

A QUALITATIVE STUDY ON SIGNIFICANCE OF SELF-DEFENSE TRAINING AMONG TEENAGE GIRLS

Anusuya Kamath*¹, Veena B. K.*², Laveena D'Mello *³

*^{1,2}Research Scholar, Assistant Professor, School of Social Work, Roshni Nilaya, Mangaluru, Karnataka, India.

*³Associate Professor, Research Guide, College of Social Sciences and Humanities, Srinivas University, Mangaluru, Karnataka, India.

ABSTRACT

Self-defense training in today's competitive world has taken very important place to protect the female girls from any violence occurring to them. In today's situation teenage girls going into streets without any safety measures is one of the risk factor in society. Teenage girls getting abused not only by men but also by their own people it can be of their same gender. The objective of the study is to empower the girls in self defense techniques which help them to be independent and overcome their fears. The Case study method was used. The study was conducted with UG students of School of Social Work, Roshni Nilaya, Mangaluru. Twenty five respondents of the age group of 18-20 years were selected using convenient sampling. Self-prepared questionnaire, interview method and Focused Group Discussion were used to collect data. Teaching women and girls to use their anatomy to defend themselves, and offering a number of solutions such as literacy and self-defense are all part of an empowerment or feminist solution.

Keywords: Adolescent Girls, Sexual Assault, Safety Measures, Self Defense Techniques. Empowerment.

I. INTRODUCTION

Self-defense has been used for over a century by feminists to defend their bodily integrity and assert their right to citizenship. Self-defense is a collection of abilities that combines perception, confidence, and verbal confrontation, as well as protection tactics and physical methods, to effectively combat and withstand intense assaults. Women's opposition to abuse, on the other hand, has received less attention in research on crimes against women. In Today's world women's safety is a one of the biggest issue wherein self defense education and training techniques should be mandatory to be given to the children at their young age.

Ethics and Elements of Self-Defense is essentially the practice of protecting oneself from potentially dangerous powers. In most situations, these negative powers are directed at human assailants. The most important aspect of self-defense for girls is the ability to defend oneself from something that is socially inappropriate. This is much more motivating than possessing the ability to assess a potential risky situation. It encourages women to cope with difficult and challenging circumstances on their own, empowering them to live a safe and rewarding life.

Basic Self-Defense Principles:

When confronted with a life - threatening situation, these principles can help save your life.

- Improved Reaction Speed: By increasing the gap between you and the attacker, you can shorten the time it takes for them to get to you.
- Obtain Good Balance: In any stressful situations it is important to keep focusing and controlling one's body movements.
- Build an Action Plan: The body is just as powerful as the mind wants it to be. Make a mental note to use proper self-defense strategies.
- Use Distraction Techniques: Distract yourself by shouting, throwing chilly dust, spraying and calling others, and so forth.
- Find the Offender's Weakest Physical Points: The eyes, nose, throat, collar bone notch, forearm, groin, jaw, knee, and foot are all sensitive spots on an attacker and needs to be attacked at these weaker points at risk situation.
- Apply your Own Weapon: A woman's personal arms include her forearm, palm, knee, foot, and nails, are the weapons to fight against the attacker.

- Women should stop using force because they would be overpowered by a man: Women must employ the element of surprise and deliver swift and effective self-defense techniques.
- Don't Panic: In any risky situation, don't get panic. Take a deep breath and take the time to consider what's going on and how you want to react.

Techniques of Self-defense:

Physical

The use of direct force to protect oneself against an external act of assault is known as physical self-defense. Such force can be trained and equipped or disarmed, depending on the defender's emotional and physical readiness.

Unarmed

Many martial arts forms teach self-defense or include self-defense tactics. Some martial arts teach about when to get out of a gunfight or break free from a punch, while others teach you how to fight. In today's world, many martial arts schools combine methods and tactics, and they also adapt self-defense instruction to the needs of their students.

Armed

For self-defense, a wide range of equipment may be used. The best option is determined by the challenge, the victim and the defender's experience. Legal constraints also have a major impact on self-defense choices. Hair pins, tie-wraps, ballpoint pen, scissors, flashlights, baseball bats, books, key rings with keys, kitchenware and umbrellas can all be used as improvised weapons for self-defense.

Various Self-Defense Programs in India

The Women Empowerment Program: "Women street survival plan and tactics" is the foundation of the curriculum. A system designed with regard to today's numerous crimes against women by Master Sitta Wang and Agalska Sharma. This is based on the official structure of neutralise forces in the country, Pekiti Tirsia Kali, and Indian forces, such as The National Security Guard (NSG) Commandos and Special Forces. Both tactics are intended to be transferable from one makeshift weapon (ball pen, keys, and cell phones) to another, and they can also be used when you're unoccupied.

DARE Program: The DARE program Defence against Assault Rape or Eve Teasing (personal security and safety programs).

Contents

- Preparing for an attack
- Using constructive techniques during an attack
- Using physical methods during an assault

Karv Maga:

It is a battle-tested Israeli self-defense technique that teaches how to avoid, cope with, and defeat all types of aggression and assaults. It teaches students consciousness, self-defense warfare, and battle skills through the use of martial arts tactics such as attacking, boxing, and wrestling.

A Karate India Program:

This self-defense training is given to Women only . It is a martial discipline that combines karate, Judo, Kenpo, Tai Chi, and Taekwondo. It's a very powerful self-defense technique.

- **1091 (Parivartan) Women Helpline:** Women should call Women Helpline No. 1091 in times of crisis or urgent care. They can even call a women's helpline for support or guidance.
- **Himmat App:** Delhi Police has launched Himmat App on Android Phones where Women can send SOS signals to Delhi Police Control Room using this app.

II. LITERATURE REVIEW

- **Shannon Leigh Foxley (2004)**, conducted a study on "Self-defense and Adolescent Girls: Dating Violence, Self-concept and Self Confidence" Portland State University Professional, the paper addresses, adolescent

girl's views and acceptance of dating violence and their self-concept and confidence. In many ways these concepts are intimately connected.

- **Gidycz, C. A., Rich, C. L., Orchowski, L., King, C., & Miller, A. K. (2006)** the research looked at the effectiveness of a sexual abuse threat initiative for female college students that contained a physical self-defense aspect. The challenge in discussing the effect of programs on rates of sexual victimisation is addressed, in programme, participants demonstrated a greater understanding of sexual harassment.
- **Ballan, M. S., & Freyer, M. B. (2012)** the study explains that domestic violence is common in women with disabilities, but hardly any study has looked at self-protective strategies that might help them avoid it. This report examines the frequency and forms of intimate partner violence perpetrated against people with disabilities, as well as the causes that put this group at greater risk of harassment than non-disabled women.

III. METHODOLOGY

The Case study method was used. The study was conducted with UG students of School of Social Work, Roshni Nilaya, Mangaluru. Twenty five female respondents of the age 18-20 yrs were selected using convenient sampling. Self-prepared questionnaire, interview method and focused group discussion were used to collect data.

Objective

To empower the girls in self defense techniques which help them to be independent and overcome their fears.

IV. ANALYSIS AND INTERPRETATION

Through interview methods, each respondent expressed their views on the different situations they observed and few expressed as they faced in their lives situations like while travelling in the public transport system, walking in the streets, inside and outside the premises they live in. Through focused group discussion different situations were given to the respondents where in they put their ideas into charts and verbally presented it as well as role play was done through which they got to know more about risk factors which creates problems to them therefore they suggested for the need of self defense techniques.

Intervention:

Organized a resource talk on "I'm Proud to Be a Girl" by the expert and Self defense training was given to the respondents by the martial art professional.

Findings:

Pre- Intervention:

- Twenty two Respondents expressed that it is difficult for them to walk alone during night in the streets.
- Two respondents have undergone the self defense training techniques.
- Fifteen Respondents expressed that in any risk situation they would panic and be still.
- Six Respondents expressed that they are at a risk by their own known people.
- Eight Respondents said that while travelling to the long distance should wear comfortable clothing which would not distract others.

Post- Intervention:

- Twenty three Respondents said that they should maintain good peer relationship which will protect them from any risk situations.
- Twenty two Respondents expressed that all their day to day activities would be shared with their family members who are close to them.
- All the Twenty Five Respondents got to know about the weapons hidden within themselves like their loud voice 'HELP', sharp teeth and nails, using their elbows and so on.
- All the Twenty Five Respondents understood that the meditation improves concentration which helps them to be confidence to revolt against violence.
- All the Twenty five Respondents got to know that the materials should be kept in their bags like pepper spray, pins, chilly powder, knife so on.

- All the Twenty five Respondents got awareness about defensive techniques and were capable of using the techniques in times of their difficulty.

Suggestions:

- Compulsory School awareness programmes should be given at the age of six about the safe and unsafe touch.
- Self defense awareness education should be given to the male student also.
- Self defense awareness programme should also be conducted for the Parent Teachers Groups.
- The appointment of a female counsellor should be made compulsory in schools.
- Self defense Techniques should be taught in the school.

V. CONCLUSION

Family members play a vital part in helping and motivating young girls to tackle challenges, as well as teaching male and female children equity. Not only do females should be able to negotiate back when the circumstances warrant it, but our social norms, such as the girl's ability to walk alone in the dark streets, need to be revamped. Teaching self defense tactics is a daunting task, and if there is no psychological intervention prior to performing the instruction, it would be much more difficult. As a result, one must mentally empower the females to be secure enough to adapt to any danger circumstances that might arise in their lives.

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