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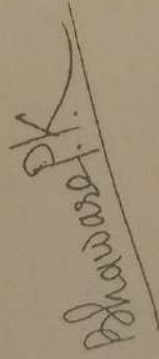
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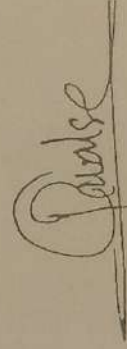
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The online quiz was organized by Department of Sociology during nation lockdown amid COVID-19 pandemic.

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Department of Physical Education & IQAC
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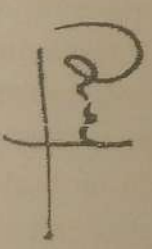
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-In recognition of the publication of the paper entitled
A SOCIOLOGICAL STUDY OF WOMENS AWARENESS OF THEIR RIGHTS : SPECIAL REFERENCE TO SLUM AREA

IN AKOLA DISTRICT

Published in JGRS Journal, Vol. 21, Issue 9, November 2019



Editorial Board
Journal of The Gujarat Research Society



A Sociological Study of Women's Awareness of Their Rights: Special Reference to Slum Area In Akola District

Dr. Bandu Uttamrao Jamnik

Assistant professor & Head Department of Sociology
Shri Ganesh Art's College, Kumbhari Akola MS

Abstract

In this study studied that the women awareness of their rights women it's study conducted in the slum area in Akola city in the state of Maharashtra. Normative survey method is use for this study and purposive sampling technique is use for the selection of the sample for this stud. Self constructed and standardized women rights awareness inventory is use for the respective data collection. It's study conclude that the most of the women belonging in slum area are aware about their women rights.

1.1 INTRODUCTION:

Achieving equality between women and men and eliminating all forms of discrimination against women are fundamental human rights. Women all over the world, however, commonly experience violations of their human rights throughout their lives, and human rights of women has not always been a priority. Achieving equality between women and men requires a comprehensive understanding of the ways in which women experience discrimination and are deprived of equality so as to develop appropriate strategies and norms to eliminate such discrimination. Some groups of women experience additional forms of discrimination, based on their age, ethnicity, nationality, religion, health status, marital status, education, disability and socio-economic status. These interconnecting forms of discrimination must be taken into account when formulating measures and responses to combat discrimination against women. Combating against discriminatory treatments is essential for the progress of women. Besides these, one should give priority to the rights of women and promote their effective implementation.

Women have an important role to play in the society. They are regarded as primary sources that raises and nurtures the family. In spite the fact that the women's contribution to the progress of the country is equal to that of their male counterpart, still they experience a number of limitations that restrict them from realizing their potential for growth. It was against this perspective that the governments all over the world, felt the need to prioritize the needs and interests of women and recognize their contribution in various stages and overcoming impediments that would take place within the course of their empowerment. The term, women's empowerment implies the capacity of the women in taking all the important decisions on an independent basis that are related to her, throughout her life span that will lead to her success in all phases of life.

Slum area women's awareness includes two things one is knowledge (information) and the other is willingness to act (action). From our understanding, we would like to define awareness of adolescent girls by their knowledge and their willingness to perform their duties and responsibilities as members of society.

When the women's got good knowledge, thoughts and ideas, when she recognizes her as an independent member of society, having equal rights and responsibilities and when she got her willingness to act then we can accredit this women's, as a responsive or aware member of the society. this point of view slum area women's have good knowledge about their life and their surroundings and if they have their willingness to act can be called as conscious or aware member of the society. Awareness is the understanding that one exists. Thus, this study was planned to assess the awareness of slum area women about their women rights.

1.2 OBJECTIVES:

To study the awareness of women's rights with respect to slum area women in study area.

1.3 HYPOTHESIS:

There is no significantly difference between the awareness of women rights for the slum area residential women's in respective study area.

1.4 METHOD:

In this study normative survey method is adopts for the identified the women's wrights awareness about the slum area women's. This study conducted in the slum area in the city of Akola Maharashtra. In this slum area total 125 women's are selected for the various socio-economical group in the respective area through purposive sampling method. Data collection for the respective objective for this study is use for the self constructed women rights awareness inventory it's inventory is adopts the respective selected women in the slum area and collect the respective data for this study objective. Data were analyzed in terms of mean, frequency and percentage etc.

1.5 ANALYSIS OF DATA :

Table 1.1 There is no significantly difference between the awareness of women rights for the slum area residential women's in respective study area.

Level of Awareness of Women rights	High awareness	Moderate awareness	Low awareness	Total	Chi square	Sig
Right of Equity	70 56.00%	49 39.20%	6 4.80%	125 100%	51.088	Sig
Right to freedom	51 40.80%	65 52.00%	9 7.20%	125 100%	40.768	Sig
Right to Exploitation	58 46.40%	56 44.80%	11 8.80%	125 100%	33.904	Sig
Right to freedom of religion	55 44.00%	57 45.60%	13 10.40%	125 100%	29.632	Sig
Cultural and educational rights	69 55.20%	50 40.00%	6 4.80%	125 100%	50.128	Sig
Constitutional Fundamental rights	79 63.20%	41 32.80%	5 4.00%	125 100%	65.728	Sig
Right to elected	88 70.40%	34 27.20%	3 2.40%	125 100%	88.816	Sig



Right to Vote	101	22	2	125	131.536	Sig
	80.80%	17.60%	1.60%	100%		
Right to women reservation	68	50	7	125	47.152	Sig
	54.40%	40.00%	5.60%	100%		
Total	71	47	07	125	50.176	Sig
	56.80%	37.60%	5.60%	100%		

1.6 RESULT AND DISCUSSION:

Awareness of women rights in the slum area residential women in respective study area it's identified that the rights to equity, right to freedom, right to exploitation, right to freedom or religion, cultural and educational rights, constitutional fundamental rights, rights to elected, right to vote and rights to women reservation high, moderate and low awareness of slum area women's is significantly difference. It's indicated that the most of the slum area women is highly aware about the women rights and very small number of women are low awareness about the women right residential in slum area.

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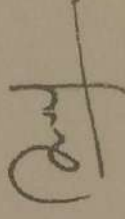
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A Sociological Study of Modern Lifestyle Relation to Social Stress

Dr. Bandu Uttamrao Jamnik

Assistant professor & Head Department of Sociology
Shri Ganesh Art's College, Kumbhari Akola MS

Abstract

In the research presented, a sociological study of the impact of modern lifestyle on social stress. It has been clear in this research that modernity has been as helpful to the development of the society as its effects are on the society. Due to the simulation effect, there has been a considerable increase in the expectation of people, but due to lack of fulfillment, the condition of stress is created in them and this situation of stress gives rise to various social problems.

1.1 INTRODUCTION:

In today's modern lifestyle various diseases are increasingly being carried home. The number of such young people who are suffering from such diseases is continuously increasing. If there is anything behind SK, it is the way of working, living and eating youth. That is, the way modernism has changed our lifestyle, its direct impact is on health. Modernization of multinational companies and work has eliminated the distinction between day and night. If there is a change in the style of work, then there is an increase. Now everyone wants everything and very soon and the youth is ready to do everything for him.

The role of social media has been important in the change of lifestyle, now it is life to wake up at night, wake up late in the morning and go to work after this. The life of such youth who do not go to work is also similar. Whether they are also studying or the kind of career they are looking for, there is a similar situation, in such a situation, it is common to be influenced by food, today's youth mostly depended on fast food or hotel food. Nowadays, at every crossroads, there is a crowd of youths in front of the food stalls under the Chinese. This type of food is not only nutritious, but due to the filth, it is also home to many diseases, it not only increases weight but also causes obesity, which in itself is the cause of many diseases. It can prove to be even more dangerous than malnutrition in terms of disease, because obesity increases the chances of stroke, diabetes, knee and back pain.

In the kind of society that has developed today, the joint family has taken the place of the joint family, in such a way that young people do not get that kind of atmosphere in the house that they spend the evening catering with the housemates and adopt a healthy lifestyle. This is so that every member of a lonely family very rarely finds time for each other at the same time. In such a situation, youth reduce loneliness in parties, where they gradually fall under the influence of alcohol and other drugs. Due to the lack of family of young people coming to other cities for employment or studies, it is easier to develop such behavior in them. If cigarettes and tobacco increase diseases like mother-in-law and cancer, alcohol causes obesity along with kidney and stomach problems, which in turn causes many diseases.

The diseases created due to catering in the society have not been limited to the metros only, but it has expanded very rapidly to small towns and villages. Certainly television and the Internet have narrowed the village and city gap to a great extent. This is the reason that the expansion of the metropolitan style of working is making inroads in the villages after spreading in small cities, and with this, catering has already made its place at a fast pace. This is the reason that the number of young people suffering from the disease is increasing more.

According to the World Health Organization, about 23 lakh youth in the age group of 10 to 24 in India succumb to untimely deaths every year. At the same time, the number of such young population is many times more than this, which is suffering from such diseases, which were considered to be the problem of lack of growth. Youth is not only important for the development of oneself, but it is also the time when any youth prepares himself for the family, society and country, in such a condition of the health of a large energetic population of the country. It is definitely worrisome to come. This becomes even more worrisome when the country does not have a clear scale for calculating the youth population. The National Youth Policy sets the age limit of the youth of the country as 15-29 years, but with the kind of unemployment in India, it does not seem logical for the youth to set this age group because a large population of this country is 30 years. Even after this, she struggles with basic questions.

About 50 percent of India's population is below 25 years and 65 percent of the population is below 35 years. In this way, nearly one-third of the population of India is youth, despite such a large number of youth, if the government has no youth health policy, then it is thinkable. If the kind of data coming in and the trend is being seen, if it is not considered soon, then India in the future will not be recognized as a young India but a sick India.

In the modern era, education has increased to a great extent, many youth are pursuing degrees, in this the role of imitation effect has been important, which has been in modernization, but these young people do not have jobs as they expected, due to which they flourish. is. Their expectations have been increased by various types of media, but due to non-fulfillment of those expectations, they have to do the same thing with different elements. Which is the root of various problems

Stress has become a common problem in today's bustling life. From small to big, today every third person is struggling with this problem. A state of tension occurs when we begin to take pressure and think negatively on every aspect of life. This problem hurts physically as well as emotionally. A person suffering from this is neither able to work properly nor is able to enjoy his life openly. Due to bad effect on working style and relationships, the desire to live in it also ends. It is evident that most people under stress move towards suicide.

1.2 CONCEPT OF SOCIAL STRESS:

It is natural for a person to be depressed or depressed in society, but when this feeling remains for a long time, then understand that he is in a state of tension. It is a mental disorder in which a person does not like anything. He finds his life dull, empty and full of sorrows. Each person may be stressed for different reasons. This problem arises due to excessive pressure of something or work.



1.3 NATURE OF SOCIAL STRESS:

The tension created by modernization in society affects both men and women the most. In the changing social environment, women are facing greater stress than men. They have the highest number of working women. While domestic women are stressed by the home environment, working women are suffering from stress due to both domestic and external reasons.

1.4 SYMPTOMS OF STRESS

Modern lifestyle is creating a situation of stress in the society, including sleepiness, increased blood pressure, feeling tired, not eating properly, poor health. Irritation, frustration, lack of mind in any work, getting angry or aggressive on small matters, irritability, etc. are symptoms that cause a person's life to become depressed.

1.5 MAIN CAUSES OF SOCIAL TENSION

There are a variety of reasons for making a living in the society, those reasons are mainly due to modern living style, mainly in which there is no growth in career, excess of office work and responsibilities, cracks in marital, love and family relationships, weight Excessive drug consumption due to rapid occurrence or aggravation, financial problem, chronic or serious illness unable to say no to any work, to use medicine for simple illness, due to stigma which the modern lifestyle of a person has been largely responsible.

1.6 WAYS TO RELIEVE STRESS

To get rid of stress, first of all make changes in your lifestyle. Do meditation and yoga. It will also keep you completely healthy mentally and physically. Be with happy and positive thinking people. Avoid getting up and down with negative people, as they can also be negative. Get plenty of sleep, but don't sleep too much. Set a time to sleep and wake up in the morning. Do not think or debate unnecessarily. This increases the tension even more. Share your concerns with friends and family. This will reduce your problems. Do not eat junk and oily food under stress conditions. Only eat nutritious and balanced diet. Listen to the music of relief. No loud music should be heard when stressed. Do not consume smoking and alcohol at all. Consuming them can make you feel relieved for some time, but later your problems will double. Don't stick to gadgets like mobiles, televisions and laptops all the time. Do not work more than physical capacity at all. Being in work for hours creates a state of tension. Instead of thinking about problems, try to solve them. Go to a hill station. Here you will find peace and relaxation amidst natural beauty. Breathing in open and pure air helps to improve the mind-mind. Learn something new and creative. Take head massage, gold or steam bath, it will give relief to the mind

1.7 CONCLUSION:

There is a correlation between modernity and social stress, the propagation of modernity increases the amount of hope and aspirations of the society, but its fulfillment is not possible to the people of all sections of society. Creates a situation of stress in the persons of this, it creates various social problems. Therefore, in order to reduce the impact of modern living style on the society, there is a need for a change in the social thoughts that are leading to happiness and peace.



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