer a complete explanation, and are frequently challenging to use in "real life". The Social Model of Disability is no exception; it was never meant to be a perfect theory of disability but rather an explanation of how disabled people perceive society and, more importantly, a means of enacting social change [3]. The Social Model proposes a bold and practical plan to stop the marginalization or oppression of persons with disabilities that does not call for these individuals to alter who they are to be regarded as deserving of the same chances and rights as those without disabilities. The Social Model's strength and freeing nature come from this [4]. However, assessments of the prevalence of impairment should be treated with suspicion. There are considerable differences across nations in terms of what is deemed a disability and the point at which someone is said to live with a handicap. Comparisons between countries are hampered by variations in the questions asked and the measurements used. The source of the data, the techniques used to gather the data, as well as the features of disability that were studied (i.e., impairments, activity limits, participation restrictions, associated health problems, and environmental variables) all affect how disabilities are measured.



### 1.1. *First Iterations of the Social Model:*

Disabled individuals began to rethink their life experiences and the reasons why so many Disabled people were institutionalized and disenfranchised in the 1960s and 1970s, spurred on by the significant civil rights movements of the period. To question society's presumptions about what disabled people could or could not accomplish, as well as how disabled people must live, disabled people began to talk and develop a clear understanding of disabled human perspectives [5]. Disabled individuals started to confront societal unfavorable views as well as the marginalization, discrimination, lack of choice, or lack of power they encountered daily. The "Disability People's Rights Movement" had its origins at this point.

In the early days of the Movement, organizations such as the Union of the Physically Impaired against Segregation (UPIAS) and the Liberation Network of People with Disabilities were created. These organizations were run by and for handicapped people, which was both important and unique at the time. This gave handicapped individuals the opportunity to develop their political views and actively advocate for dramatic change [6], [7].

For instance, many of the founding members of UPIAS were inmates of institutional care facilities and want to leave these settings to live like normal citizens with freedom of choice or control over their living arrangements and social circles. They started to formulate a change of mindset about disability that reframed it as a problem of civil rights and equality rather than one of medicine or altruism. These organizations started to demand choice or control over their lives, but more crucially, they started to outline the social reforms that would be necessary for disabled people to have the same rights and freedoms as others. This viewpoint on disability is known as the "Social Model of Disability." Over the last 40 years, the Social Model has been improved upon, expanded upon, and frequently contested, but it still stands as the best "road map" for achieving equality and substantial social change for people with disabilities [8], [9].

### 1.2. *Traditional Disability Models:*

To recognize and combat the discrimination and exclusion of disabled people, disabled people created the Social Model of Disability. Disabled people faced various problems such as needing help and Carers, Can't See or hear, which is shown in Figure 1. It was created as a direct reaction to the dominant theories of disability, which saw impairment as a distinct medical issue that needed to be avoided, treated, or contained, or as a charitable problem, wherein disabled people were seen as unfortunate who required to be pitied and taken care of by specialized charitable services. Here is a schematic of a medical model of disability that demonstrates some of its premises and reasoning [10].

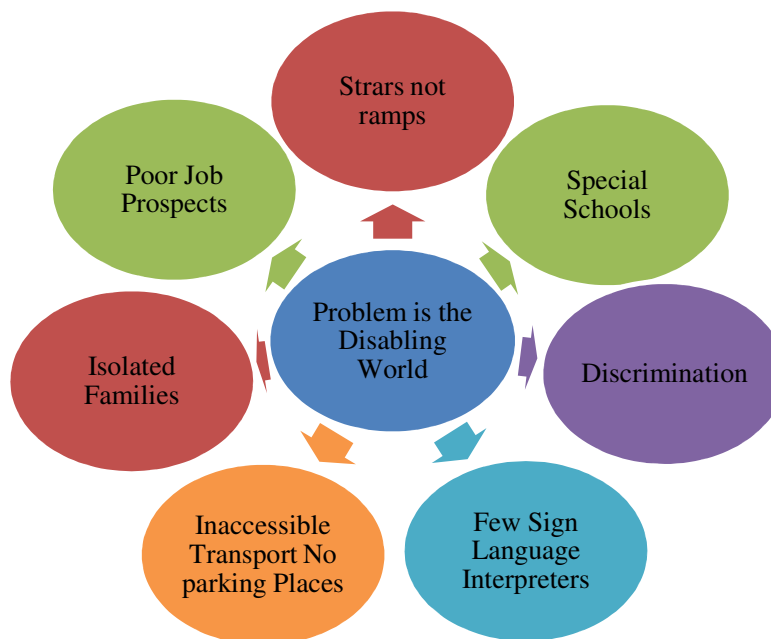
Both the medical and charitable models of disability are predicated on the notion that an impairment renders a person unable to do certain tasks, such as "She cannot walk, thus she will never be able to work." A charitable model of disability will conclude that the person who is unable to walk needs special charitable services (often segregated from society), such as day centers, as an alternative to working, while a medical model of disability will focus on trying to help the individual walk again through operations or equipment. Both of these models attribute the "problem's" origin to the particular Disabled person, shifting the burden of responsibility from culture and the way it is structured and run to the individual Disabled person [11], [12]. Despite these organizations' claims to have adopted a Social Model approach, the Medical or Charitable Models of Disability are still very much alive and well, and they frequently hide in the methods and presumptions used by government and public entities.



**Figure 1: Illustrate Some Major Problems that Disabled people Faced in this Society.**

*1.3. Socialization of Disability:*

The Medical or Charitable approaches to disability outlined above are very different from the Social Model of Disability, which was created over the past 40 years by Disabled people. It asserts that while people do have disabilities, the oppression, marginalization, and discrimination that these individuals experience is not a natural result of their disability but rather results from the way society is structured. According to the social model of disability, social obstacles that exclude or discriminate against persons with disabilities are what render them "disabled." Here is a schematic of the Social Model of Disability that demonstrates some of its premises and reasoning. In Figure 2 the People who Face Problems in the Disabling World.



**Figure 2: Illustrate the People who Face Problems in the Disabling World.**

In addition to stating that society is the root cause of disability, the Social Model also explains how society attempts to disable those who have disabilities. The Social Model also referred to as a "hurdles approach," offers a "route map" that identifies the barriers that prevent persons with impairments from being independent as well as how these barriers might be eliminated, minimized, or countered by other types of assistance [13]. Key impediments from a Social Model perspective include:

#### *1.3.1. Attitude obstacles:*

These are social and cultural presumptions about people with disabilities that justify, explain, and continue prejudice, discrimination, and exclusion in society. Examples include presumptions that some disabilities prevent people from working, being independent, having sex, having children, needing protection, being "childlike," being "dangerous," being seen because they are upsetting, being scroungers, etc.

#### *1.3.2. Physical obstacles:*

- These are barriers related to the physical atmosphere and built environment, and they include a wide range of obstacles that prevent equal access, including stairs, steps, narrow hallways, and doorways, inaccessible restrooms, poor lighting, inaccessible housing, uncomfortable seating, broken elevators, and improperly maintained streets and public spaces.
- *Environmental barriers:* Inclusive settings that are difficult to access, whether they be constructed or natural, lead to disability. For instance, sidewalks and entrances that are too small for a wheelchair, scooter, or walker are examples of architectural or physical impediments.
- Desks that are too high for someone in a wheelchair or another type of mobility aid.
- Dim lighting makes it challenging for someone who lip-reads or has limited eyesight to see.

Institutional obstacles are any of the numerous laws, regulations, rules, procedures, or tactics that discriminate against those with disabilities. Organizational or systemic barriers include the following examples:

- Preventing competent people with disabilities from making reasonable adaptations so they can do the necessary tasks for the position for which they have sought or been hired.
- Because public transportation is inaccessible to persons with disabilities, it creates a barrier in their daily lives and limits their capacity to fully participate in community life.
- *Hurdles to communication:* Those with impairments that impact their ability to hear, talk, read, write, or understand encounter communication barriers because they employ different methods of communication than people without disabilities.

#### *1.4. The Disability Biopsychosocial Model:*

In America, the commercial health insurance industry promoted and created the Biopsychosocial Model of Disability. With the use of this model, disability is reframed from a Social Model perspective and placed back into an individualist, quasi-medical, or psychological framework.

This model aims to return to the individual disabled person the responsibility for their circumstances. For instance, according to this perspective, an individual's (so-called negative) attitudes, thoughts, and behaviors towards work need to be moderated and changed, rather

than the economic and attitudinal restrictions present in the workplace. According to this model, a disabled person's inability to obtain employment is mostly due to their lack of motivation and adaptability to “go on their bike or find a job”.

This is a risky strategy because, according to the Biopsychosocial Model, the way to achieve disability equality is to deny that people with disabilities are social constructs, take away their rights and supports (which the Model claims demotivate people with disabilities and prevent them from being self-reliant), and ultimately put the blame as well as responsibility for discrimination, exclusion, poverty, and everything else that results from these things back on the individual. In the UK, the Biopsychosocial Model is expanding quickly. It served as Atos' foundational methodology and forms the basis of the Work Capability Assessment. Many commercial businesses that provide healthcare, employment, and public services are fiercely promoting it, notably, Unum Insurance, which funded Cardiff University's Center for Psychosocial & Disability Research to give the Model academic credence.

Disability advocates largely criticize the Social Model for failing to explain or meet the unique needs of particular categories of disabled individuals, such as those who have survived the mental health system and those who have long-term health concerns. Most people would concur that proponents of the social model have failed to adapt and address the unique realities of some - frequently excluded - groups of disabled persons. However, we contend that the Disabled People's Rights Movement's application and execution of the Social Model, not the Social Model itself, is to blame for this failure. Persons need to become considerably more adept at identifying, comprehending, and meeting the unique and varied needs, experiences, as well as challenges of all people with disabilities. To make the Social Model a tool for all of us - throughout all impairment groups - including using it with the same vigor to unravel, comprehend, and aid in removing barriers that individuals with mental health issues perception, for example, as it has been used for individuals with physical impairments, humans need to deepen or broaden its application. Additionally, more has to be done to recognize the uniqueness and distinction that disabled people represent as well as the culture of the community that has grown up around us. Both of these things pave the way for a new perspective on society and mankind.

Any physical or mental condition (impairment) which makes it harder for the individual with the condition to engage in particular activities (activity limitation) as well as interact with the environment around them is referred to as a disability. In this paper, the author talks about disability and the problem that disabled people faced in this society, and its prevention strategy.

## 2. LITERATURE REVIEW

Brenda Gannon and Brian Nolan studied the effects of disability on social inclusion, in this essay, the author contrasts how household income and the likelihood of living in poverty are affected by the beginning, departure, and persistence of disabilities. They give a thorough study of the transitions into and out of disability and the corresponding effects on several aspects of social inclusion using the Living in Ireland Survey 1995-2001. According to the author's findings, persons with disabilities have substantially lower levels of social inclusion, so consequent policy should concentrate on the diversity of handicapped people, depending on how each person became impaired and how long that condition has lasted [14].

Sara Goering studied about Social model of disability and chronic disease, the social model of disability is discussed in this essay, followed by a discussion of how it may address chronic illness or impairment. Disability is frequently thought of as a physical issue that has to be treated by a doctor. Contrarily, the social model of disability makes a distinction

between impairment and disability, characterizing the latter as a disadvantage brought on by a failure of the body to adapt to its social context [15].

Dimitris Anastasiou studied the dichotomy between impairment and disability, in this paper Proponents of the social model use the distinction between impairment and disability to reduce disabilities to a single social dimension of social oppression. The rhetoric of the social model of disability is presented, and its basic claims are critiqued. The consequences of denying biological and mental realities involving disabilities are discussed. People will benefit most by recognizing both the biological and the social dimensions of disabilities [16].

### 3. DISCUSSION

According to the social model of disability, impediments in society such as a lack of ramps or accessible restrooms or people's attitudes such as the presumption that people with disabilities can't do particular things are what render individuals unable. According to the medical model of disability, a person's impairments or differences cause them to be impaired. This paradigm focuses on what is "wrong" with the individual rather than what they need. We contend that the medical model of impairment lowers expectations, robs individuals of their freedom of choice, and robs them of control over their life. The social model enables us to identify obstacles that make living more difficult for those with disabilities. Eliminating these obstacles promotes equality and gives disabled individuals greater freedom, choice, and power. Many people with impairments are not covered by social security, especially in underdeveloped countries. The significant variations in coverage rates and benefit payments around the globe are primarily the result of disparities in social protection program design, funding, and execution; they do not necessarily reflect differences in the frequency of impairment or the needs of people with disabilities.

#### 3.1. *Disability-Related Risks or Disadvantages Encountered by Disabled People and Their Families:*

Numerous studies have shown that people with disabilities are much more likely to be poor than people without impairments. All members of the home are impacted by a handicap in addition to the person who has it. In the majority of developing nations, families with a person with a handicap were much more likely to be categorized as living in poverty. Disability or poverty feed off one another. Disability can result from poor health or nutrition, unfavorable living circumstances, a lack of access to healthcare, environmental dangers, and accidents among those living in poverty. Likewise, the emergence of a handicap may harm wages, employment, as well as education, as well as raise living expenses and contribute to increased rates of poverty.

People with impairments typically experience worse health and have less access to healthcare than people without disabilities. After the first beginning of impairment, they are more susceptible to subsequent health issues and potentially an early death. According to certain research, people with mental and intellectual impairments are more likely than people without disabilities to acquire chronic health disorders such as cardiovascular disease, diabetes, and high blood pressure. Furthermore, a sizable portion of people with impairments cannot afford medical care:

#### 3.2. *Potential Strategy for Reducing Disability:*

##### 3.2.1. *Economic Sectors:*

For people with impairments, financial aid is very important. There are numerous policies included in them, including the development of an appropriate environment and a

transportation system, income security, the provision of employment in industries, the expansion of seats for them, the establishment of quotas for them, the provision of technical assistance, the arrangement of low-interest loans for them, the provision of financial aid, and the promotion of regional cooperation. Melon, Saharun, or Rukhsana won't be a burden on society either if their family takes excellent care of them. Therefore, keeping that in mind, financial assistance is essential to addressing that issue.

### 3.2.2. *Legislation of Law:*

Many nations do not include these in censuses. They had to have been considered citizens first. Additionally, providing IT training by the government, passing new legislation, modifying outdated legislation, providing health care, and rehabilitation, and promoting human rights are useful to lessen the issue of impaired individuals. Laws have the power to lead a nation to greatness, but they also have the power to ruin a nation via their actions. Saharan won't be raped and left crippled when society is properly regulated by regulations. On the other hand, Rukhsana's brother would secure Rukhsana's justice.

### 3.2.3. *Social sectors:*

To lessen the issue of impaired persons, changing social trends are required. Building women's rights, empowering women, increasing awareness, decreasing violence and discrimination, and promoting independence are a few of them. People must live a perfect life. Under no circumstances can people compromise on justice, and people should constantly be conscious of their conscience. Saharun or Rukhsana won't be disabled until it is assured.

### 3.2.4. *Educational Sectors:*

A handicapped individual who enters the education sector won't be a burden on their family or the community. Therefore, creating a quota system for them, waiving their tuition fees, removing obstacles to their attendance at educational institutions, setting up vocational training, including using symbolic language for those who cannot understand general language can all help to lessen the problem of disabled people. Teachers, scholars, and graduate or postgraduate students should all research disabilities. These and other projects of a similar nature, developed by other civil society or non-government organizations (NGOs), and other players, are beneficial in a variety of ways. The social model of disability offers an alternate viewpoint from individuals who experience disability. Previous models of disability were mainly created by people about other people. The social model has received a lot of criticism for its disinterest in dealing with disability and its experiences. It is critical to recognize that therapists play a crucial part in helping people overcome limiting obstacles and better accessibility to enable them to engage in meaningful daily activities and promote social participation through environmental modifications

In discussions of the consequences at the eleventh hour, humans realize that individuals with disabilities face numerous obstacles in their pursuit of a normal life. While some individuals are disabled due to natural causes, such as premature birth, birth with an incomplete body, etc., the majority of individuals are affected by social and cultural factors. Racism and sexism play a significant part in the global disability epidemic. Additionally, policymakers at the local, national, and international levels can commonly use these efforts to open up new opportunities for the collaboration of individuals with disabilities. Initiatives like the ones mentioned above are also perhaps the best defense against current dangers, difficulties, and anxieties and provide the exceptional potential to create an atmosphere that is favorable for them. The purpose of this fact paper is to introduce the reader to the social model of disability



and to provide them with an introduction to some of its consequences for individuals with disabilities and society at large.

#### 4. CONCLUSION

In conclusion, models of disability serve as tools for identifying impairment and disability and, eventually, as a foundation for developing strategies for satisfying the needs of persons with disabilities by society and the government. They provide a helpful foundation for understanding both disability issues and the viewpoints of individuals who developed and used the models. Disability models provide us with a timeline of how and when society's views toward people with disabilities are evolving. Models vary as society does, thus people should create and put into practice a variety of models that will empower individuals with disabilities and grant them full or equal rights in their community. More precisely, this paper has looked into how income, income poverty, and social involvement vary when disability is seen in the panel survey as it begins, ends, or persists. The results demonstrate that the chance that someone will be socially included in terms of both poverty and social involvement is significantly reduced in both cases of chronic disability and disability onset. The routes of this effect include lost wages resulting from continued incapacity to work after the outset or other household members quitting their jobs due to caregiving responsibilities. Furthermore, we discover that prior disadvantage contributes to the effects of disability onset and leave on participation, income, and poverty. Our findings suggest that relevant policy should concentrate on the diversity of handicapped persons, depending on how each person became impaired and how long that condition has lasted. The study's primary goal is to further information about the experience of impairment and its significant prevention. In the future, this study will aid in increasing public awareness of disability and the issues that handicapped people confront in society.

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## CHAPTER 20

### HUMAN TRAFFICKING IN INDIA: NATURE, DIMENSIONS, AND PREVENTATIVE TACTICS

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Prof. Rita Arora, Director,  
School of Education, Jaipur National University, Jaipur, India,  
Email Id-ritaarora@jnujaipur.ac.in

#### ABSTRACT:

Trafficking is seen as a severe concern in today's world; human trafficking is recognized as one of the most terrible crimes against humanity. Human trafficking is also not a new and uncommon problem in India, as history has shown, it is frequently equated to prostitution. It is regarded as organized crime's third most lucrative area, behind drugs and arms smuggling. It is the leading cause of many crimes and undermines most basic human rights of victims majorly in India. The current study has emphasized the issue of Human trafficking in India. It is reported that human trafficking is an uncontrolled problem that is leading to an increase in sex trafficking. This study attempts to emphasize the current situation as well as the numerous elements of human trafficking. The study includes the many reasons and contributing aspects to human trafficking. Furthermore, the study gave some insight into the role of the courts and nonprofit groups in India's fight against such trafficking.

#### KEYWORDS:

Forced Labor, Human Trafficking, Sex Trafficking, Sexual Exploitation, and Slavery.

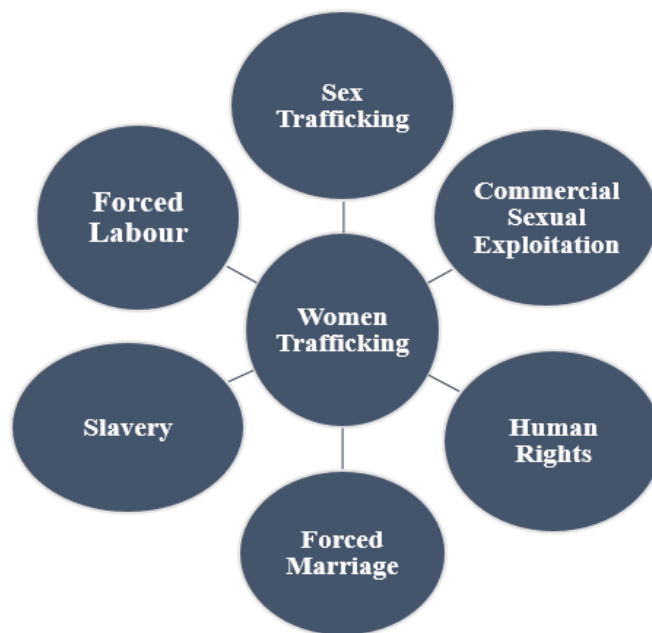
#### 1. INTRODUCTION

Human trafficking is the illegal transfer of people for sex trafficking or forced labor. It is the forcible, coerced, or fraudulent transportation of men, women, and children from one location to another for monetary as well as sex trafficking. Human trafficking (women and children), in recent years, is becoming a serious societal problem in many regions of the world. Although people trafficking is often an international organized crime. Human trafficking is a result of, or an obstacle to, socioeconomic growth in India, endangering local and international security, particularly individual security [1].

The Trafficking Protocol [2], provides the most commonly accepted concept of human trafficking. Human trafficking has been handled in several international treaties and conventions, including the International Convention for the Abolition of White Slavery in the year 1904 [3]. The International Convention to Combat Female or Child Trafficking in the year 1927 [3]. The Protocols over Human Trafficking in the year 2000, as well as the Protocol against Migrant Smuggling by Sea, land, or Air [2]. The last two treaties identified human trafficking as a transnational organized crime instead of a humanitarian and migratory concern. Approximately 200,000 girls and women were kidnapped for sex trafficking in South Asia every year, according to estimates (India, Bangladesh, and Nepal). The focus on traffickers, whether as an issue of unchecked immigration and sexual exploitation, dominates the trafficking discourse in these nations, that also prioritizes security services above human security as well as refuses to address the root causes and also the vulnerability of trafficking victims. Systemic inequities, culturally acceptable behaviors, starvation or financial difficulty,

organ trade, labor exploitation, and violence against women may encourage as well as endanger social protection.

The “*Palermo Protocol*”, which was adopted in November 2000, characterizes trafficking accordingly as “the enrolling, transporting, transmitting, housing, or procuring of a person under the threat of retribution or even other types of coercion, attempted robbery, forgery, or fraud [[4]5]”. Misappropriation of authority or a vulnerable position, or offering or getting gifts or benefits to obtain authorization from a person in charge of another person to abuse, must include at least the exploiting of the others' sexual exploitation and other types of Slavery or a practice comparable to slaves, servitude, and organ extraction are all examples of sex trafficking “forced labor”, as well as “exploitation”. Human trafficking affects people of various ethnicities, faiths, socioeconomic backgrounds, and educational levels. The most often used terms are depicted in Figure 1. The map displays 6 groups that are sex trafficking, commercial sexual exploitation, slavery, forced marriage, human rights, and forced labor.



**Figure 1: Mapping the Most Common Keywords and Trafficking Conceptual Frameworks.**

Exploitation must encompass, at least, the exploiting of others' prostitutes and other types of sexual exploitation, the compulsion to labor or provide services, slavery, or a practice comparable to slavery, servitude, and organ removals. The “*UN Convention*” combating “*Transnational Organized Crime*”, of that which India is a participant, accepted this notion. It is one of the first universally recognized categories of human trafficking, but this became effective on December 25, 2003. It serves as a founding force for the problem's broad conceptual comprehension but it is suggested that this concept is developed primarily for crime control or concerning human rights [5]. However, a broader view on exploitation cannot be formed until human rights as well as the political economics of trafficking were recognized. The Protocol does not define the term “exploitation”. This also implies a clear distinction between legitimate and uncontrolled immigration which is not the case. This explanation addresses the instruments of exploitation, its exploitative implications for

smuggling, and, more crucially, the question of force or compulsion that distinguishes traffickers from migrants and smugglers [4].

Human trafficking is becoming one of the top 3 most lucrative types of criminal organizations, alongside narcotics and weaponry. Because the amount of human rights violations is inexplicable or unfathomable, this criminal organization of people trafficking has achieved a "terrifying scale." Unfortunately, the general population is not aware of this crime. It is also due to its extreme secrecy and covertness. It has become such a mind-boggling task that reaching any agreement numbers has become impossible because different agencies anticipate varying quantities. This has been referred to as "modern-day slavery."

The primary purpose of human trafficking is to exploit women responsible for their decisions. According to various studies, the proportions of children in India were victims of human trafficking, particularly girls, teenagers, orphans, or mothers. This is owing to a widespread lack of knowledge, unemployment, poverty, insufficient border immigration security procedures, as well as other socioeconomic concerns, all of which lead to increased vulnerability. India, like so many other nations, is a major source, transit, and destination and destination for men, maids, as well as children trafficking for forced labor and commercial sexual exploitation. Forced or bondage labor, and also sex trafficking, were particularly harmful to persons from India's poorest socioeconomic groups. Gender bias also plays a role in human trafficking. To remedy this problem, women's equality should be successfully promoted throughout their schooling [6].

The primary goals and directions of this paper are to obtain a better understanding, and explanations, of the social prohibitions related to women trafficking in India, and to also assess their influence on society as well as prevention methods, as well as how women's rights can help to raise knowledge and understanding of trafficking in human beings.

## 2. LITERATURE REVIEW

Laurie M. Graham et al. conducted a study of organizations that are increasingly providing programs to improve individuals trafficked for sexual exploitation resilience and reintegration. There is, therefore, basic research on the requirements and outcomes of trafficking survivors. Eighteen of the twenty-two published studies included follow-up questions not included in the assessment to obtain intelligence on aspects of interest. Furthermore, metrics used with this group are typically not assessed using trafficking in human beings survivors. The author proposed testing procedures for this group, including conducting a complete evaluation of the needs and outcomes of sexual exploitation victims or developing specific examinations for different components of this world's largest social. According to the conclusions of this study, the sex trafficking study places a strong emphasis on survivors' physical and mental health needs, as well as treatment outcomes. Many studies looked at well-being in its entirety. [7].

Sanjay Roy proposed in a study that the exploitation of women and children is one of the most serious types of human rights violations. As it is a complex subject, academia, the legal community, and civil society have paid little attention to it. It has often been linked to prostitutes, though that's just half the tale. This research seeks to evaluate the patterns or characteristics of human trafficking from a human rights standpoint and also address a variety of serious about it. It would provide some context for non-governmental organizations (NGOs), civil society, and also the family. This research relies mainly on academic sources or personal observations. The human rights debate is strangely silent on this critical issue, which restricts human rights to its most vulnerable people. It will have far-reaching

consequences in the future since India is fast to becoming a supplier, transition place, and endpoint for trafficking [8].

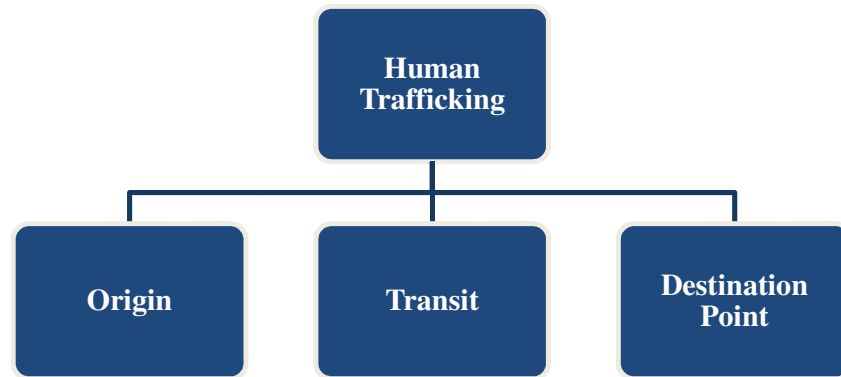
Waleed M. Sweileh discussed in a study that human trafficking is an offense against mankind. It also poses a significant risk to world health and security. This is the first research to analyze findings in the realm of human smuggling. According to the findings of this study, health components of human trafficking have received less attention than crime, judicial, and sociological aspects of human trafficking. The future analysis would provide data involving non-sexual trafficking. Furthermore, research connections should be developed by bringing together experts from both the source and destination nations and investigating the health issues of victims of human trafficking as well as exploitation migrants. Increased financing for international scientific partnerships and research networks is needed to help in the priority of human trafficking studies in various parts of the world [9].

Siân Oram et al. stated in a study that according to the conclusions According to study results, the healthcare system, involving physical, mental, or sexual healthcare coverage, should have been a key component of post-trafficking treatment. The male and female survivors would benefit from better accessibility to sexual or mental health care, and also culturally - appropriate psychiatric treatment, etc., as well as programs addressing their economic, social, or legal insecurity. It is necessary to develop significantly concerning paths among post-trafficking support programs or medical treatments. The study also highlights the importance of evaluating psychological therapies to aid this very susceptible population's rehabilitation [10].

### 3. DISCUSSION

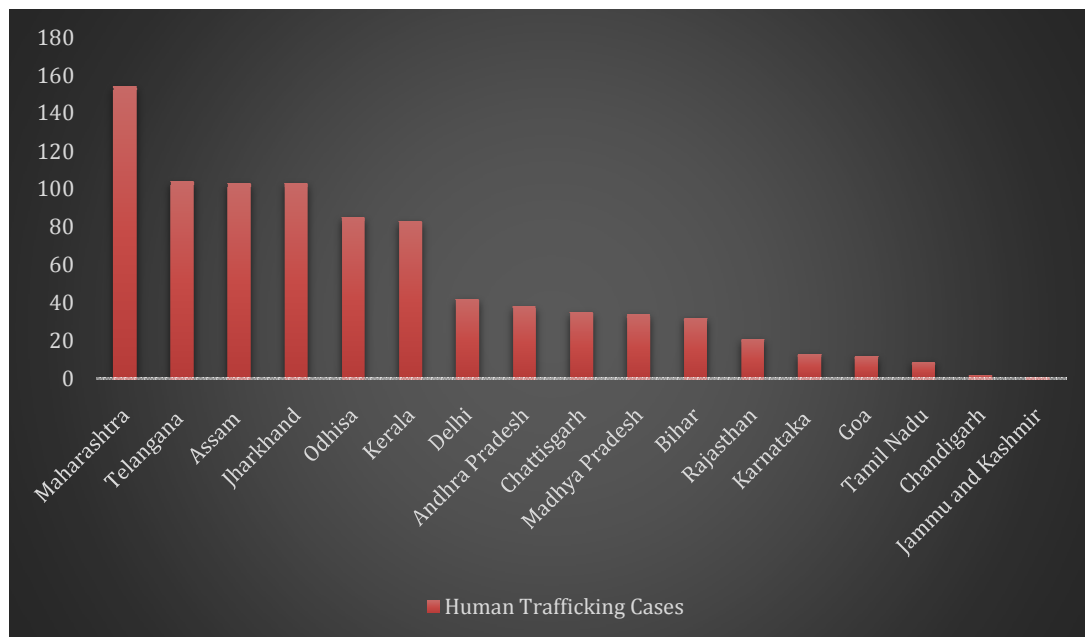
Human traffickers have built a global industry based on large revenues as well as demands for sexual services and also cheap labor. Slavery is so named because traffickers employ violence, intimidation, and other types of compulsion to force the victims to labor responsible for their decisions. One aspect of this is regulating the free movement of people, such that, when, how, and where they work. Every country on the planet is affected by human trafficking, regardless of socioeconomic level, historical, and political structure. Human trafficking is a significant and growing business that makes millions of dollars at the expense of millions of victims, most of whom are young girls or infants who were deprived of their dignity and freedom. Even though most of us have never observed this, it occurs regularly across the world. Criminals earn by meeting client demands. Victims were forced to perform activities that some would never undertake of their own choice, and they obtain little compensation for their suffering. They are employed as goods and then discarded in the awful commercialization of humanity. Human trafficking is exacerbated by gender prejudice.

Figure 2, depicts the 3 different stages of trafficking: “origin”, “transit”, and “destination”. The site where the victims are recruited is referred to as the origin; transit corresponds to transportation as well as transfer, and other possible sheltering. These victims were welcomed and maintained at the final destination for exploitation. Victims may also be abused throughout the genesis or transit stages, and only for a limited amount of time. To maximize revenue, agreements are made at the destination.



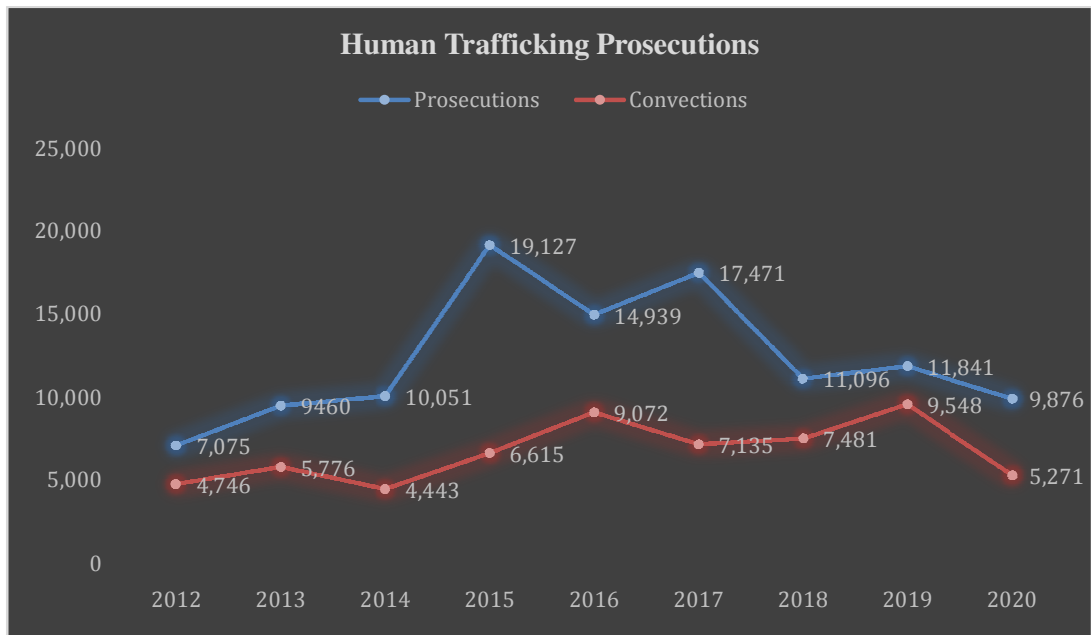
**Figure 2: Depicted the Three Basic Phases of Human-Trafficking.**

The major purpose of this research is to determine the causes and repercussions of female trafficking. In recent years, the proportion of trafficked women in India has increased drastically. Numerous young migrants were becoming victims of trafficking as a result of their economic needs and those of their families. Even though it has its origins in the victims' economic needs, human trafficking is nonetheless illegal. Factors such as a lack of awareness about recruitment processes, and a preference for faster migration methods. The expansion of smugglers throughout the country who misled young girls with baseless allegations overlaps as well as puts women in human trafficking scenarios. Women who were saved from sex trafficking centers were subjected to social taboos that lead to their return to prostitution. Because society is governed by a patriarchal mentality, people are unable to live freely in society. The notion of intersectional-list feminist theory is directly tied to the overlap of reasons for female trafficking.



**Figure 3: Shows the Number of recorded human trafficking incidents in India by the top state in 2020 [11].**





**Figure 4: Shows the Estimated Figures Based on Data Gathered by the State Department from Foreign Governments [12].**

The United States Department only issues yearly accounts on human trafficking, which is seen in Figure 3, which found that the Covid-19 epidemic has increased the danger of human trafficking for vulnerable and disadvantaged groups. Although crossings were closed or transportation has become more challenging last year, human trafficking persisted. Criminals, in reality, adapted their old strategies to take advantage of the unusual conditions. According to the study, there were 9,877 last year; there were 3,969 prosecutions for human trafficking. In Figure 4, Over 900 human trafficking instances were registered in India in 2020, has over three thousand victims. With over 150 instances, Maharashtra has the largest number of human trafficking cases across the country.

### *3.1. Women and girls are trafficked for a variety of reasons:*

Gender inequality, which kills more people, girls, under the age of 5 each year, might partially explain the major source of human trafficking in India. Gender-based inequality is a social tradition in India, where boys are always given higher attention and are viewed as more useful to the household than female children. Some other crucial fact is that, in India, regarding gender imbalance, the social structure promotes men over women [13]. Therefore, to identify the impact, the origin or extent of human smuggling must be assessed. Women are exploited for several reasons, and so as globalization has advanced, women's trafficking has taken a new dimension. This issue has spread to a set of financial industries that rely on inexpensive labor provided by women and children, including the adult entertainment industry and many other industries. Exploitation is more than simply sexual exploitation; it manifests itself in a variety of ways [15]. The causes for the rise of women and young girl trafficking in India are as follows:

#### *3.1.1. "Forced Marriage":*

This is a good fact that the ratio of men to women is steadily dropping in several regions of the country, including Haryana, Rajasthan, and many others, resulting in an uncommon

experience of female trafficking. However, trafficking may be seen in the case of disadvantaged females marrying wealthy men under the premise of temporary marriages. Throughout ancient times, it is evident that women must only deliver male offspring, and those who decline to do so are sometimes slain. It is crucial to emphasize that girls and women are therefore kidnapped for prostitutes, yet are purchased as well as auctioned as a commodity in many places where female percentages were low than male proportions because of female infanticide, forcing them to marry [14].

### 3.1.2. *Begging:*

Forced begging is considered human trafficking that occurs in India. In addition, children and women are required to enter public locations. Many human trafficking profits from abusing disabled individuals [15].

### 3.1.3. *Embedded Labor:*

The International Labor Organization, there are around eleven million forced laborers in the Asia-Pacific region. Individuals in financial need may send their kids for loan labor in return for cash. Boys and girls are recruited for this reason, and they're being not repaid for years. Trafficking victims are more likely to acquire mental diseases, melancholy, or worry. Women who are forced into sexual exploitation are much more prone to get HIV or other STDs [16]. When this issue is evaluated from the standpoint of supply-side dynamics, though, some of the causes for traffickers may well be found. These components of existence can be classed as socio-cultural, economic, or political. They are as follows:

- *Poverty:* It is a significant aspect of the human trafficking industry. The victim's helplessness gives them enough opportunity for traffickers to capture them.
- *Political-Environment:* This reflects the political industry, militarization, or aggression, and an increase in poor treatment or maltreatment as a result of human trafficking as well as forced labor.
- *The War Factor:* Many people who have already lost relatives in combat are particularly vulnerable to human trafficking. Armed conflict also generates huge population movements.
- *Cultural and social practices:* As a result of societal and cultural norms, some women and girls have been abused or abused, and they are forced to live in perilous conditions. Because they have fewer prospects for progress, they are more prone to abuse. Single moms, divorced women, widows, or sexually assaulted women, including young girls, were prime targets for trafficking in this culture caused by social guilt.

*"Migration":* Migration is described as the management of individuals with an open mind from one area to another. People were commonly employed by people traffickers whenever they relocate unlawfully, posing a significant danger to children and young women in particular. Bangladeshi migrants were sometimes exploited or persuaded into prostitutes and forced labor.

## 3.2. *Other factors include:*

### 3.2.1. *"Economic Considerations":*

Researchers would uncover economic disparity as a result of this economic reason. Large-scale agriculture, sharing of resources, food production, or agricultural technology is all aspects of land reform. Unemployment, a respectable job or work with no character, labor contractual agreements, and so on are all examples of wage and labor repression. Sea level

rise, droughts, flooding, deforestation, commercial overfishing, mining, commercialization of nature, and also the way of obtaining necessary benefits for regularly employed individuals are all examples of climate change and environmental deterioration.

3.2.2. *2.The following are some of the roots of social inequality or gender inequality:*

Gender wage disparities depending on gender, armed conflict, crises, instability, and Gender inequality-wage discrepancies based on gender, armed conflict, crises, insecurity, and restrictions on women's educational rights, healthcare, employment, finance, talent, poverty, or productive resources Discrimination in many forms-caste systems, racism, etc. Weaknesses in social protection-Passage or implementation of preventative laws, a significant penalty for criminals, education/information to raise awareness, willingness to report criminal activity, and law enforcement training. Women in rural regions face a lack of skill and economic options. The pressure to collect dowry money leads to the daughter being sent to a distant location for labor.Lacking health care and education, a disregard for the person, unauthorized immigrants, as well as other issues Passion for city life, fractured families, Devdasi customs, violent behavior at home, and even in the media Addiction to drugs and alcohol.The collapse of the social safety net, a society that regards persons as objects, especially women and children One of the sources of gender disparity is pornographic, which would be heavily publicized or accessible globally.

3.2.3. *Causes legal or legal:*

The political and legal reasons are as follows: Corruption Border limitations, organized crime, rising militarization arm conflict, affecting the economy in extractives, refugees, and soon are all contributing factors. Enforcement of the law, the rule of law, and statelessness are all examples of legal issues. There is a dearth of anti-trafficking laws.

3.3. *In India, there is a legal framework in place to combat human trafficking:*

The Indian Constitution guarantees a broad variety of rights for the protection as well as nurturing of women. These privileges reflect the ideals of the people and are designed to defend the dignity of the individual while also aiding in the establishment of circumstances wherein human beings could grow their personalities to the greatest extent feasible [19].It was established in Yusuf v. State of Bombay [19] that Paper 14 of the Constitution says that "the government will eventually not deny to any individual equal treatment under the law within the jurisdiction."While this provision ensures equality, this should not preclude the government from making positive improvements. As just a result, every law creating special protections for women in Paper 15(3) may be appealed as violating Paper 14 of the Constitution.

Human trafficking is outlawed by Paper 23 of the Indian Constitution and violates the right to freedom against exploitation or labor camps, and both are criminal in Indian law. Again, "Paper 24" states unequivocally that adolescents under the age of 14 are not entitled to work in the fields or other hazardous activities.The Indian Penal Code, to the constitution, includes requirements regarding women smuggling, the most important of those are Sections 366 (A) as well as (B), which state that having acquired a minor girl under the age of 18 years from any place, and also attempting to supply a girl under the age of 21 years, both are punishable offenses. Sections 372, 373, as well as 374 address the sale, purchase, or punishment of anyone who compels someone to labor responsible for their decisions.

### 3.4. *The Judiciary's Role in "Human Trafficking (HT)":*

Human trafficking is widely considered to be a delicate issue; the Indian judiciary recently issued a few key rulings on the issue. Typically, one of India's High Courts and the Supreme Court issued most judicial pronouncements or rulings on trafficking matters. Lower courts deal with human trafficking but do not disclose their findings, however unlike the Supreme or the High Courts. The Supreme Court and the High Courts created a few rules that have improved the judiciary's framework for instances of human trafficking and can be generally categorized into 3 key problems: the victim's rights, providing the proper guidance to the government, and, ultimately, specific protection for minors [17].

#### 3.4.1. *Rights of Victims:*

The adoption of victim protocol was sought in *Prajwala v. Union of India* [18], and there have been examples where a perpetrator of a crime was compelled to pay compensation to the criminals, like "*Bodhisattwa Gautam versus. Subhra Chakraborty*". The Chairman of the Railway Board case of *r v Chandrima Das*, a man committed to a lady and even had a marriage ceremony, only to realize that the vow was fake. This has also happened to foreign nationals. This strategy has also been used in cases of human trafficking, as seen in *PUCL v. Union*, whereby reparation was needed to be provided where juveniles are trafficked/bonded for labor [19].

#### 3.4.2. *State officials were given directions about how to deal with the human trafficking problem:*

In *Vishal Jeet v Union of India and Others*, the Supreme Court of India ruled that suitable governments should care for people, safeguards, advancement, therapeutic interventions, or needed rehabilitative actions for victims of sexual exploitation, as well as directed that trained personnel be appointed to rehabilitation homes. The Supreme Court issued the following orders to the federal and state governments in this case:

- The states and the federal government should guide their authorities to take harsh measures to eliminate child prostitution as soon as feasible. To end child prostitution, a separate advisory council composed of the Secretary, the Secretary, the Law Department of criminologists, also the sociologists women Commission officials, women clubs, and volunteer social organizations should be formed in each zone. The committee should also look after these victims, providing care, protection, therapy, and rehabilitation for young children who have been rescued from brothels or sex slavery. The court also ordered that skilled physicians be provided to safeguard the health and rehabilitation of child sex trafficking victims.

### 3.5. *Children are given special protection:*

The court decided in *Prerana v. State of Maharashtra* [20], that there are two types of children: those who have been trafficked themselves and those who require protection, i.e., those who are people who are at risk of being trafficked. However, it was emphasized unambiguously that trafficked children should be recognized as care and protection of children and safety, not as children who already have broken the law. The court ruled stated they must not be permitted to dwell in their homes because their surroundings were unsuitable [20]. They should not be permitted to dwell in their homes, according to the Court, since their surroundings were unsuitable. *Lakshmikant Pandey vs Union of India* was another case that looked at the susceptibility of children who were trafficked owing to the unavailability of an adequate protective mechanism in adoption rackets. The court dismissed

the need to provide a suitable method to bridge the gap, particularly in the context of international cooperation adoptions by countries [21].

### 3.6. *Human Trafficking Prevention in India:*

Trafficking in human beings is a complicated issue, so there is no clear answer that can cure the issues and prevent trafficking. In general, preventative strategies must identify the cause of trafficking. Several proposals for reducing the frequency of human trafficking are as follows:

- Human trafficking prevention efforts must investigate socio-cultural as well as economic circumstances, recognize vulnerable populations, as well as address the underlying trafficking or other types of abuse and exploitation, such as unequal treatment, economic and social disempowerment, abuse, violence, military action, or organized crime.
- To integrate those victims, both long-term and short-term remedies must be implemented, taking into consideration the child's age or experience. A system of supporting child-friendly services must be meant to protect children. Another important component of a protective system is enough training or knowledge, including skills training, that includes building self-esteem as well as allowing the individual to make informed choices during the trafficking experiences.
- Raising children's self-esteem through teaching, knowledge of human rights, traffickers, or other protective problems, or guaranteeing children's active participation in decision-making processes are all part of empowering child victims of trafficking. They must be regarded as social agents with the freedom to freely express themselves. The mental health of children should be taken into consideration.
- Locate young women who are in danger of becoming trafficked. Girls from impoverished households, generally from lower castes, girls from insecure and abusive homes, girls from rural areas which do not value women, or girls with a legacy of slavery or indentured servants.
- Follow them through school. When a girl joins STOP Girl Exploitation, they pay her school fees or provide her with everything she needs to succeed, such as the essential latter 2 years of senior school (referred to as +2), which are more costly.
- Maintain your connection. They visited each school 4 times a year, giving outfits or bags filled with books as well as pencils, doing home visits, monitoring each girl's progress, or advising families on the perils of human trafficking. Local NGO partners, instructors, as well as alumni maintain eyes on the girls in between trips.

## 4. CONCLUSION

The goal of this study was to investigate and comprehend the effects, causes, and preventive measures of human trafficking, as well as to address the societal taboos related to human trafficking from a human rights standpoint. There are a variety of regulatory measures in place to prevent and remove human trafficking, yet it is still classified as an organized crime in our society. As can be seen from the aforementioned, there are countless shortfalls in existing legislation, and also to close the gap that exists, strict awareness programs should be implemented, literacy levels must be increased, and the state has to provide advanced packs for survivor healing, and also the NHRC should pay more attention to the issues of escaped survivors in channels and make appropriate provisions.

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## CHAPTER 21

### GROWING MISUSE OF SECTION-498A INDIAN PENAL CODE (IPC) AND ITS EFFECTS ON BOTH GENDER

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Prof. Rita Arora, Director,  
School of Education, Jaipur National University, Jaipur, India,  
Email Id-ritaarora@jnujaipur.ac.in

#### ABSTRACT:

In the last decade in India, the Indian public used to read about some incidents of domestic violence every day in the newspaper, and on TV. This domestic violence was mostly due to the dowry, and the angry attitude of the husband. Apart from all this, mostly the daughters-in-law who came home in domestic violence would have been killed and burnt. Given all these reprehensible crimes and to protect the interests of women and to prevent domestic violence against them, the Indian Penal Code 1860 was amended in 1983 and section-498A was inserted. According to Section-498A domestic violence is a legal offense and now section-498A is also being misused. The exploitation of the section by the judicial authorities has been highlighted in a couple of judgments. The complaint of abuse is leveled against Section 498A of the IPC and Section 304B of the IPC, both of which apply to the crime of dowry death. According to the Malimath Committee on the Criminal Justice System's report, there is also a "common concern" that 498A of the IPC is being grossly misused. However, the Supreme Court has now taken important measures in the direction of preventing this abuse by establishing specific criteria for apprehending the accused. As a result, the focus of this study will be on Section 498A of the IPC, its misuse in the current context, and the recommendations of the Malimath Committee, as well as the corrective measures taken by the Supreme Court to address the misuse of Section 41 of the Code of Criminal-Procedure (CrPC). concludes with a review of the major causes and recommendations to prevent misuse of Section 498A, IPC.

#### KEYWORDS:

Domestic Violence, Dowry System, Indian Constitution, Indian Penal Code,Section-498A.

#### 1. INTRODUCTION

India will always be a country where relations are not only maintained but also cherished and appreciated and in our society on the other hand dowry system was also widely accepted in India. Under the section of the Dowry Prohibition Act 1961, the word "dowry" has just been defined. Section 498-A was introduced in response to the imperative need in the community to prevent all cases of cruelty to married women [1]. The reality is that dowry greed, and therefore the dowry process as a structure is at the foundation of the wrongdoing discussed in this study. Just the goal of this part was to save the woman from the abuse of her husband and elderly parents. This provision was implemented to protect women from sexual harassment and physical harassment. Unfortunately, in today's world, the law has turned into a communal curse. Instead of acting as a shield, the special provision is now being employed as a form of "armor" by women who seek to intimidate and intimidate men for personal gain.

Consequently, women who misuse the terms of Paper 498A can be seen using it as a sword [2].

**Table 1: Illustrates the reported cases of domestic violence in India in different years.**

Sr. No.	Year	Reported Cases Against Domestic Violence in India
1.	2010	22173
2.	2011	24207
3.	2012	24924
4.	2013	33707
5.	2014	36734
6.	2015	34650
7.	2016	38947
8.	2017	32560
9.	2018	33356
10.	2019	32032
11.	2020	28046

Every year all states are listening to the news about domestic violence and Table 1, shows the reported cases of domestic violence in different years. According to this table, there is 22173 cases are reported in 2010, in 2011 there is 24207 cases are reported which is a huge amount and in 2012 there are 24924 cases, in 2013 there are 33707 cases and 36734 cases are reported in 2014. In 2015 there are 34650 cases reported. In 2016 there are 38947 cases are reported. In 2017 there are 32560 cases reported. In 2018 there are 33356 cases are reported. In 2019 there are 32032 cases reported. In 2020 there are 28046 cases reported.

#### *1.1. Section 498A of the Indian Penal Code:*

As mentioned earlier, a new Chapter 20-A called cruelty to husband or family members of husband was added to the penal code in 1983 to prevent abuse of women by families and in-laws. Further, the Prosecution Act was subsequently amended to prohibit prosecution in case of voluntarily committing suicide of a married woman and death of a wife within seven years. The National Crime Records Bureau documented a substantial number of abuse and torture cases in 1997 (36592 cases), 1998 (41376 cases), and 1999 (43823 cases), representing an increase of 5.9%. Huh. The purpose of the inclusion of this paragraph is to condemn a husband and other family members who cause pain and suffering to the wife or any person connected with her to satisfy any unreasonable demands or to persuade her to attempt suicide. Is. To make the offense more horrific, Section 498A provides for a jail term of three years and a fine on the husband of a woman who misbehaves with him [3].

A woman's husband or the relationship of her marriage is harsh for her. Whoever, being a relative of the husband or partner of a woman, subjects such woman to harshness, shall be

punished with imprisonment of either description for a term of two to three years, but also with a fine. Explanation. Cruelty is described throughout this section as follows:

- Any willful behavior in which the woman is likely to commit murder or cause substantial injury or damage to the woman's body, limb, or health (whether mental or physical); or
- Harassment of a woman to coerce them or anyone linked to her to accept any unlawful home prices or valued security, but rather because she or even anyone related to her has failed to meet such requirement [4].

Some examples of cruelty as a social evil in the modern era are as follows:

*i. Demands for dowry regularly are cruel:*

If a woman is repeatedly demanded dowry and she is subjected to torture or harassment of any kind, physical or mental, it is an offense of cruelty.

*ii. Repeated taunts calling her ugly and maltreatment cruelty:*

The wife was harassed after the first day of their marriage and was regularly teased, humiliated, and psychologically abused for being called unattractive, among many other things. For any bride, it is indeed a form of cruelty and mental anguish [5].

*iii. False allegations in litigation amount to cruelty:*

The wife was subjected to a series of nasty class-action lawsuits accusing her of extraordinarily harmful and abhorrent things, and tortured by summons and the confiscation of her personal property. Cruelty is done when certain activities are repeated and followed.

*iv. Neglect by the husband also amounts to cruelty:*

The husband's conduct was merely to disregard his responsibility to provide basic meals to his wife and child, plus the wasted profits on casinos and other vices, putting his wife and child's daughter to death. The word "brutality" is seen as abstract in light of the previous examples. No Act requires a unique definition of cruelty. It can indeed come in many forms and is dependent on a variety with circumstances and circumstances, including a woman's background, physical and psychological parameters, political and social professional experience, etc [6].

*1.2. Abuse Of The Section 498A Of IPC, 1860:*

A cursory inspection of Section 498A reveals that the woman has been manipulated to make things difficult for the husband's family to protect her from torture and harassment by her husband or relatives. The Supreme Court in one of its judgments (IPC, 1860 498A - Dowry and Cruelty Law) said, "More justifiable oppression can be given by exploiting the system." The arrangement is intended to be used as a shelter rather than merely a weapon." In one of the sessions, the document states that perhaps the sanctions are being repeatedly implemented unfairly they are being used to target the basis of marriage, which is vital to the health of the country and has proved to be a terrible solution [7].

"However, a new judicial extremism can be created by taking advantage of the provision (IPC, 1860 498A-Dowry and Cruelty Act)," the Supreme Court said in one of its judgments. The measure is intended to be used by killers as a deterrent rather than just as a weapon." According to the Malimath Committee Report on Criminal Justice Reforms from 2003, there is "general criticism" that Section 498A of the IPC allows serious abuse and the report

recommended that it be amended. Because it only protects women in quarrels with their spouses, including relatives, Section 498A IPC, 1860 commonly known as the Sexual Approaches Act. The truth is that a simple scan of the section identified some important dates that could impress a large audience [8].

Urban savvy women, therefore, according to social activists, abuse Section 498A for their marriage and operate independently from their families because when the husband's family accedes to his demand, which would normally have been for money or property. Is. Is. This class has earned the title of 'legitimate fear-based oppression' as it leans towards women and turns into a dreadful creation when out of control.

### 1.3. *The reason behind the people's misuse the provision 498A:*

There are many other reasons for it though, as listed below:

- i. *Fraudulent Marriages:* When the bride and her family are asked to release anyone who marries without understanding the situation, she files another false 498A complaint.
- ii. *Domination:* The wife demands that the husband renounce his mother and brother in exchange for complete control over his income and happiness.
- iii. *Prior-Relationship:* The wife is stuck in an old relationship that she cannot break. She marries to pacify her parents, then uses statute 498a to get a divorce.
- iv. *Custody:* Children should never be allowed to go near their mother or their siblings.
- v. *Legal Extortion:* Getting rich quickly, the result of the fraud was in extortion of a huge amount of cash.
- vi. *Adultery:* 498A is used as a negotiating tool by women who commit adultery.

## 2. LITERATURE REVIEW

The researcher P. Gamer, and S. Tyagi [9] states Domestic violence, also known as domestic abuse, is violence in a domestic context or perhaps any form of abuse, such as a domestic relationship, that includes mental, physical, and sexual assault. It occurs worldwide but is particularly common in India, where dowry, gender inequality, and joint family schemes are the norms. As a result, these variables contribute to women becoming victims of sexual violence. Women have to face abuse not only from their husbands but also from the family members of their husbands, especially when the matter is related to dowry, either lack of something or conflict. The figures do not reflect the actual image as events are usually rarely reported because of the social crime associated with them and like the general Indian culture of being concerned about the views of these other people. Most of the time, the matter comes to the attention of something like the police and the courts of law when the victim causes his or her injuries to die, ends up murdered, or goes to the hospital for surgery. The milt types of abuse, on the other hand, are massive purveyors. Before 1983, there was no specific mechanism in Indian law for domestic abuse. Section 498A of the Indian Penal Code was added after it was amended in 1983. 'Marital cruelty' against such women is dealt with under section 498A. Marital neglect is now punishable in India with imprisonment, non-compoundable, and non-compoundable misdemeanor.

V. Mohanakumar [10] illustrates family violence is pervasive in Indian history. Domestic violence victims are protected under civil law, namely the Protection of Women from Domestic Violence Act 2005. The Indian Penal Code was amended in 1983 to include Section 498A, which forbids husbands and concerned relatives to be unkind to their wives. Although it was established to consider various cruelties, its definition is broad enough to cover other instances of domestic abuse in marriage as well. Society's to it has been

remarkable due to sporadic misuse of the law by women. Women are condemned to "abuse" the law. There is an imperative need to reduce and neutralize the sting of inhibition, especially for the first time, by making it non-cognizable, and boilable. This paper examines the traditional male position and the processes affecting it. Highlights the importance of taking steps to prevent irrational use. In terms of the rules of the case, the research examines the veracity of allegations of women exploiting the court system. It also proposes some sensible precautions.

M. Mahapatro et al. [11] discussed that research in the field of family violence has led to widespread acceptance of the issue as little more than a public health issue during the past decade. The main objective of this paper is to evaluate the physical, psychological, and presence of rape culture in India, as well as the potential issues for women victims of domestic violence. The researchers used a perimeter study using an analytical merge design. This includes 14,507 women from 18 states across India. Multiphase sampling was used, as well as the chance to size ratio. Overall, 39 percent of women were abused, according to statistics. Women who have low household income, are educated, belong to a lower caste, and have a lover who drinks/bites have emerged as significant predictors, which put women in India at higher risk of suffering. Given that India has historically approved legislation to combat family violence, current findings on the robustness of the problem will be necessary to raise awareness among some relevant agencies to ensure that the law is properly implemented has gone. This could lead to a better and longer-term response to sexual harassment in India, resulting in greater protection and well-being for women.

### 3. DISCUSSION

According to the author, Section 498A is useful for Indian women, but it is also often misunderstood; many lives have been destroyed as a result of this section. Many people commit suicide as a result of the housewife's daughter-in-law falling prey to someone else's whims and filing a first-information-report (FIR) under section 498A against her relatives [12]. Section 498A has a lot of benefits, but it hurts the cognitive. The following are also some of the conditions:

#### *3.1. Advantages of Section 498A IPC:*

##### *i. Prevents the Exploitation of Women:*

Harassment of women has been a major problem for many years. One of the main advantages of including this part has been that it protects women from exploitation. If a woman is committed to cruelty as stated earlier, it will be considered a dangerous violation. And if anyone behaves ruthlessly with the daughter, then there is a provision of imprisonment for three years and a fine [13].

##### *ii. Empowers of women:*

In India, Section 498A appears to liberate women. This has prompted other women to come forward with allegations. Women were then hesitant to speak out against this harassment for fear of not being heard. Women are no longer afraid to file complaints as the number of cases registered under this paper has increased. Instead of keeping silent in such dire situations, nowadays women are speaking against their spouses or in-laws.

##### *iii. Effectively Controls the Suicide Rates:*

498A was enacted in response to the rise in incidents of cruelty to women by respective husbands or in-laws. Since the inception of 498A IPC, the proportion of suicide accidents caused by cruelty has dropped dramatically. Before the establishment of this section, it was

observed that about 40% of women's loss was due to suicide. Several of the main goals of enacting this law, which has been done successfully, were to reduce the number of suicides [14].

iv. *The Deaths due to Dowry have been Reduced:*

If a man arranges for the death of a woman for dowry, he will be detained and possibly prosecuted. The increasing frequency of marriage deaths is a major cause of concern for Indian law. As a result, 498A was applied for the number of marital deaths. If a woman is harassed mentally or emotionally because she does not bring money, she has every right to take legal action and seek justice. It gives the individual the option of pursuing his right to life instead of attempting suicide [15].

v. *Gives more responsibility to in-laws:*

All lawsuits registered under this sub-section as well as the sanctions imposed on them set a standard for others. Husbands and family relatives become more aware of our responsibilities and less oblivious to our commitments. Consequently, Section 498A of the IPC assures that every woman is treated with utmost respect and care.

3.2. *Disadvantages of Section 498A IPC:*

Apart from the various benefits for women, Paper 498A of the Indian Penal Code has several loopholes which can only be rectified as quickly as possible. Several themes of this Act make their basis archaic. Following are the top five downsides of Section 498A of IPC:

i. *Easily Misuse:*

Many women abuse this influence towards their husbands as well as family members. Many such cases under 498A involve false allegations. On several occasions, the woman made allegations of rape about her husband being abused or exploited to create anxiety in them. In many circumstances the husband is guilty, but he nevertheless takes the punishment, leaving his wife at the mercy of an unscrupulous woman [16].

ii. *Increases Blackmail Due To Lack Of Proper Investigation:*

There has been no detailed investigation into the woman's allegations. In the majority of all other cases, the husband is imprisoned without first determining whether the claim is true. In short, it is difficult to check that all the conditions stated by women under 498A are accurate. In most cases, it is misused by privileged women [17].

iii. *The process is Too Complex:*

Section 498A covers a long process from filing a case to getting justice. It requires a substantial amount of evidence to complete the formalities. In addition, it demands a significant amount of work overtime. Many women get away with it though they feel uncomfortable taking the time to go to the police station and file a complaint. Furthermore, they believe that the overall process for receiving punishment is putting their patient on trial, which is a clear violation of the adage "delay in justice denies equality" [18].

iv. *Unreliable Evidence:*

When women defend their cases, they are repeatedly asked for evidence to support their claim. In many situations, women are unable to compile enough evidence to prosecute. Many cases have been dismissed for lack of evidence. It doesn't just happen with women; It happens with people too. They are encouraged to present evidence if they wish to prove that



the allegation against them is false. Failure to produce evidence may result in the dismissal of the complaint. As a result, the law has become significantly distorted, which is contrary to the basic notion of equality in the Constitution of India [19].

v. *Reinforced Social Disparagement:*

In most cases, women face all available bravery to speak out against harassment, yet fail to make a formal complaint. The reason for this would be the disincentive of his family, particularly known in rural areas [20]. As a result, the guilty are denied the opportunity to take advantage of the Act, while it is being abused by the rich. Society has yet to accept this, and as a result, women who raise their voices are stigmatized. As a result, women are barred from taking any action because of the threat of something like a social boycott.

If laws against conjugal cruelty need to be made effective, then the courts and legislatures should make amendments. After the recent discoveries and the increase in the misuse of all this section, the following measures should be taken for the law:

i. *Role of Women non-governmental-organization-NGOs:*

These officers should thoroughly investigate the allegations without giving preference to the woman, keeping in mind that perhaps the law is being exploited to harass women on the father's property. They should discourage any woman from filing a charge sheet against her in-laws over petty matters. Foreign women's groups should also take some responsibility for not enabling them to raise a substantial amount of fundraising as well as harassing them to register fake charges against NRIs. These groups should also conduct surveys and studies on the exploitation of the Act, as well as educate people about the repercussions. If these groups prove to be helping to file fraud charges, they should be held accountable in the countries where it operates.

ii. *Family Counselling Centers:*

Several incidents of men being harassed by their wives or in-laws have again come to the fore in different regions of the country. Now no organization can help these abused men and their relatives establish their side of the story and present their reasoning to the authorities. The urgency of both times is that family counseling facilities be developed across the country to help clients who have been abused.

iii. *Time-bound Investigation and Trial:*

Speedy trial of 498A cases can not only bring justice to innocent people who are now wrongly convicted but will also result in timely disposal of grievances of true dowry victims. By reducing the number of fake cases, the burden on justice will be reduced and genuine cases will be judged more effectively.

iv. *Definition of Mental Cruelty:*

Speedy trial of 498A cases can not only bring justice to innocent people who are now wrongly convicted but will also result in timely disposal of grievances of true dowry victims. By reducing the number of fake cases, the burden on justice will be reduced and genuine cases will be judged more effectively.

v. *An investigation by Civil Authorities:*

Civil authorities begin an investigation into the violation, and cognizance should only be taken because they have already determined that a crime may have been committed. The government will educate the police about the dangers of its exploitation.



vi. *Bailable:*

The fact that 498 is not a bailable offense is the prime motivation used to harass unarmed civilians. This section should have been made bailable so that old mothers, pregnant sisters, and university children could not be imprisoned for weeks without their approval.

vii. *Compoundable:*

Even if the wife understands that she has taken a wrong decision and wants to go back to her husband and wife, it is difficult to cancel the FIR once the FIR is registered. It will be compoundable to save the institution of marriage. Furthermore, if the spouse decides to consensually end their marriage in a consensual divorce, the continuation of the criminal proceedings will compromise your life.

viii. *Arrest Warrants:*

Only the primary offender should have an indictment warrant issued, and only after consideration. The family members of the husband should also not be arrested.

ix. *Penalty for making a false accusation:*

When a court decides that the allegation made about conduct contravening Section 498A IPC is baseless, the person making the complaint must suffer for a long time. This will discourage people from taking it to court with dirty hands and political motivation. All officers involved in making false allegations against women and their families should face criminal sanctions.

x. *Court Proceedings:*

To minimize complications in taking the stand, especially for non-resident-indian (NRI), the personal participation of the accused in the hearing should be waived or kept to a minimum. The government should not order the husband and his family to submit their certificates, as it may result in the loss of jobs for the husband's family.

xi. *Registration of Marriage and Gifts Exchanged:*

Marriage certification must be legally required, as must the obligation that the couple signs a bipartisan agreement regarding the goods to be distributed during the engagement.

xii. *Punish Dowry Givers:*

If the claimant accepts to pay dowry in the complaint, the government should take notice and also initiate civil action against him under the relevant provisions of the Dowry Prohibition Act.

xiii. *Penalize corrupt Investigation Officers:*

If the judge decides that the independent expert did not conduct due process and the husband and his family were charged in the absence of proper corroboration of the allegation, the investigating officer should be reprimanded for gross incompetence.

xiv. *Gender Neutral:*

Everyone should have equal rights and responsibilities, regardless of caste or gender. Specific restrictions must exist in the current economic climate to protect oppressed wives and their families from immoral women.

This section provides prescriptions only for men, and it is already being used among women as a 'Brahma-astray. It is a controversial topic these days, and if it is not managed through

rules, it can become a communal stigma. The public will lose faith in the judges. Consequently, it is for the time being to revise the section, and some amendments such as those stated above will be incorporated through legislation.

## 2. CONCLUSION

Abuse of Section 498A is no longer a rumor; the woman developed her husband under some similar rule by falsely prosecuting him under Section-498A of the IPC. There are still no rules to protect boys from mistreating women. Second, Section-498A of the IPC was misconstrued in each county court case. Matters were virtually unresolved, and just because a father pays maintenance to his wife doesn't really mean he is accountable for all expenses and privileges. Women are more deceitful than men in the community. Spouses use this area as a burden to extort more money from their partners. It is true that women take advantage of Section-498A of IPC against both husband and in-laws. The tests have already been completed and uploaded. This part seemed to be of interest to individuals. Section 498A is made for the protection of women, however it is only for the harassment of the husband and in-laws of the husband or wife. This scenario has a negative impact on the economy. In its 243 reports on Section 498A of the IPC, the Standing Committee addressed the issue relating to the overuse of the Act. According to the organization, violations can only be settled with the authority of the court, and procedures must be considered before granting approval. Conversely, the panel has suggested that the offense may be left undetermined. Abuse does not at all mean that laws affecting the general interest of the public are no longer beneficial.

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## CHAPTER 22

### AN ANALYSIS OF RESPONSIBLE FACTORS AND THE PREVENTIVE MEASURES OF DOMESTIC VIOLENCE FACED BY WOMEN IN INDIAN SOCIETY

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Prof. Reena Jain, Professor,  
School of Education, Jaipur National University, Jaipur, India,  
Email Id-reenajain@jnujaipur.ac.in

#### ABSTRACT:

The term domestic violence is defined as the violence faced by the person by their partners and relatives in their domestic circle. Domestic violence against females has become a significant public health problem since it is a key contributor to females' physical and mental health. The violence against women's in Indian society growing rapidly. Several issues are increasing day by day related to the women in the Indian society but the violence against women is gaining more and more preferably in all over the world, especially in India. Domestic violence involves abuse against women in both married and non-married situations. This study aims to discuss the major causes and preventive measures of domestic violence faced by women in Indian society. Furthermore, this study also demonstrates how the dowry system contributes more to promoting domestic violence in India. People must have to be aggressive and educated to reduce the violence against women and they should have to unite together and adopt strict legislation to protect the victims and their lives in the Future.

#### KEYWORDS:

Abuse, Domestic Violence, Dowry, Health, Indian Society.

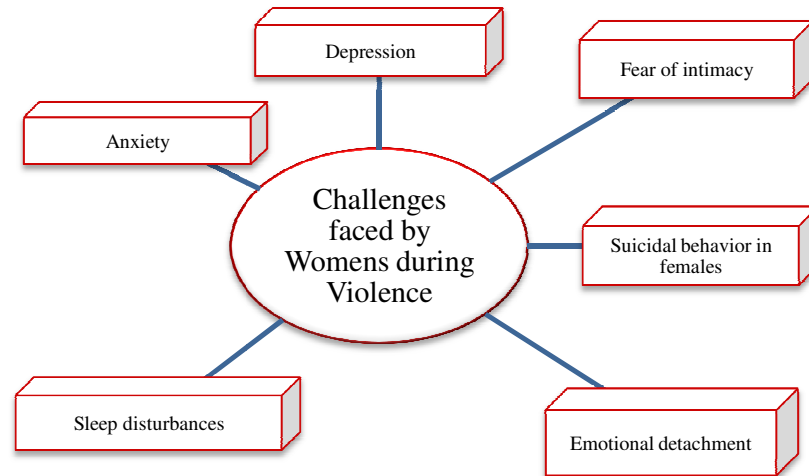
#### 1. INTRODUCTION

Domestic violence against females has become a significant public health problem since it is a key contributor to females' mental as well as physical health. Domestic violence is a major kind of violence against females, and it exists to some level in every society in the world [1]–[4]. Any act, conduct, omission, as well as a judgment that harms or attempts to injure a woman is considered domestic violence. Since domestic abuse can be described as a solitary display of neglect or leadership, it does not take a significant amount of time before women seek legal help. Several issues are increasing day by day related to the women in the Indian society but the violence against women is gaining more and more preferably in all over the world, especially in India. Domestic violence towards females is a serious problem that has existed for many years.

Women have traditionally been viewed as helpless and vulnerable to exploitation. Women have always been considered the sufferers of violence. Domestic violence includes slapping, hitting, as well as homicidal assaults faced by the bride by the husbands and their family members. Psychologists and sociologists have paid little attention to domestic abuse. With the television program Satyamev Jayate's episode threat at home, the subject became even more widespread. As per a poll performed by the Ministry of Health and Family Welfare, the Government of India, and also the Planning Commission in 2013, domestic abuse impacts 40

to 80 percent of Indian women. Domestic violence puts a burden on many aspects of society and it has an indirectly but important influence on the nation's development [5].

Domestic violence is a global challenge that transcends national borders, as well as economical, geographical, cultural, as well as social obstacles. This problem is not only common over the world, but it also develops frequently, rendering it a well-known and very well recognized practice. Household violence is common, well-documented, and has significant implications for women's health issues as well as well-being [6]–[10]. There are various psychological consequences faced by the women who are suffering from domestic violence are illustrated in Figure 1.



**Figure 1: Represents the Problems Suffered by Women due to Domestic Violence by Their Spouse and their Families.**

### *1.1. A Case Study of Johnny Depp:*

In today's generation, not only women but the men are also suffered from domestic violence all over the globe. As per a poll of 1,000 married males ranging in age from 21 to 49 years old in rural regions of Haryana, based on gender violence affects 52.4 % of married males globally. 42.5 % of males have been tortured or attacked by their wives or sexual partners at some point in their life. In this section, the author of this paper discussed the controversy between Johnny Depp and his ex-wife Amber Heard. Johnny Depp's full name is John Christopher Depp which is given by their parents in his childhood. He is an artist as well as a musician from the United States who is noted for his varied and unique film selections. He achieved arguably his best achievement as Captain Jack Sparrow in the Pirates of the Caribbean film. During a film shooting, he meet Amber Heard and start dating her, and later they got married. After 3 years of marriage, several conflicts took place between them. His ex-wife Amber Heard falsely accused her husband (Johnny Depp) that he was beating her and she also said that he always torture her. Due to her false allegation, the whole carrier of Johnny Depp had been ruined and exploited. The whole community and his fans all over the world dislike him and make their mindset that Johnny Depp is a villain. He has to suffer a lot due to her wife's false allegation after agonizing a lot On Wednesday, Johnny Depp testified for the second day about his troubled relationship with actress Amber Heard, whom he has accused of harassment, "name-calling" on her, which often escalates into a physical assault. This case study of Johnny Depp demonstrates that not only females are assaulted but some men also faced domestic violence from their wives.

### *1.2. Effects of Violence on Reproductive Health:*

There is enough evidence to imply that domestic violence victims have a higher prevalence of reproductive morbidity. While analyzing women who had no spousal violence through their spouses to those who suffered physical or sexual violence, studies in North India indicated an increased odds ratio of gynecologic issues. It's possible that this is because abusive men are more inclined to be involved in extramarital sex and get Sexually transmitted diseases (STDs), putting their spouses at risk. The usage of Condoms was also observed to be lower among these males. These factors make women more vulnerable to Human immunodeficiency virus (HIV) infections, as well as the threat of physical and psychological violence from males deters several women from learning much more about the virus, preventing them from getting screened and receiving treatment. Women who have been abused by their spouse or sexual partner are much more likely to have trouble using contraception properly than women who have not been mistreated. As a result, they're more prone to have unwanted pregnancies as well as unsafe abortions, as well as becoming pregnant as teenagers. When compared to pregnant women that are not assaulted, women who are assaulted throughout pregnancy have higher depression and substance abuse, are less likely to gain required weight and become less likely to obtain prenatal care.

This study focuses on the responsible factors for domestic violence and the preventive measures faced by women in Indian society. The present study is categorized into different sections where the first is an introductory section where the problems suffered by the women due to domestic violence are discussed, the second section is a literature review which shows the reviews and suggestions of previous studies in terms of domestic violence faced by the females. After that, the discussion part is discussed where the author mentioned the several data related to domestic violence with the help of google forms, news, etc. Lastly, the conclusion of this study is declared where the researchers provide the outcomes, their opinions as well as future benefits of the present study.

## **2. LITERATURE REVIEW**

The effects of Domestic violence in rural regions of India are discussed by R. Kaur and S. Garg [11]. Family violence is a key factor in females' mental and physical health issues, according to their research, and it can be established in every society. As per the assessment of the World Health Organization, approximately 29 and 62 percent of females have been sexually as well as physically attacked within a committed relationship. The authors address that the prevalent mindset of discrimination as well as violence is necessary for ending gender discrimination as well as all types of violence against women. Their research was carried out in several rural regions of India. The focus group discussions (FGDs) with wedded females between the ages of 18 and 35 were concluded in their study. Their research focuses on domestic violence against women who are belonging to the countryside areas of India. Their results conclude that gender equality must be implemented in our society and equal participation of females in making decisions only these activities helps to control the violence against the women in Future.

The consequence and cause of Domestic violence among pregnant females in India are demonstrated by N. Sarkar [12]. The aim of his research is to assess and understand the effects of domestic abuse on women's reproductive health as well as pregnancy outcomes. The author of this research used MEDLINE of the years 2000-2011 database to extract the data from the kinds of literature. As per the author's survey, it has been seen that about 5.6 percent of abused women required hospitalization as well as about 3.8% required medical care. The results conclude that in the coming day empowerment of women, well education,



and economic autonomy might decrease the case of domestic abuses amongst the women of India.

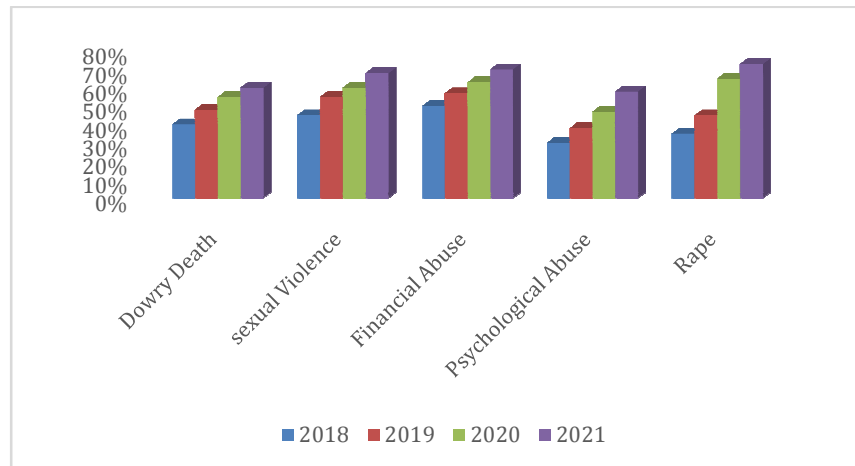
D. Loganayaki and N. Swaminathan demonstrate the emerging concerns due to domestic violence in Indian society. As per her study Domestic violence is among the most prevalent crimes committed against women, and it is intricately related to patriarchy's maintenance. Domestic violence involves abuse against women in both married and non-married situations. The author of this study used state-wise data to examine the cruelty of the spouses and their relatives towards the brides. As per the author's assessment, it concludes that to make female households safe and secure, a right societal-legal atmosphere must be created in the next coming days [13].

The primary causes of Domestic Violence in central India are discussed by Dixit Sanjay et al. As per his study violence against females is broadly acknowledged as a significant public health issue, owing to the significant negative effects it has on women's physical, psychological, as well as reproductive health. The main determination of their research is to determine the occurrence and patterns of domestic abuses experienced by the females who visited the Domestic Violence Counseling Center at MY Hospital at Indore. The authors implement a cross-sectional study by using a pre-designed questionnaire to analyze the data. The results of their research conclude that illiteracy, dowry, alcoholism, extramarital affairs, and monetary problems are some of the major causes of domestic violence against females and the victims are usually affected by physical abuse by their partners. According to the authors more and more, domestic abuse counseling services are urgently needed around the country for reducing domestic violence in India [14].

The above reviews of the kinds of literature depict how women all over the world face violence in their day-to-day life and they also discussed the origins which promote the problems of domestic violence among females. Through the above reviews, this study denotes the chiefly responsible factors which introduce the violence against women. In this study, the author gathered several data on the violence faced by the men and especially women's in India and also mentioned the preventive measure to control the prevalence of domestic violence.

### 3. DISCUSSION

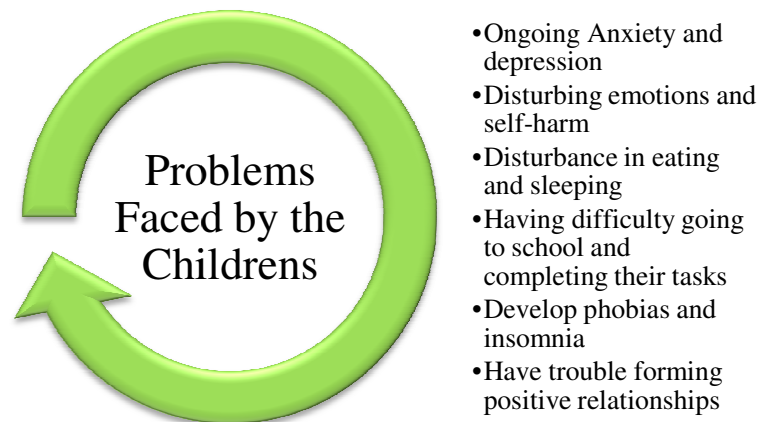
Domestic violence is a systematic strategy of creating fear and obedience in a person in a domestic environment, such as a household. The reason for this aggression might range from the need to retain one's power structure over another one to the desire to instill or force another for personal gain. Domestic violence in India primarily refers to violence perpetrated by biological relations against an individual, however, it also includes abuse perpetrated against women by male family members or their relatives. Female abuse can lead to long-term mental health as well as physical issues. The assaults and abuses harm not just women but also harms their children, families, as well as communities. Such implications include harm to one's health, long-term effects on kids, and communal harm including loss of employment as well as homelessness. As per the National Commission of Women (NCW), it is seen that violence against females continuously increased over the passing years as shown in Figure 2.



**Figure 2: Depicts the Graph of Exceeding Data from 2018-2021 of Domestic Violence Against Women in India.**

### 3.1. Effects of Domestic Violence On Children:

Domestic violence victims account for over half of all females around the globe. Children and teenagers were affected by such domestic violence, even if they are unaware of it. Physical abuse is common among children who have been exposed to domestic abuse. Children who witness domestic violence are considerably more prone to engage in violent behavior in future interactions. The consequences of domestic abuse have a significant influence on the well-being as well as the growth of children who see it. Children who experience domestic violence at home were fifteen times more likely to become victims of child abuse, think they are at fault, and live in perpetual fear. Below Figure 3 shows the problems and challenges faced by the children due to domestic violence which they have faced in their daily life.



**Figure 3: The Above Figure Demonstrates the Problems Faced by the Children in their Daily Life due to Domestic Violence.**

### 3.2. Categories of Domestic Violence against Females in India:

In our Indian societies, violence against women is a regular phenomenon. Because of the enormous detrimental impacts on women's physical, emotional, and reproductive health, violence is widely recognized as a serious public health problem. Females have always been considered the survivors of such violence. Domestic violence includes slapping, hitting, as

well as homicidal assaults faced by the bride by the husbands and their family members. Psychologists and sociologists have paid little attention to domestic abuse. With the television program “Satyamev Jayate's” episode the subject became even more widespread. Here some of the different kinds of domestic violence faced by women are discussed below:

### 3.2.1. *Physical Abuse:*

Domestic violence against females is most commonly shown through violence physically. Domestic abuse is defined by the Domestic Violence Act as any act that causes bodily damage or puts a female's life in danger, limbs, health, as well as growth. Physical Attacks, threats, and malicious prosecution are all forms of physical abuse.

### 3.2.2. *Abuse Sexually:*

Sexual assault against women is a form of reproductive and sexual assault. Marital rape should be considered sexual harassment in society. However, unless the wife is under the age of 15, marital rape is not prohibited. It's considered one of the more insidious kinds of domestic abuse. In most cases, it takes the form of marriage incest, and rape. In India, rape in the bedroom is not a crime. A spouse forcing himself on his wife, on the other hand, is cruel and falls under the category of violence against Indian females.

### 3.2.3. *Emotional and Verbal Abuse:*

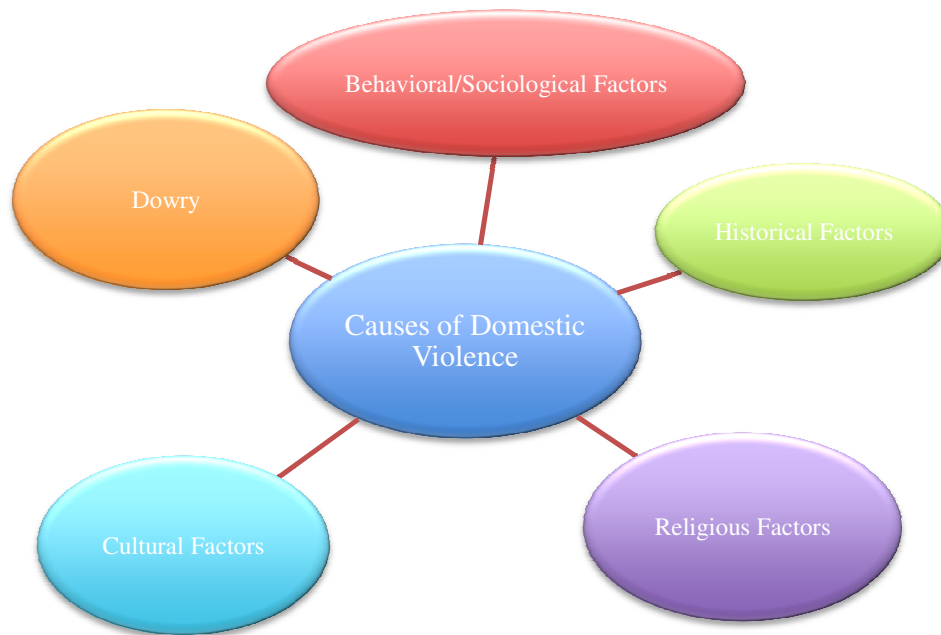
Domestic violence against women sometimes involves statements or allegations made by family disputes. In terms of human rights, verbal bullying causes emotional assault, which is a very common form of violence against women. A woman's sense of self-worth is damaged as a result of a combination of psychological abuse. Insults, shaming, name-calling, mocking, especially over not having a kid or a boy child, and continuous threats to cause bodily injury to anybody close to the injured person are examples of verbal abuse.

### 3.2.4. *Economic Assaults:*

Economic abuse was added to the list of breaches defined by the Domestic Violence Act which was a bold step by the administration or the government. Economic harassment is defined as restricting or seeking to deny adequate financial resources or possessions to a woman as well as her kids. This includes preventing his or her spouse from obtaining financial assets. The major motivation for this is that if a person is deprived of economic resources, he or she will inevitably rely on the managed person. Women are excluded from all economic decisions, compensation disparities exist, as well as property rights are denied. According to the law, it is the loss of all or any of the injured person's financial and economic assets.

### 3.3. *Causes of Domestic Violence in India:*

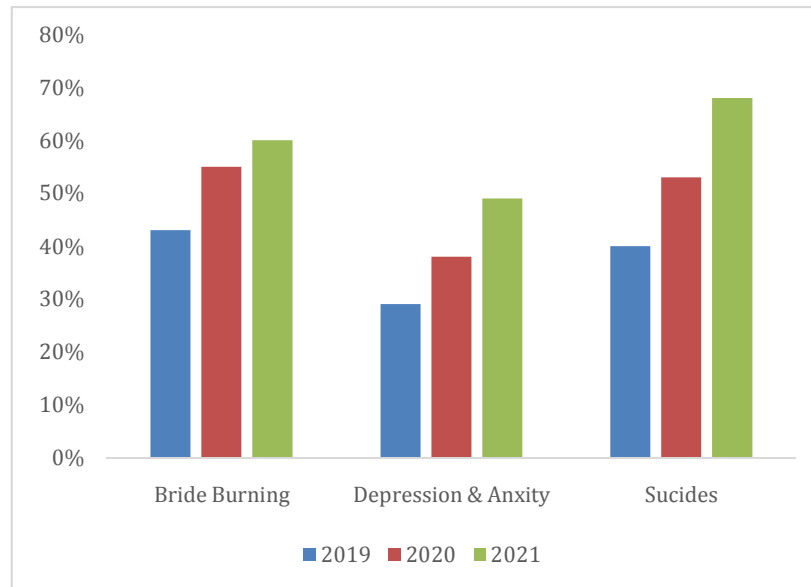
Domestic violence is caused by a variety of factors that are not all the same. Domestic violence against women is the result of a complex interplay of sociological/behavioral, historical, religious, as well as cultural variables. Domestic violence against females in India takes place due to several factors such as a Male-controlled society, Dowry, Illiteracy, Behavioral problems, etc. Among these factors, dowry is the most popular and biggest factor in promoting domestic violence against women in India. Some of the major causes of domestic violence faced by the females of India in their day-to-day life are represented in below Figure 4.



**Figure 4: Depicts the Diagram of Leading Causes of Domestic Violence Among Indian Women.**

#### *3.4. Dowry the root cause of Domestic Violence:*

Dowry violence is the most common form of abusive violence against women in the society of India. Dowry-related conflict is a significant issue that has a severe impact on women's as well as girls' lives. Dowry is described as presents, monies, commodities, or assets given to the husband or in-laws by the bride's parents before, during, or after the marriage. There are several issues impacting women in Indian society that are getting more widespread day by day, yet violence against females has become more common over the world, especially in India. Women's domestic violence is a serious problem that has existed for years. Women have traditionally been seen to be helpless and vulnerable to exploitation. Historically, women have been considered the victims of violent crime. Domestic violence includes slapping, hitting, and homicidal assaults by the bride's spouses as well as family members. Psychologists and sociologists have paid little attention to domestic violence. Slapping, striking, and murderous assaults by the bride's husbands as well as household members are examples of domestic abuse. The quantity of a family's dowry can be symbolic, with the "bigger the dowry returns, the higher the family prestige". Whenever the spouse or his parents demands more money or commodities, and the bride's family is either unable or unwilling to pay, dowry-related conflict sometimes occurs [15]–[18]. Dowry-related violence is defined by the United Nations Department for the Advancement of females as any acts of violence or extortion related to the offering or receiving of dowry, whether it occurs prior, throughout, or after the marriage. The below data in Figure 5 depicts the deaths of women in India due to dowry-related violence from 2017 to 2021.



**Figure 5: Demonstrates the Graph of Different Causes of Deaths of Females in India Due to Dowry Violence.**

### 3.5. Ways to Reduce Domestic Violence:

Domestic violence towards females is an issue that has been around for a long time. Women have long been considered helpless as well as easily exploited. Women have always been considered the sufferers of domestic assault. There are several concerns affecting women in Indian culture that are becoming more prevalent by the day, but violence against women is becoming increasingly popular over the world, particularly in India. Domestic violence against women is a severe issue that has existed for a long time. Women have long been perceived as defenseless and prone to exploitation. Women have historically been seen to be the victims of violence. Slapping, striking, and murderous assaults by the bride's husbands and family members are examples of domestic violence. Domestic violence has received little attention from psychologists and sociologists. Domestic violence includes slapping, hitting, as well as homicidal assaults faced by the bride by the husbands and their family members. From the above assessment, people will see how domestic violence against women is rapidly increasing day by day which is very hazardous for our Indian society. Domestic abuse harms the victim at all times. Women have to face several emotional, mental, as well as bodily changes due to the violence. Domestic abuse has much more effects on victims, their families, society, and its overall functioning. To reduce the violence against men and especially women these are some steps people should be followed:

- Awareness
- Education
- Encouragement rather than the threat
- Seek police assistance
- Stringent laws are required

## 4. CONCLUSION

Domestic violence is among the most terrible forms of abuse that women face in today's society and most of the victims are women who faced violence every day in their life. Domestic violence may harm anybody, regardless of their race, faith, religion, or socioeconomic class. It's crucial to understand that domestic abuse can take many forms,

including physical aggression as well as any behavior aimed at acquiring dominance and influence over the victim. It may impact people from many areas of life, and it usually involves a partner, spouse, or relatives. If the problems of domestic abuse are not properly handled, such type of abuse will continue to exist in all aspects of society permanently. For families, communities, as well as societies, domestic abuse and bullying have terrible social, health, as well as economic implications. Domestic abuse has a tremendous economic impact across the world. The government of India has also launched several initiatives to combat domestic abuse, including awareness campaigns, national news channels, radio stations, as well as social media platforms. Society must come together and implement strict regulations to safeguard the sufferers as well as their lifestyle for us as a society to stop this awful kind of domestic violence in the future.

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## CHAPTER 23

### AN ANALYSIS OF VARIOUS FACTORS RESPONSIBLE FOR POVERTY IN RURAL AREAS OF INDIA

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Prof. Grishma Shukla, Professor,  
School of Education, Jaipur National University, Jaipur, India,  
Email Id-grishmashukla@jnujaipur.ac.in

#### ABSTRACT:

Poverty is defined as a condition or circumstance in which an individual or group of people lack the financial resources and essentials to live adequately. Hunger is one of India's most pressing social challenges, and poverty causes many problems for people. This is a very important problem that people living in rural areas have to face. The purpose of this research is to find out the categories of problems faced by people due to poverty. The research collects data from an online survey of 130 respondents. According to people getting food a maximum 2 times a day, most of the people are not able to eat good healthy food, maximum students do not get proper education and only 37 out of 130 respondents get support from government to remove poverty. Of these, 38 respondents get support from Non-governmental organizations (NGOs) for poverty alleviation and 60 respondents did not get any support for poverty alleviation. In the future, this research will help to identify the impact of poverty on people's lives and recommend possible ways to overcome these difficulties.

#### KEYWORDS:

Education, Food, Poverty, Population, Rural Area.

#### 1. INTRODUCTION

Poverty is described as a condition in which an individual or family does not have enough money to maintain a basic standard of living. However, people's perceptions of what poverty is can change over time and between nations [1]. The traditional way to calculate poverty is to determine the minimum expenditure that must be spent on a bundle of products and activities to meet normal human needs. This amount is called the poverty line. A poverty line basket is a collection of goods and services needed to meet basic human needs [2]. Poverty is measured by the number of people living below the poverty line, with the incidence of poverty expressed as a headcount ratio (HCR) or poverty ratio, expressed as a percentage of the number of poor individuals in the community as a whole. is done). Countries around the world use different techniques to estimate poverty, but the essential premise is the same, the amount of expenditure needed to maintain a country's minimum standard of living is used to calculate the poverty line [3].

Apart from this, the Indian administration has taken some initiatives to reduce poverty in the country. Creating work prospects, development management, and other issues are among them. About 60% of the population in India earns their livelihood from agriculture. The Indian government has taken the ladder to boost agriculture. In our nation, the government built dams and canals to offer convenient access to water for irrigation [4]. To support farming, In addition, the government has taken steps to make crops and agricultural

machinery cheaper[5]. In addition, instead of supporting the production of food crops, the government is pushing the growth of luxury farms such as silk. The administration is encouraging communities to boost the industry to create more employment. The government has also created 'ration stores [6].

### *1.1. Causes of poverty:*

There are various factors affecting poverty which are discussed below:

#### *1.1.1. Lack of education:*

Education is critical in ensuring a person's economic viability. However, poor people cannot manage to send their kids to school owing to a lack of funds [7]. Rather than taking their kids to school, they keep them at home, they choose to put them to work and help the family's revenue.

#### *1.1.2. Lack of Government support:*

Most folks in the United States are aware of the many welfare organizations that are available to anyone in need of medical or nutritional help. Regrettably, not every state can give this level of assistance to its inhabitants, and vulnerable households will tend to fall farther into poverty without it [8]. Ineffectual governments contribute too many of the major causes of extreme inequality listed above since they are hesitant to provide essential infrastructures or medicine, as well as defend and secure their citizens during times of war.

#### *1.1.3. Unemployment:*

A population-to-jobs imbalance can lead to widespread unemployment, which is a major driver of poverty[9]. In every country, the greatest severe threat to unemployment-related poverty is a rise in uncontrolled populations.

#### *1.1.4. Infrastructure:*

Consider the scenarios, for example, you need to travel to work, but there is no highway access. Instead, your path is submerged by heavy rain, making it impossible to travel. From roads, dams, and wells to sunlight cables, mobile phones, and the Internet, rural people can be set apart by a lack of infrastructure. When you live off the grid, you can't attend schools, have a job, or visit the industry to buy and sell goods. Traveling long distances to get essential goods consumes time and cash, making households poor [10].

To maintain a minimum standard of living, a person or family is said to be in a state of poverty. On the other hand, people's views about poverty can change over time and across countries. The goal of this study is to identify a range of challenges that individuals face as a result of poverty. This study, divided into various sections like the previous one, is discussed in the literature review section and the research question is also mentioned at the end of this section, and the next section explains the methodology used for this research. Further classified into different sections, after that, the results and discussion section is explained based on methodology, and the last section ends with the conclusion which gives the results, estimates, and future of this research.

## **2. LITERATURE REVIEW**

S. E. Frank Kordzo Adukonu and G. Ofori-Abebrese stated that Income mobilization is one of the most important components of each country's growth cycle. Due to poor tax structures, Ghana and other developing countries have several issues in raising enough income to fund their growth initiatives. In this research, the author tried to examine the

effects of different taxes on poverty in Ghana. In this research data is collected from the “Institute of Statistical Social and Economic Research (ISSER)”. The author concludes that Increases in indirect tax policies exacerbate Ghana's poverty. Direct tax measures and remittances, on the other hand, help to alleviate poverty. Reduced export taxes would encourage operations in the exporting subsector, given the economy's agrarian nature [11]. M. F. Imam et al. mentioned that poverty has been a worldwide issue for several years. In remote regions, its nature and dimensions are substantially more complicated. In this research, the author examines the factors impacting poverty in Bangladesh’s rural areas. In this research data is collected from 20 household families. As a result, the author concludes that, in rural Bangladesh, 32 percent of families were impoverished, and 19 percent were extremely poor [12].

A. G. F Yilmaz and D Gungor Ozcan discussed one of the most pressing economic and societal challenges of twenty-first-century poverty. This research was conducted to find the effect of poverty on depression among Turkish children. Data in this research was collected from online interviews a total of 4276 students participated in this study. As a result, the author find that As well as socio-demographic and health-related variables, multidimensional measures of poverty were extremely important determinants of the presence of depression among teenagers [13]. After analyzing a few related studies regarding the impact of poverty in a rural community it was found that there are lots of drawbacks of poverty. In this research, the author concludes people faced education problems, child labor problems, and child marriage problems, and some people do not get a portion of food 3 times a day.

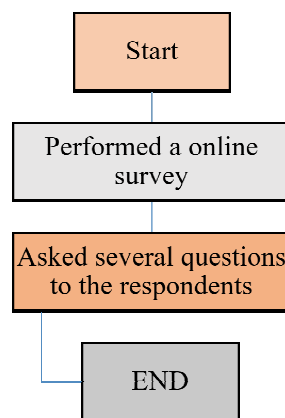
*Research Question:*

- What are the impacts of poverty on people in rural areas?
- How to remove poverty in a rural area?

### 3. METHODOLOGY

*3.1 Research design:*

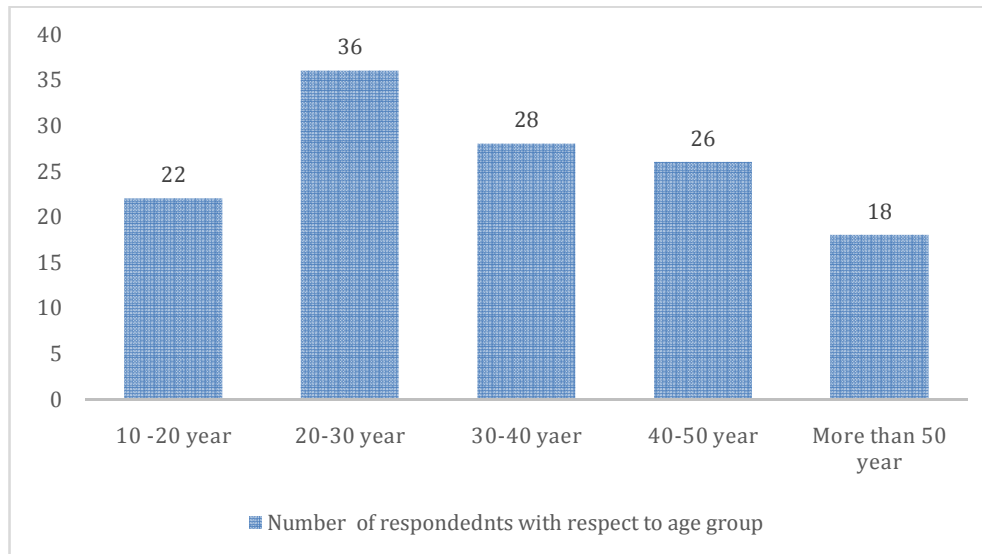
This research is carried out in Gurugram rural region through an online survey mode in step by step way as shown in Figure 1. In this research, 130 respondents were taken to participate in the online survey. During the online survey, several questions were asked to the respondents regarding the impact of poverty in rural communities to provide relevant information.



**Figure 1: Illustrating the Flow Diagram that explains the working Process of the Research.**

### 3.2 Sample:

In this research, samples are taken from 130 respondents at different locations of the program through online survey mode. Out of 130 respondents, 22 respondents were between the age group of 10-20-year-old, 36 respondents were between the age group of 20-30 years old, 28 respondents were between the age group of 30-40 years old, 26 respondents were between the age group of 40-50 year and 18 respondents were more than 50 year old as shown in Figure 2.



**Figure 2: Illustrating the Number of Respondents who Participate in the Research Concerning the Age Group.**

### 3.3. Instrument:

The researchers would use statistical approaches throughout the research process, based on the availability of data and the study needs. Graphs and tables will be used to show the study results. Several questions have been posed to aid in the explanation of the research and the mapping of the graph. The list of questions is shown below:

- Do children get a proper education?
- Do people get healthy food?
- Do people get good medical facilities?
- Do people get malnutrition problems due to poverty?
- Do people's children go for higher education?
- Does the child labor problem occur due to poverty?
- Does the child marriage problem occur due to poverty?
- Do people get government support to overcome poverty?
- Do people get good infrastructure for a living?
- Do people get a good lifestyle?
- Do people get NGO support to overcome poverty?
- Do people get Food 3 times a day?

### 3.4. Data collection:

In this research data will be collected from an online survey of 130 respondents in different villages of Gurugram. The question for the online survey is framed to know the problem faced by rural community people due to poverty. The result of this online survey is shown in Table 1.

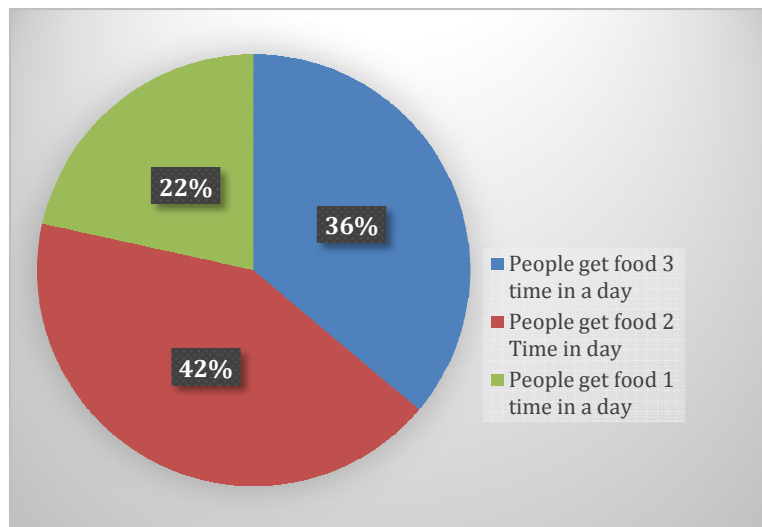
**Table 1: Illustrating the List of Questions Asked During the Online Interview.**

Question asked regarding problems faced by rural communities due to poverty	Yes	No	In the developing stage
<b>Do children get a proper education?</b>	32%	54%	14%
<b>Do people get healthy food?</b>	40%	50%	10%
<b>Do people get good medical facilities?</b>	36%	53%	11%
<b>Do people get malnutrition problems due to poverty?</b>	41%	49%	10%
<b>Do people's children go for higher education?</b>	22%	72%	6%
<b>Does the child labor problem occur due to poverty?</b>	40%	43%	17%
<b>Does the child marriage problem occur due to poverty?</b>	31%	57%	11%
<b>Do people get government support to overcome poverty?</b>	41%	50%	9%
<b>Do people get good infrastructure for a living?</b>	36%	50%	14%
<b>Do people get a good lifestyle?</b>	39%	49%	12%
<b>Do people get NGO support to overcome poverty?</b>	36%	55%	9%
<b>Do people get Food 3 times a day?</b>	32%	47%	21%

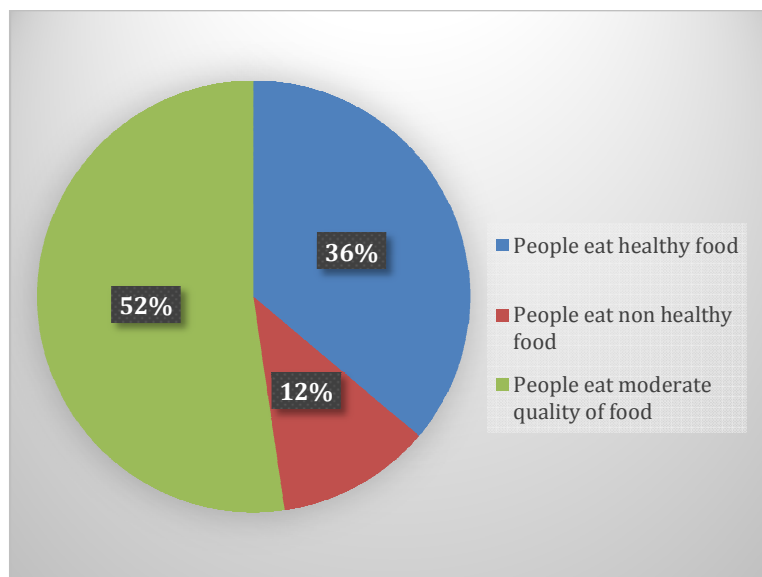
### 3.5. Data analysis:

The collected data is based on the online survey of respondents regarding how many times people get food and the quality of food eaten by people. Based on the answer given by respondents in an online survey it is concluded that out of 130 respondents, 22% of respondents get food 1 time a day, 36% of respondents get food 3 times a day and 42% of respondents get food 2 times a day as shown in Figure 3. Figure 4 shows that out of 130 respondents, 36% of respondents have eaten healthy food, 12% of respondents have eaten nonhealthy food, and 52% of respondents have eaten moderate quality food.





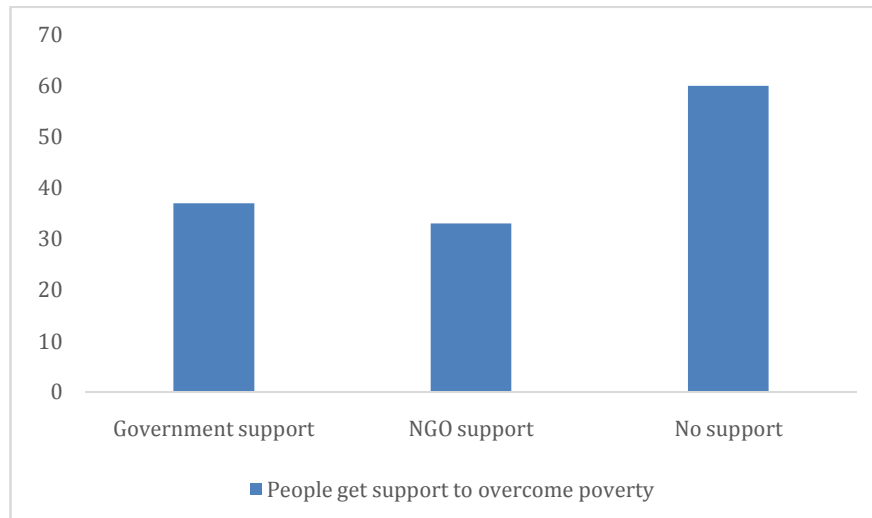
**Figure 3: Illustrating the Number of Respondents based on the Number of Times they Getting Food in a Day.**



**Figure 4: Illustrating the People Who Eat Healthy Food, Non-healthy Food, and Moderate-quality Food.**

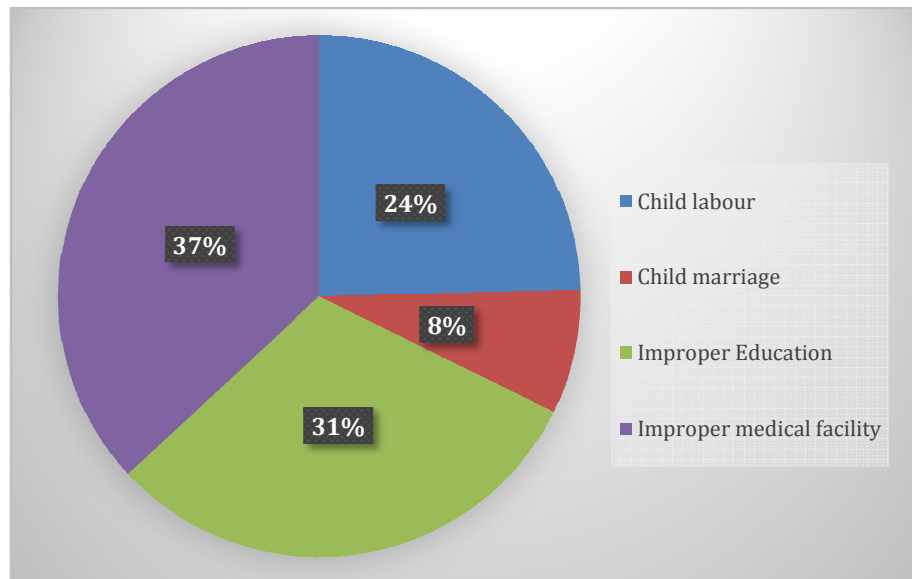
#### 4. RESULTS AND DISCUSSION

This research will help to understand the effect of poverty in rural communities. In this research, an online survey is performed in which 130 respondents took to participate. The result of this online survey is shown in Figures 5 and Figure 6. Figure 5 shows the result of collected data based on an online interview of respondents regarding how much people get support to overcome poverty. Based on the answer given by respondents in the online survey it is concluded that out of 130 respondents, 37 respondents get support from the government to overcome poverty, 38 respondents get support from NGOs to overcome poverty and 60 respondents did not get any support to overcome poverty.



**Figure 5: Illustrating the Number of People Who Get Support to Overcome Poverty from the Government and NGOs.**

The collected data based on the online interview of respondents regarding the types of the problem faced by people due to poverty show that out of 130 respondents, 24% of respondents have faced child labor problems, 8% of respondents have faced child marriage problems, 31% of respondents faced un proper education and 37% of respondents have faced medical facility problem as shown in Figure 6.



**Figure 6: Illustrating the Types of Problems Faced by People Due to Poverty.**

## 5. CONCLUSION

Poverty is a condition or condition in which an individual or community lacks the economic resources and necessities to live decently. The rapid increase in population, decrease in agricultural productivity, and inefficient use of resources are the major causes of poverty. Based on an online survey of 130 it is concluded that due to poverty people mainly faced 4 types of problems which include child labor, child marriage, unfair education and not getting proper medical facilities. The maximum number of people do not get any kind of support

from the government and NGOs to remove poverty. This research shows that poverty can be reduced by improving the education system or by creating jobs for illiterate people. The Government of India has climbed the ladder of agriculture. The government of our country built dams and canals to provide easy access to water for agriculture. To help farmers, Furthermore, the government has made initiatives to reduce the cost of crops and agricultural gear. To help farmers, furthermore, the government has made initiatives to reduce the cost of crops and agriculture. In the future, this research will help to understand the causes of poverty in the rural area and how to reduce them.

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