

Psychological Behaviour of Women in Today's Scenario

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Abstract

Women's play an important role in our society. The most important role is as a caretaker, she takes care of the family, children, and husband. From carrying a child for 9 months in her womb, breastfeeding to her children, to menstruation cycle every month, and a lot more. Women suffer a lot. We should take care of them, but we don't even consider them equal to men. Women are not given equal opportunity as men, even right to vote was given roughly 100 years ago 1919 in US. Women's are paid less as compare to men, according to a report personal care items for women's are charged 7% higher than normal it is also known as pink tax, women's are far more likely be the victims of human trafficking, 1 in 3 females worldwide have been subjected to either physically or sexual violence, etc. There is huge gender-based inequality in our society. There is also very less representation of women in government. A lot of rapes happen every day throughout world. These reasons effect the physiological behavior of women, women can't go outside at night in some countries, due to risk of crimes against them, the most famous incident of a 23-year-old girl named Damini in Delhi (India) she was gang raped and murdered, which shook the country. Due to these incidents, there is huge distress in women to go outside alone in dark, but due to domestic violence too, it causes them feel so much stress leading to serious health problems and long-term stress sometimes lead to suicide. Situations like covid-19 lockdown made the lives of women more miserable, as it was estimated, there were 30% rise in domestic violence. What is the purpose of so much success of human Race if half of the population lives in fear and distress?

Keywords: Women psychology, Stress in women, Rape, Medical factors, Hormonal imbalance in women.

Introduction

Undoubtedly, life is mixture of several experiences, those shows different colors of human nature. Therefore, psychological behavior determines the actions and nature

of both genders. Meanwhile, gender play vital role to see difference between the mental behavior of women and men. It clearly expresses those ladies are suffering more with psychological behavior such as

depression and mental disorder along with distress. (Ajzen I. 1987), Additionally, we can see many reports conducted by different institutions of psychology that female side is leading on the part of internalizing disorder whereas males are facing externalizing order. (Mansell W, 2009) Additionally, it shows that we can vividly see gender difference regarding psychological behavior because of many reasons such as domestic violence, mental health, substance abuse and where women are facing more struggle to survive in life with patience of mind and healthy mindset. (Who, 2019) Meanwhile, women those are the habit of alcohol and drug addiction are more likely to attribute their habits into traumatic event, also are accelerating on the side of physical abuses in comparison with other women. (BBC, 2018) According to my perception, dissimilarity between both sexes is not a latest issue rather it is continually developing from history.

Important factors behind women's psychological behavior.

Environment

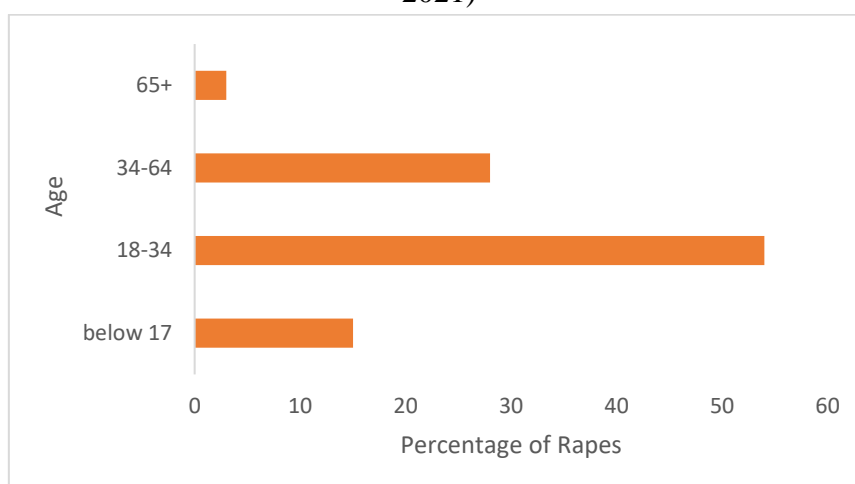
To begin with, we would like to share our thoughts about psychological behavior of females which has become one of the biggest threats to the smooth living standard of people from all over the world. Females and males are not just different from each other physically but also psychologically, their brain structure work strangely and distinctively when they indulge into any relationship, emotional site and the way they deal with stress. The way women behave to express their emotions in front of others is seriously far from males because they are seen as more sensitive with the nature in comparison

with men. (Burri A, Cherkas L, Spector T, Rahman Q, 2011), There is presence of Alpha bias theory which took place due to differences among men and women are exaggerated. Meanwhile, stereotypically he and she characteristics could be emphasized. Whereas Beta Bias that took shape during the difference among both sexes. (Febbraro AR., 2003) Moreover, it is clear from primitive time until to the development of the cultural society, that even the actions of women what different from male part for example; within prehistoric cultural statements females were more attached to small works like hunting to little animals, whereas male was more with interest to hunt big animals. It also makes us to think that women were culturally prescribed with their works. (Helen B, 2017) Additionally, the condition of ladies during civilization was also limited to domestic works, however male emphasize worst more on outside works. We can read from the history that in the beginning women were allow to go outside for work only when family was facing problem of money or other necessities of life. (ellen JL., 2020) In that job also they were humiliated and abused by the society rules in which males were with the right to receive higher salaries in compassion with women, which shows that it was men dominated time, in which women were feeling lower than men and helpless because of the situation they were dealing with. There are some important factors those plays crucial role to exhibits the elements which are responsible to make change in psychological condition and force them to commit suicide, stay in depression, helpless mental disorders so on. These factors are written as below down;

Environment is one of the major reasons behind the change of behavior into women. It is important reason that effects greatly to the Mental situation of ladies for instance; perfect and secured environment infuse confidence into the mind state of the lady whereas insecurity from surrounding area can enhance the chances of mental illness like, situation of many states and cities in India is worst for girls to walk freely, especially if they get need to move around any area of city at late night even than they cannot go outside because of too much high rates of crime in pertaining area like rape, murder and kidnapping of women. (Mental health, 2021) There is big example that we can see from records of **16 December 2012** that shows big crime committed by group of drunk people in **Delhi** by brutally assaulted and raped to a girl named as **Jyoti Singh** who was traveling late night into a bus. (Nirbhaya case, 2020) These kinds of crimes are the reason to pervade negativity into the life of women when they feel as the puppet sin the hands of male. These things not only charge the mind of women with fear rather also decrease their chances to walk shoulder to shoulder with men. Crime like

molestation and physical harassment is not only present outside of houses but also ladies are experiencing such threats on working place, collages, schools and many other places on where women participate into something, ultimately all these things are the reason behind big change of behavior into the psychology of female world. (24 ways to reduce crime in the world's most violent cities, 2015) It sometimes results as suicide, mental illness, aggressive nature, lack of interest of ladies to participate many events, psychological torture extra. It shakes to the professional and personal lives of females when they do not find themselves with freedom and equal rights as are served to males. In addition, these things discourage to women not to do more interaction with people, eventually they suffer from lack of social networking or social life. It also forces them to take practical experiences of life which can teach them how to get succeed into the world in which success is not only meant for males rather also related to females. Thus, environment impact greatly on the Mental health of ladies by infusing positive and negative thoughts in the mind of ladies.

Figure 1- Rapes with respect to age groups. (Victims of Sexual Violence: Statistics, Rainn, 2021)



According to WHO it is been estimated that 1 in 3 women worldwide have been subjected to either physical and/ or sexual intimate partner or non-partner sexual violence in their lifetime. This may have huge impact on physical, mental, sexual, and reproductive health. violence-against-women, (2021)

There is no doubt that society plays crucial role about the living style of people and society is also responsible behind the lower and higher mentality of the group which is residing into it, for example; people living with highly educated and confidential society are always experience the almost same behavior into their own actions where as people grown up into the society with conservative mentality, foolish behavior, use of irresectable language and without feeling of humanity always live into hard life and they always try to create mess into the life of others when they found themselves unhappy and to others happy. Therefore, cultural and educated ambience of society provides boost into the success of ladies. (Thompson TG, 2001) However, irresponsible behavior of society effects badly on the mind of ladies which sometimes become hurdle into the progress way of females for example; society with the rules to be extra strict with their own daughters or daughters-in-law shows that they still are with uncivilized or uneducated mind which make them to feel that they will lose their dignity by going out from house to walk freely on the roads for any purpose, whereas society with good education always take the side of female world that they have equal right to live life freely or with freedom as for the men. (Ali TS., 2011) However, one of the worst situations experienced by ladies is

childhood marriage which always put them to experience unexpected situations into their life when they have to be grown up with Mental stress, because their immature mind needs to be grown in order to get ready for the challenges of real life but marriage before dult age not easily let them to come out from their dream world that is always like by children. (John Neetu A., 2019) Marriage before eighteen hits to the psychology of girls when the interact with new responsibilities which seems them tough to handle, eventually it can turn into domestic violence, depressed life and lack of hopes from the future. Moreover, childhood marriage does not let girls to fulfil their studies with free mind into the house of parents because after marriage they struggle to adopt another life in which they experience psychological and physical changes. (What are the long term impacts of Child Marriage? 2019), Additionally, number of girls deprive from education even when they are with highly intelligent ability of mind to explore different levels of education system but because of marriage during their very early age they feel helpless and with lots of pressure of domestic life. It many times come into result as illegal habit and living styles of the females when they start to engage into crimes for the sake to full fill their desires, the crime like robbery, drug addiction, work of prostitution so on. It shows that when females from poor families do not get succeeded into their life then they feel relaxed after having heavy doses of drugs which make them to stay unconsciously for many hours without any thinking. (King, A. C., Castro, C., Wilcox, S., Eyler, A. A., Sallis, J. F., & Brownson, R. C. 2000). In additions, crime like robbery done by ladies also shows lack of

financial support from husband or family which force ladies to indulge into these crimes for the purpose to full fill their daily needs. Moreover, presence of discrimination regarding color, cast and creed also put high effect on psychological behavior in which females found themselves abused by the society. (Akilova M, 2014) All in all, dowry system also creates problems for females to live life happily and they suffer from mental illness by torture and threats to their life by them

in laws when the family of the victim looks incapable to ensure the demands of in laws of the lady, this ultimately took place as over stress for the victim and emotional abuses. Many times, females extremely suffer from psychological condition and physical injuries because of the greedy nature of in-laws and it force to females to commit suicide, divorces, mental illness, depression extra. (Rastogi M, (2006)

Figure 2- Top 10 countries with rate of rape incidences per 100,000 citizens. These do not take into account those incidences which go unreported. (World Population Review, 2021)

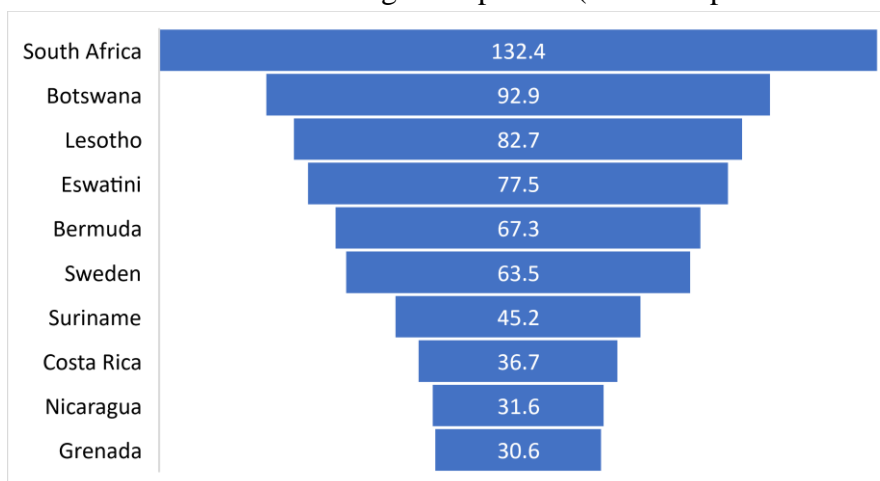
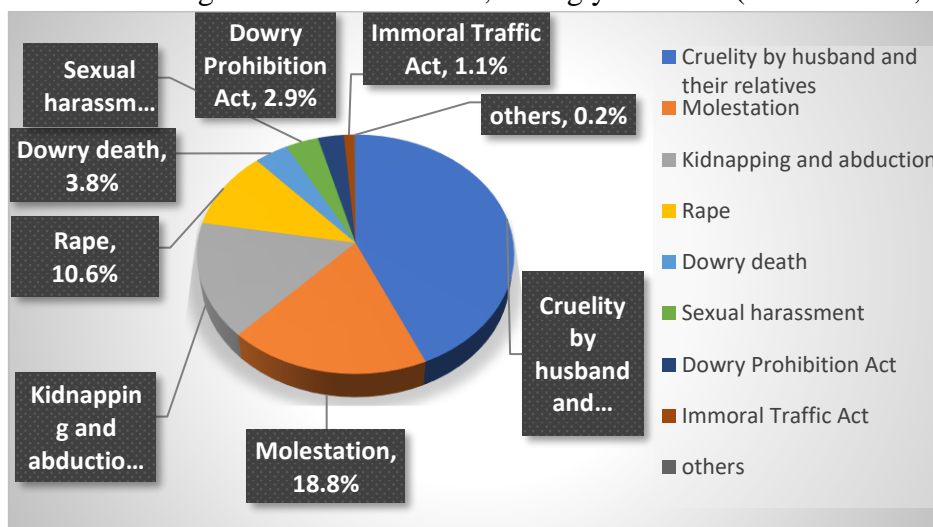


Figure 3- Crimes against women in India, during year 2011. (Bohra Neena, 2015)



FINANCIAL REASONS

Financial challenges are also a big problem behind the Mental disorder of women when they choose wrong path for the reason to attain happiness by full filling their daily expenditure of life which they are not able to arrange due to lack of money. (Kivimäki, M., Vahtera, J., Elovainio, M., Lillrank, B., & Kevin, M. V. 2002). Meanwhile, sometimes women from poor and conservative mind family have to endure numerous painful things which seems them to shameful or irrespective while they need to ask for the help from others regarding money. It directly put effect on the mind of ladies and force them to take illegal in order to receive required help and to ensure their needs of routine life. (Ciabattari, T. 2001), Additionally, lack of money accelerates the difference between the level of respect men and women receives in society. We already know that from the history women are suffering with this abuse also that in some working areas they receive less money than men because men are receiving more education opportunities which makes them capable to do any work and whereas women with lack education opportunities always suffer to get desire job and also because of rules of some area's women receive less salary than men. (Jhangiani R 2004), It definitely trembles confidence of women and also shake self-respect level of females which turns into depressions, hypertension and other psychological problems. (Ball AL, 2008), Furthermore, various times, during financial crisis ladies have to entangled with worse occupation for example, they sale their body and start to work illegally solely only to full fill the stomach family and children along with other needs of life.

(Hoffmann, A. O., Post, T., & Pennings, J. M. 2013) Economic factors are highly responsible for the pitiable mental condition of females. However, strong financial level build confidence in women which make them to realize their own ability to achieve goals of life whereas poverty eradicates dreams of many females which many times decrease the healthy level of their mind to think and to save themselves from burden related diseases. (Factors affecting women, 2021), Financial problems hurdles for ladies when they get need to tackle with unexpected expenses. It also increases irritation and aggression into the life of women when they have to depend on others to receive money for their needs and sometimes families do not support to them which result into fight in the family for financial reasons. (Denson Thomas F., 2018)

Medical Factors

There are numerous reasons behind psychological behavior changes in women, therefore, medical problems are playing big role into it because we all know that ladies face more medical complications in comparison with males for example; menstruation and hard time of pregnancy. (kelly J, 2017) These things contain mood swings, irritating behavior, sudden changes into their nature and taste, hypertension and overthinking. In this time, they need lots of care from families but because of not receiving necessary help and assistance from family they feel more struggle into their own life as they normally feel. (Gjerdingen D K, 1991) Sometimes, sever pain of menstruation and pregnancy along with lack of support from authority and family creates bundle of problems in front of them. In poor

families, ladies do not even receive important needs during pregnancy time, its outcome as change in psychological behavior when they already suffering from physical weakness due to having pregnancy. Meanwhile, some women are living single parent due to having divorce, death of husband or any other reason, those women suffer more from mental stress and other torture to their psyche because of hard work to feed children and manage their needs. When single parent women do not get help from anywhere then she experiences helplessness. (Miller, B. C. 2002) A single parent woman during the nine months of pregnancy course really impacts on mind of that lady and she endure physical and mental pain together even after delivering baby when she still found herself lonely to look after children alone. There she suffers from mental illness because during no one was there to take care of her changes into her body and psychologically which many times consequent as worst condition of mind. (Long-term physical conditions and mental health, 2021), These psychological problems stay with them for long term when they do not get medical help on right time when it is really necessary for them.

Covid-19 Effect

Situations like Covid 19 lockdown, where people have to stay indoors affected the mental health of people, it's been an estimate that the reports of domestic violence had surged by 30 %, this showed the nature of people, all these factors are likely to worsen domestic violence at home, insecurity, abuse, etc., which lead to Stress. The actual reports of violence against women are unclear due to underreporting of domestic violence cases

to police and authorities due to societal shame, stigma, fear of repercussions and many more. (Rawat NS, 2020; Burki T, 2020)

Difference in men vs women brain

According to a research which was done on nearly 1000 people, and this research involve imaging of brain too, they find out that brain of men has more connections within hemisphere, whereas women brain has more connection between hemispheres. It was also determined that men brain may be optimized for motor skills, and spatial skills and their percentage of white matter also more, whereas women brain may be optimized for combining analytical and intuitive thinking, they have better verbal memory and social cognition, also they have more percentage of grey matter. (Regent group 2020)

Diseases due to psychological and hormonal imbalance (Legg TJ., 2018; 10 warning, 2021)

Due to these conditions, disturbed mind, stress, and imbalance in hormones there are chances of getting a lot of diseases like

1. Obesity.
2. Insomnia.
3. Depression.
4. Heart diseases.
5. Fertility Problem.
6. Missing of periods.
7. Digestive problems.
8. Memory impairment.
9. Heavy or painful periods.
10. Blood pressure fluctuation. etc.,

Achievements of Women's (Milly Haddrick, 2021; 100 women of the year, 2020)

If we look at various achievements of Women's, we can't feel proud of them, women's are not in any case behind's men, they can act as role model to many women, if they want to achieve anything in life, these females have faced the same situation, same circumstances, but they believed in themselves. That's make them different. We mentioned just a few examples of them.

1. Marie Curie in 1903 Became the first women to receive Nobel prize.
2. Malala Yousafzai in 2014, at the age of 17 became youngest recipient of the Nobel Peace Prize.
3. Sheikh Hasina– 4 times winner as a prime minister of Bangladesh and still lead the country.
4. Ada Lovelace (1815-1852) known to be the first computer programmer.
5. Wangari Maathai- in 2004 won Nobel Peace Prize, and also Founder of Green belt movement aim to grow 8,000 km belt of trees.
6. Serena Williams- Professional Tennis player, been ranked number 1 for 8 separate times and a social activist.
7. Greta Thunberg- Started a global movement for climate change at the age of 15.

How situation of women could be improved?

We believe if we start respecting women's not only whom we know, but every woman. We should teach our children's to respect women's, and guide them what they can do if they see anything bad happening and same to us. We should speak and try to prevent if there is any injustice happening to women. A lot of times it has been seen, people don't speak at appropriate time, this causes the person to commit a crime. A lot of times victim

don't take appropriate actions, due to feeling of insult in the society, etc. We should speak about this matter, and talk about this matter. Because it's very important matter. Because if half of population lives in fear, what is the purpose of achievements of Human on earth.

As a part of government, there should be first of all, proper representations of women in all fields of society, starting from governance. They are the people who makes laws in Parliaments, if they have proper number of females, then females could easily think of themselves.

Conclusion

In order to conclude, we would like to share our ideas in order to receive some solutions by government which according to me are mental health policies adopted by related authority of the country for example; public health policy and general social policy because psychological health related problems are big burden over the development of the pertaining nation and it is the reason behind the increasement of poverty, medical problems and lack of development targets which contains most of the developments of the country. In developing mental health policy, it is really valuable part that it should include consideration of stigma about mind related issues and mental illness. (Jenkins, R. 2003) According to our point of view the situation can be easily tackle if government will provide great help by exploring knowledge of mental help to the people and arrange free camps to make people aware that how this problem can be begin into their life and can become big problem for them, so people should be get to know reasons, effects and solutions for

psychological problems and those are already suffering from mental illness they should be provided with necessary medication by the government and required help to the people those are under the line of this psychological problem. (Mental health, 2021) Meanwhile, government need to provide extra classes into school and colleges for the sake to make aware children from their early age about health regarding issues, it will not just accelerate their knowledge but also will make them able how to behave against mental illness, so then they cannot solely safe themselves from such critical issues but also can help to others by making them alert about problems like depression, hyper-tension and other health regarding problems. (Violence-against-women, 2021)

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