



A STUDY OF PROBLEMS FACED BY ADULT WOMEN

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ABSTRACT:

This study explores the challenges encountered by adult women in contemporary society. Focusing on issues such as gender inequality, mental health, work-life balance, societal pressures, and access to essential services like education and healthcare, the report provides insights into how these problems impact women across diverse socio-economic backgrounds. The research identifies key areas for intervention, with recommendations aimed at improving the quality of life and opportunities for adult women.

KEYWORDS : *contemporary society , research identifies , socio-economic backgrounds.*

INTRODUCTION

Despite advancements in gender equality, adult women continue to face a variety of challenges across the world. These issues range from systemic gender discrimination in the workplace to societal expectations that limit personal and professional growth. Adult women, particularly those in their mid-twenties to fifties, often juggle multiple roles as professionals, caregivers, and individuals seeking self-fulfillment. This study focuses on understanding the specific problems faced by women and the socio-economic, cultural, and psychological factors contributing to them.

OBJECTIVES OF THE STUDY

- To identify the primary challenges faced by adult women in modern society.
- To examine the socio-economic and cultural factors those exacerbate these challenges.
- To explore the impact of these challenges on women's mental health and well-being.
- To propose solutions and policy recommendations aimed at mitigating these problems.

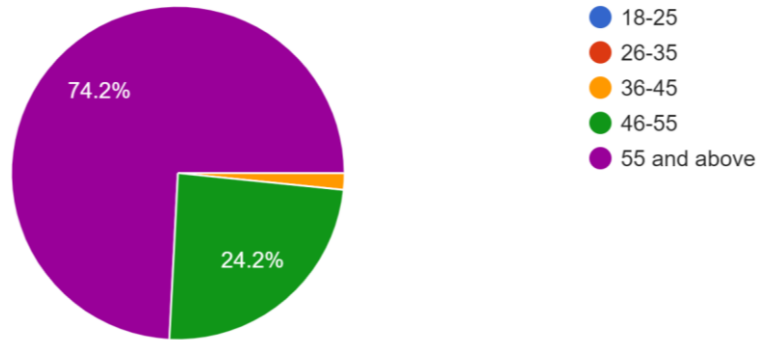
METHODOLOGY:

This study utilized a mixed-methods approach, combining both quantitative and qualitative research methods:

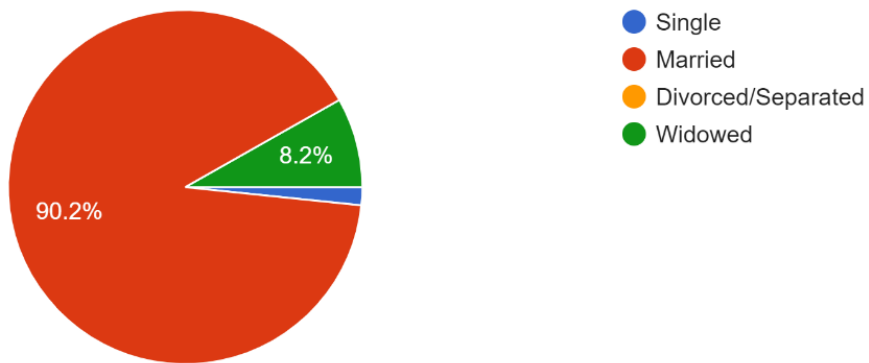
1. Surveys: Distributed to 300 adult women aged between 25-60 from diverse socio-economic backgrounds in urban and rural areas. The survey questions covered key issues such as mental health, workplace discrimination, family responsibilities, and societal expectations.
2. Interviews: In-depth interviews were conducted with 40 participants to gain qualitative insights into their lived experiences.
3. Focus Groups: Conducted three focus group discussions with women from different sectors, including working professionals, homemakers, and women in rural settings.

Data Analysis & Presentation:

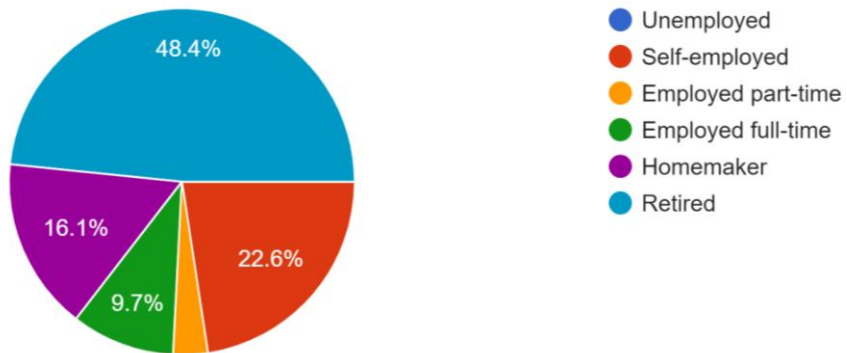
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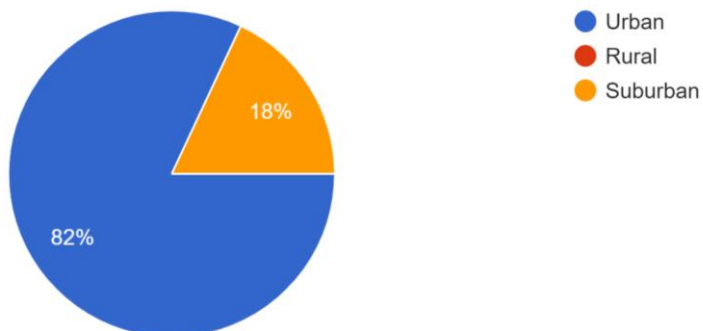
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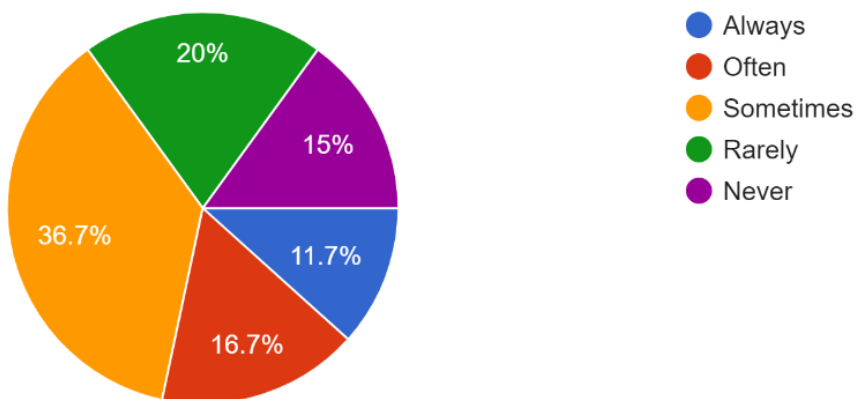
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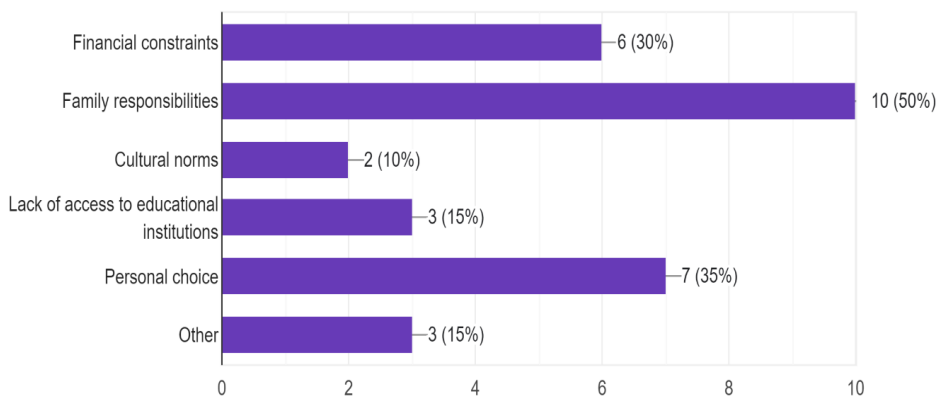
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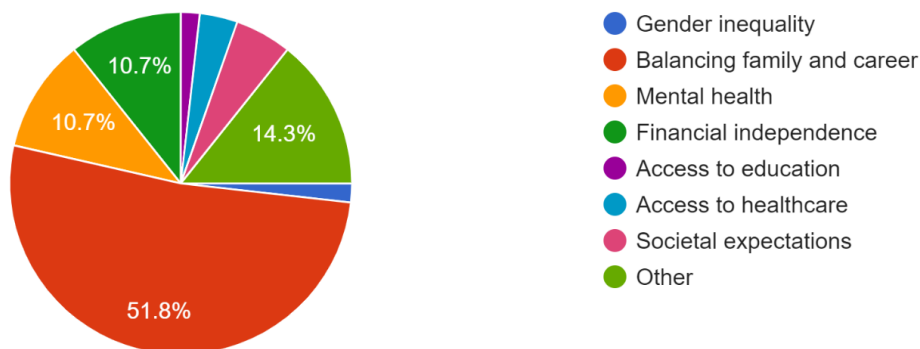
Find it difficult to balance between work and family responsibilities



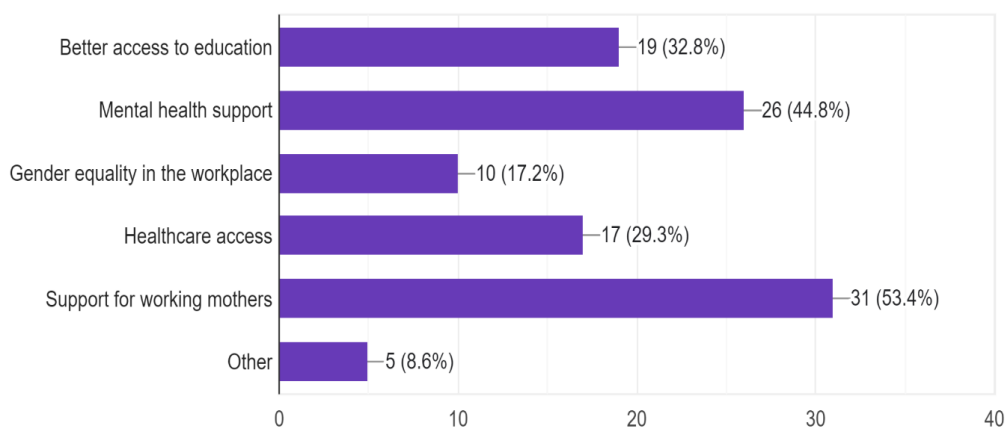
Prevention you from pursuing higher Education:



Challenges face as an Adult Woman:



The most improve the lives of Adult Women in community



Findings

1. Workplace Challenges:

-Gender Discrimination: Around 65% of the women surveyed reported experiencing gender discrimination in the workplace. These included unequal pay, fewer opportunities for promotions, and limited leadership roles.

- Work-life Balance: Balancing professional and family responsibilities was cited as one of the most significant challenges, with 70% of women expressing stress and burnout.

2. Mental Health Issues:

- Anxiety and Depression: 55% of respondents reported struggling with anxiety and depression, often linked to juggling professional, family, and societal expectations.

- Stigma: Mental health issues were more stigmatized in rural areas, with fewer women seeking professional help.

3. Societal Expectations and Cultural Norms:

- Marriage and Motherhood: Many women, particularly in more traditional and rural settings, expressed pressure to conform to societal norms regarding marriage, motherhood, and care giving. This often resulted in women sacrificing their career aspirations or personal goals.

- Cultural Restrictions: In rural areas, cultural restrictions limited women's access to education, mobility, and employment opportunities, making them more dependent on male family members.

4. Access to Education and Healthcare:

- Educational Barriers: Adult women in rural settings found it difficult to access further education due to financial constraints and family responsibilities. Many were unable to pursue higher education or vocational training, limiting their career opportunities.
- Healthcare Access: Access to quality healthcare, particularly reproductive health services, was a major concern, especially in low-income and rural communities. Approximately 40% of rural women reported inadequate access to healthcare facilities.

DISCUSSION:

The findings reveal the complex and interrelated problems that adult women face, with societal expectations often amplifying gender disparities. Economic instability, combined with cultural norms and insufficient support systems, forces women into challenging roles where they must prioritize family needs over personal ambitions. The lack of access to healthcare and mental health resources further compounds these issues, particularly in rural areas.

RECOMMENDATIONS

1. Policy Changes:

- Governments and institutions should enforce stronger anti-discrimination laws in workplaces, ensuring equal pay and leadership opportunities for women.
- Employers should provide more flexible work options, including paid maternity leave and childcare support.

2. Mental Health Initiatives:

- Community-based mental health programs should be launched, particularly in rural areas, to destigmatize mental health issues and provide affordable access to services.
- Schools and workplaces should integrate mental health education programs to promote awareness and support for adult women.

3. Educational Support:

- Governments should introduce scholarships and vocational training programs specifically for adult women, particularly in rural and underserved communities.
- Promoting adult literacy and education through online platforms and community centres can help women access better job opportunities.

4. Healthcare Access:

- Expanding healthcare infrastructure in rural areas, with a focus on reproductive health services, is essential.
- Offering free or low-cost healthcare programs for women can help improve their physical and mental well-being.

CONCLUSION:

Adult women face a broad range of challenges that stem from socio-economic, cultural, and gender-based factors. Addressing these issues requires a multi-faceted approach that includes policy interventions, societal shifts in attitudes towards gender roles, and improved access to education, healthcare, and mental health services. Targeted solutions can empower women to achieve a better quality of life and greater social equality.

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