



EXPLORING AWARENESS ABOUT SELF-DEFENCE AMONG GIRLS IN COLLEGES

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ABSTRACT

Study reveals acceptance and readiness among college girls for real world challenges and hurdles by realizing their knowledge about self-defence among them. Self-defence is a necessity in today's world for survival of a girls or women. And it is not only responsibility of families but also the College institutions to create the seriousness and

importance about Self-defence among girls and should take a proper initiative for the same. So to know how many girls are aware and know self- defence this study is performed.

KEYWORDS: Self-defence, Awareness, Girls, Colleges.

1. INTRODUCTION

When the girls are entering in Colleges there age is 18 to 25 this is very important and crucial age for girls. After finishing schools they are entering into independent world where they have to take care of themselves. Living in metropolitan city and knowing today's competitive world she has to make herself prepared for all the possible adjustment such as time which is important factor. Females between age 12 to 25 has highest risk of violent victimization (Rennison, 2001; Centre for Disease Control, 2000). For girls, there are adverse consequences that have been linked to early victimization, including increased mental illness, failure in school, use of drugs and alcohol and teen pregnancy (Brown, 2003; Howard & Qi Wang, 2003).

The present study not only reveals awareness about self-defence mong college girls but also

address their personal safety, which can impact their sense of self as well. Self-defence for women is not a new idea, but College should take an initiative for teaching self-defence and making it compulsory for all female students.

1.1 What is Self-defence

Self-defence is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully prevent, escape, resist and survive violent assaults.

1.2 Importance of Self-defence

As girls become more connected to their peer group, and less connected with their parents, their self-concept can be affected, and if they have connected with a group that is seen as potentially harmful this can decrease a girls' self-concept dramatically and quickly (Dellasega & Nixon, 2003).

Individuals with low self-concept have been shown to have less positive characteristics in the domains of cooperation, persistence, leadership, anxiety, expectations for future education, and peer interactions (Hay & Ashman, 2003).

By addressing self-concept a girl can connect her successes in multiple areas of her life to her own power as stated by Foxley. S. (2004). Girls lose their assertive, energetic personalities and become more deferential, self-critical and depressed (Simmons, 2002).

There are studies which reveal that girls IQ scores drop (Pipher, 1994). They lose their resiliency and optimism and become less curious and inclined to take risks. There are many reasons why dating violence goes unnoticed, or unreported. One reason is many teens and young adults are unaware of the potential for physical and sexual assault in the context of a relationship; they may not recognize the signs of impending abuse, and don't know Self-defence and Adolescent Girls 6 where to go for help if abuse occurs (Sousa, 1991).

The National Crime Records Bureau—the government agency which keeps track of the country's crime rate reported cases of violent abuse of women have steadily increased since 2009. By 2013, the number of such cases has raised over 50 percent. That's over 848 women who are harassed, raped or killed after carrying off every single day. Some are sold off to traffickers.

1.3 Impact of society stress on girls Self-concept

In society the girl has to deal with both the physical safety concerns, as well as the increased social pressures. The important aspect of self –defence is addressing the socialization. In many ways girls are conforming themselves to the pressures of society. As girls mould themselves to become more socially acceptable, there is the potential of losing sense of their authentic selves. That energetic girl you counselled is transformed into a sad and grumpy. Today’s young women are subtly influenced to interact in ways that reduce rather than enhance their underlying power to connect with one another (Dellasega & Nixon, 2003). The gap between girl’s true selves and cultural prescription creates enormous problems for the females (Pipher, 1994), including a potential loss of self-concept.

2. RESULTS AND DISCUSSION

2.1 Research methodology

The study is basically highlighting following areas

- Self-defence awareness
- Readiness to face real-world hurdles
- Institutional contribution for Self- defence.

Self-made questionnaire is prepared which addressed these issues. Survey is conducted at College. Targeted respondents are girls studying in college. Random sampling is done. Sample size is 60. Data analysis is done using R language.

2.2 Results and Analysis

We have evaluated the data in four grades Excellent, Good, Average and Poor. We got the following results:

Table 1: Self-defence awareness.

Grades	No. of students
Excellent	26
Good	27
Average	07
Poor	00

Fig. 1: Below shows the awareness about Self- defence in College girls.

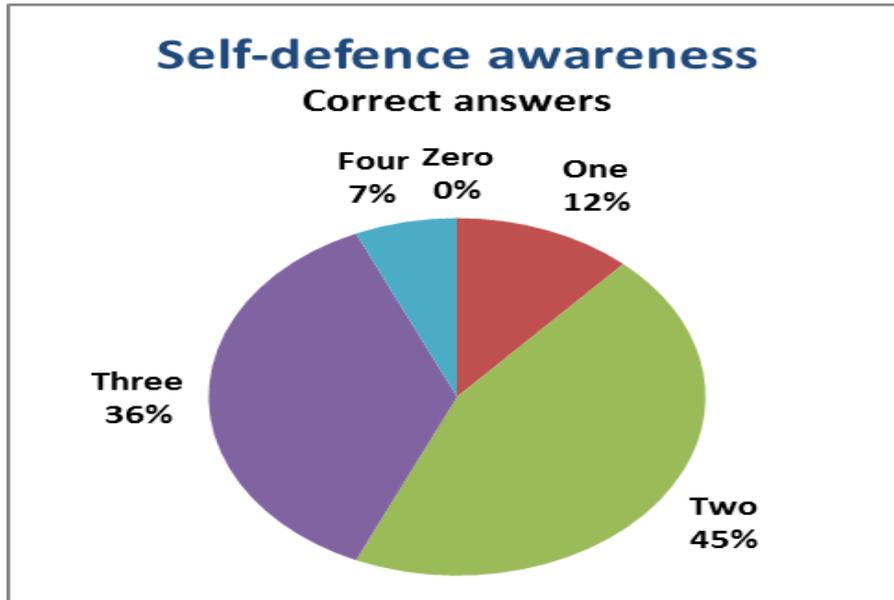


Fig. 1: *Self-defence awareness.*

In this study 43 % we got Excellent results, 45% Good and 12% are average. So it is satisfactory result to be considered.

Table 2: Readiness to face real world hurdles.

Grades	Threshold
Excellent	29
Good	18
Average	12
Poor	01

Following Fig. 2: Denotes, Are the college girls prepare to face real world hurdles?

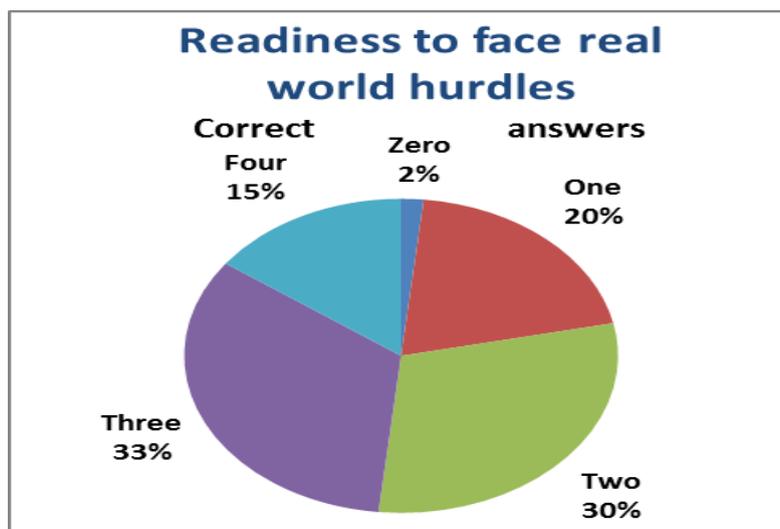


Fig. 2: *Readiness to face real world hurdles.*

In this study 48% got Excellent results, 30% got Good, 20% are average and 2% got poor scores. A result does not show satisfactory performance.

Table 1: Institutional initiative for Self-defence awareness.

Grades	Threshold
Aware	51
Not aware	09

Following Fig. 3 shows how many of the students are aware of the Woman Development Cell in the college and of various initiatives taken for creating awareness about self-defence taken by the cell.

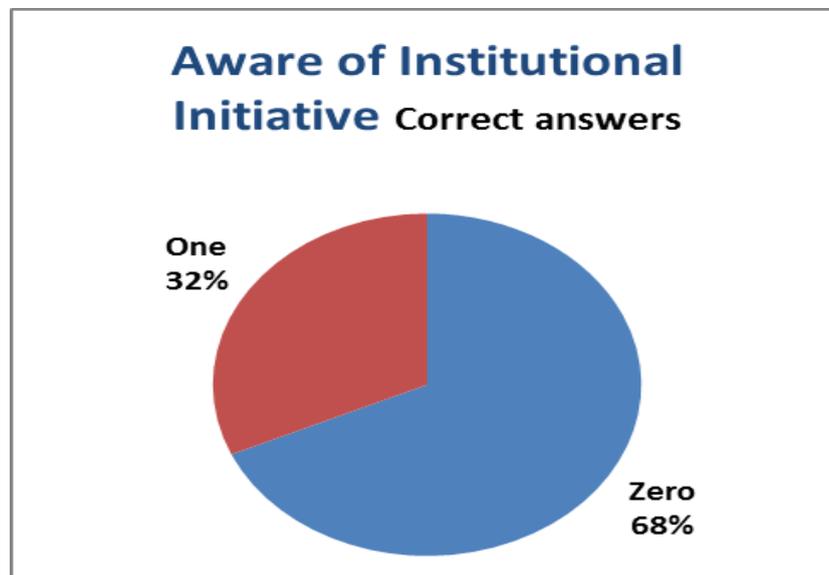


Fig. 3: Institutional initiative for Self-Defence.

In this part, the study revealed that only 32% students are aware about the College's initiatives. It shows the college has to conduct more such initiatives and also take efforts for improving its awareness among the students.

3. CONCLUSIONS

Study shows that College girls are satisfactorily aware about need and importance of Self-defence. But due to lack of initiative taken by the Colleges and family they are not ready to face the real world hurdles. With the rapidly changing society and culture its necessity to prepare every girl with the Self-defence techniques so that wherever she goes in the world she should not be dependent on others or that should not be an obstacle for her career growth.

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