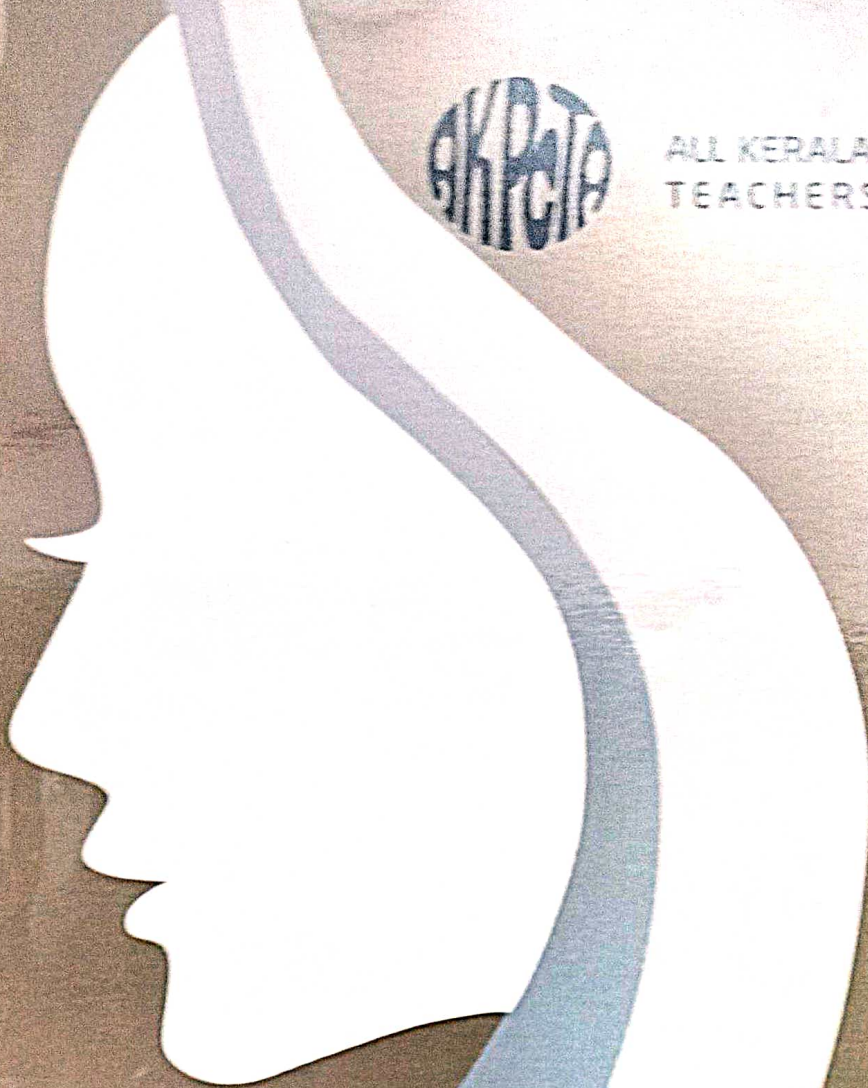




ALL KERALA PRIVATE COLLEGE  
TEACHERS ASSOCIATION



# WOMEN

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## RESILIENCE OF WOMEN IS A MATTER

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In the present scenario the crimes against women are increased day by day. This will lead to confusion, helplessness, anxiety, fear, and depression in addition to the physical pain. Research shows that the victim's sense of personal worth, and self esteem is often deflated by the incident. If the abuse is from their own houses or family whom they approach? Similar to a rubber band that is stretched but does not break, resilient individuals are able to regain their composure and confidence and move forward with their lives.

### Some cases showing the need of resilience

Case 1. A boy X was charming from birth. His giggles made people laugh. When he entered school he thrived socially and academically. He seemed to be growing up healthy and strong. Unfortunately when he was 8 years old, a family member sexually abused him. The effect of the abuse, however, was significant. His trust in people became shaky. Within weeks of the abuse he became withdrawn, severely anxious, and developed constant stomach pain and headache. This led to school absences and poor academic performance. The two elementary school teachers gave him a place to sit and heal. The quite support helped him let go off his fears. Within a year his anxiety had subsided and his grades had improved. He returned his old charming ways and built a large circle of friends and mentors throughout his youth. (Snyder, C.R; Lopez, S.J. & Pedrotti, J.T (2011))

Case 2. A girl, aged 14 was very excellent in singing and also a performer in athletic events. She hails from a poor family. In academics she is an average. The family consisted of her mother, two young brothers, and second father. On some days she was very dull and inattentive on all her fields. She gave a clue to some of her friends that her family is not good and this is because of her father. The father is attacking her many times but she escaped from all attempts. At the same time she revealed that she will do the thing as a last resort. And one day we heard the news of her suicide. She did not come back in life.

Case 3. A Dalit Law student was found dead in her house on 28 April 2016. The young woman was raped and then murdered and a migrant worker was accused and was arrested.

Among the three cases presented, the case of women is different. They never come back to life. If they come back, their situation is different. The attitude of society will determine her later life.

### Why resilience of women?

Resilience is the human's amazing ability to bounce back or positively adapt in the face of significant adversity or risk. It is very essential for coping with life's inevitable obstacles and the main way to success. This skill is very essential in one's life and especially women. The mishappenings in the family or society directly or indirectly affect women. Hence being resilient means they can control their emotions so that they are able to push forward with a plan of action. Ryff and Singer (2003, p.20), defines resilience as "*maintenance, recovery, or improvement in mental or physical health following challenge*" (italics in original). Studies show that children who grow up in physically abusive homes, who have parents suffering from mental illness or alcoholism, or who are raised in poverty are at significant risk for a variety of problems. (Masten, 2001; Masten & Reed, 2002; Ryff & Singer, 2003a).

We all encounter a variety of challenges as we journey through life. Raising kids, divorce, relocation, job loss, illness, loss of a significant other, and physical declines late in life are all common parts of the human experience.

Bonanno argues for a greater awareness that resilience is both a common and a healthy response to loss and trauma. It is noticeable that children and women are the victims of war, calamities, natural and manmade disasters, dreadful diseases, etc. Even though women contributed to all areas of economic and social life as farmers, entrepreneurs, traders, workers, home makers and mothers, they share unequally the fruits of the labour because of discrimination. They constitute the majority of the world's poor and continue to suffer or lag behind in education, health and employment. Women are perceived as mothers and angles at the hearth, their professional and other capabilities going virtually unnoticed. Often they are considered no more than housewives or dispensable sex objects. Violence against women emerges as truly universal issues. Some are, rape, mental torture, beating, humiliating treatment of infertile women and calling them barren, the devadasi tradition, isolation and segregation of widows, forced abortions and female infanticide, humiliation of wives when they don't please their husbands. Adverse conditions examined in research include War, Poverty, Parental alcoholism, Mental illness, Family violence, Natural disasters, Divorce, Single parenthood, Chronic illness, Death of spouse, Retirement, Change in place of

residence, Declining abilities, Prolonged stress as a caregiver, and declining economic resources.

The crimes against women have continuously increased during 2010-2014 in India. (NCW, n.d.)

2,13,585 in 2010

2,28,649 in 2011

2,44,270 in 2012

3,09,544 in 2013

3,37,922 in 2014

45 percent of women have suffered at least one incident of physical or psychological violence in their life.

Women can improve their capacity for resilience at any time of life. People feel grief, sadness, and a range of other emotions after adversity and loss. The road to resilience lies in the working of emotions and effects of stress and painful events. Resilience develops as people grow up and gain better thinking, self management skills and more knowledge. Researches have found that after a traumatic experience there have some positive changes in an individual. This may be making sense of the event and finding benefits or positive outcomes. Park (1998) reports that after a traumatic experience a significant number of people actually say that "it was the best thing that ever happened to them".

### **Bounced back to what?**

Women are the key components in all areas like family, society, and nation. Women cover nearly half of the population and no real development is possible by neglecting women. *Resilience is for positive educational outcomes, healthy within family functioning or psychological well being or all these.*

According to Susan Kobasa there are three elements to resilience. These are challenge, commitment, and personal control. How do you know if you are resilient? The following attributes give an idea of your resilience. An individual's level of resilience will determine who succeeds and who fails.

#### **1. Rebound ability**

Resilient people bounce back after disasters, shocks, disappointments, struggles, conflicts and loss. Hope for something different and better lies in rebound ability.

#### **2. Strength**

Resilience involved a certain amount of mental, emotional and physical toughness. This form of toughness leads to durability, results from choosing to expand energy in a way that promote healing, facilitate a recovery and preserve sanity. There is power in exercising strengths. This power gives resilient people greater personal control.

3. Centredness

In general resilient individuals are well grounded psychologically and spiritually. Such grounding provides a map for finding ones way back to center after serious challenge, loss, frustration or pain.

4. Humour

Resilience includes a little or a lot of humour. The ability to be in the middle of situation or at the end of it and perceive the amusing elements of it is a gift.

5. Flexibility

People don't have to like their problems but they may want to start embracing them instead of fighting them. Flexibility implies elasticity, a willingness to flow with whatever happens.

6. Growth conscious

When people are open to possibility, they know that all problems have the potential to enhance personal and professional growth. Painful as they may be, the challenges of life shape us one way or another.

7. Gratitude

Resilient people feel thankful for every event in their lives, the good and joyful as well as the negative and upsetting. They grasp the fact that all of these together serve as necessary teachers.

**Some of the ways to build resilience are as follows:-**

- Share problems of women
- Supportive relationships with parents, peers, and others
- Find out the possible alternatives to solve problems
- Screen for and treat depression in mothers of newborn
- Prevent homeless episodes through housing policy or emergency assistance
- Reduce neighbourhood crime or violence through community policing
- Improve the quality of life like food, water, shelter and medical care
- Restore community services after a disaster

Resilience is a process. Dealing with change or loss is an inevitable part of life. At some point of life everyone experience varying degrees of setbacks. How we deals with these problems can play a major role in not only the outcome but also the long term psychological consequence. People who are able to keep them cool have what psychologists call resilience or ability to cope with problems and setbacks.

Schooling and further education to women will develop confidence among them. From the infancy period itself the protective factors that contribute to resilience will be promoted. The self – concept, the family and the community factors are to be considered. The education of men is also important for the protection of women because it is proved that schooling significantly reduces criminal activity. In this era of globalization there is an urgent need to motion our Criminal Justice System of India in maintaining Law and Order situation of the country that one should feel safe and secure (Suman, S.K, 2014).

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