



STUDY ON THE CONCERNS AND DIFFICULTIES WITH THE SINGLE WOMEN'S LIFESTYLE

Navneet Kaur

Dr.Chander Kant Chawla (Assistant Professor)

OPJS University

ABSTRACT

Introduction: Recently, the study of gender relations and societal transformation has been centred on a freshly envisioned kind of femininity.

Aim of the study: the study's primary objective is to examine the issues and challenges related to the single women's lifestyle.

Material and method: The conceptual paper is based on information gleaned through conversations with single women.

Conclusion: It is decided that India still has to do a lot to treat lone women better. Today's singles should stand up for their rights.

1. INTRODUCTION

The study of gender relations and social change has recently been debating and thinking about a freshly envisioned type of femininity. Independence, self-sufficiency, and confidence serve as the defining characteristics of this specific architecture. This ideology's allusion to a "empowered, independent woman" is notable since this woman embraces and exhibits traits that are often linked with male subjectivity. This kind of femininity is supported by some within the frameworks of neo-liberalism and post-feminism as proof of feminist success since it seems to show that women now have more alternatives for living their lives outside of the limitations associated with traditional gender roles and standards. This essay will look at how, in reality, the exercise of free choice that is at the core of this structure does not completely apply to women's private lives, which are dominated by heteronormative gender norms that put the couple at the centre of society. Despite more recognition of women's autonomous rights, choosing to be single is still seen as an issue for women, just as it has been in the past. Being single may be seen as a respectable and powerful condition, yet it is ultimately a temporal state. Women who continue to remain independent beyond a certain point in their lives are often exposed to societal censure.



This research looks at sexuality and intimate relationship status as places where women are positioned in modern gender relations in a manner that makes their choices vulnerable to societal pressure and hence limited. These interactions highlight the paradoxical character of modern femininity and show how personal decisions made by women are not completely independent but instead are governed and held accountable by heteronormative gender standards that are being reconfigured in the context of broader societal change. The objective is to further our critical knowledge of the structure of contemporary gender relations and how they affect personal agency and the hierarchy of important institutions like the family and the personal sphere. This reflects certain historical and structural conditions dictated by post-feminist and neo-liberal rationalities when choosing singleness is seen as irresponsible or a lack of self-management. As a cultural construct, femininity directs social activity and establishes standards of behaviour. It's crucial to consider how gender norms may be promoting or perpetuating singledom as a viable option to dating. Therefore, a model of gender hegemony will be addressed in order to provide important insights into why, despite the escalation of messages that treat women as autonomous, sexualized people, choosing to be single may still pose a "problem" for women. Modern gender relations have led to changes in the definitions of femininity and masculinity, with several iterations of each being accessible. This article will speculate about the notion of "empowered femininity," which is one of the ideals for women, and how it relates to the concept of marriage and family. By providing an explanation for how prescriptive gender norms frame singlehood as a potential way of life for women, this research adds to the study of interpersonal interactions.

1.1 The social construction of single women

The concept of marriage and family has traditionally directed the path of women's lives, holding them responsible for upholding gender standards that are accepted as expressions of fundamental differences. Research has looked at how people who don't fit into this category are marginalised and subject to harmful stereotypes, discrimination, economic disadvantage, interpersonal rejection, and stigmatisation in social contexts that value heterosexual marriage and family life as a universal goal and marker of successful life course development. Due to the general assumption that marriage and family life are good things, the negative feeling known as "singlism" remains undetected and unquestioned. This is based on a number of uncontested presumptions, including that most people desire romantic or sexual relationships, that they will take precedence over other relationships, and that people who place one truly significant relationship at the centre of their lives are more "valuable, worthy, and important." Despite data suggesting that standards controlling intimacy and personal life are diversifying, the stigma associated with people who cannot claim to be a part of couple-centered society is highly



durable. The power of this concept is still there despite demographic statistics showing that singlehood is becoming a more common experience. In light of this, there is a "cultural lag" in many Western "pro-marriage" nations today, where "cultural representations, official policies, and personal views boost the significance and worth of heterosexual marriage compared to single life." Numerous variables affect the status of "single" and, more especially, its potential stigmatisation. Particularly, gender norms have a major role in influencing how the status of singleness is perceived. Because care and reliance are emphasised as a key component of effectively performed femininity in traditional gender constructs of gender, women are under more pressure than males to adhere to the ideology of marriage and family. While historically aspirations like independence and autonomy have been considered as incompatible with the completion of a full feminine biography, heterosexual romance and marriage have been crucial to the fulfilment of femininity and successful life path transitions. The inference is that women wouldn't voluntarily want to be alone, and as a result, "cultural perceptions of the single woman as desperate and imperfect" are perpetuated.

2. LITERATURE REVIEW

Tembhre, Manju (2018) The illustrious Indian past honours women in various socioeconomic spheres, but it also reflects the additional hurdles they confront in business, politics, and education relative to their male counterparts. Women are not regarded equally to males in all fields when it comes to social standing. Women make up about 50% of the world's population, yet they do so while standing on shaky foundation. However, only a small percentage of women have profited from development efforts, despite claims that their involvement in progress and other economic activities is increasing due to changing circumstances. A quick peek at the development of a few women reveals a glimpse of women's empowerment. On the other hand, a staggering number of women in society are still denied access to basic rights, which reduces them to a pitiful state and also threatens her true power. The global canvas shows that approximately 70% of women live in poverty, 80% of refugees are women, and 23% of women worldwide are illiterate. Domestic abuse, female feticide, rape, molestation, and eve teasing are all worldwide realities that prevent women from being fully empowered. Women must band together to address the problem of gender parity and economic empowerment by ensuring that their voices are heard in the formulation and rigorous implementation of laws and public policies.

Pande, Rekha (2017) The history of empowerment and development is examined in this essay, along with the barriers to these processes in India. It focuses on the three main concerns facing India today: the treatment of girls, gender violence, and globalisation. These issues must be



addressed first in order to advance the advancement and empowerment of women in the modern world. We may see certain overarching themes if we look back in time at the arguments and disagreements around the subject of empowerment and development. The whole development argument claims that many women mobilised and organised for their rights all around the world. Feminism was seen as unimportant to development and a luxury for the benefit of women in developed nations by development planners and policy makers who had little engagement with these groups. As a result, phrases like "serving the needs of the poorest of the poor," "growth with equality," and "basic human needs" emerged from the first stage of mainstream development models. This period saw development as an administrative issue whose resolution required massive transfers of resources and technical advancements from wealthy to developing nations. Women's inclusion in the development process came as restitution for this. Indicators of women's participation in development were employment and education, but again, throughout this period, a sizable portion of rural women were left behind. Feminist women have addressed the topic of growth in the modern era. They have given new meaning to the term "development" and highlighted crucial concerns about topics like child care, reproductive rights, violence against women, family planning, technology transfer, and rural development. The inequities and inequalities within and across societies tend to be reinforced and amplified by development if it just results in an increase in output. Economic, social, and cultural factors all need to be considered as part of the development process in order for one to have influence over their condition in life.

Darji, Mittal (2016) The goal of the current study is to analyse the as of yet unresearched issue of Indian working women juggling their personal and professional lives. Numerous factors, including family size, kid age, job hours, quality of social support, etc., have been found in studies as having an impact on how to balance personal and professional life. Who is an Indian working woman in the 21st century? The answer to this is that working Indian women face far greater obstacles than men and women in other regions of the globe. The place of women in Indian society today has undergone significant shift. Women may be regarded as holding higher positions in the education sector, as CEOs, as fighter-jet pilots, as heads of customer service, in banking, as admin heads, as HR, as corporate executives, etc. In every industry, women are contributing greatly. Additionally, the women serve as the hub and cornerstone of the family's social and cultural life. Not just males are seen in the family as the primary provider. Indian women now provide financial assistance to their family members. Even while the number of paid women is growing, they nevertheless face certain obstacles as they work to establish their value in both their job and their families. She is exclusively responsible for striking a balance between her many obligations in both her personal and professional life. Working women's lives are thus



very stressful. Women-centered strategies for both personal and professional life have been discussed here.

Gwal, Rajeshwari & Professor(2015)The socioeconomic situation of working women has significantly altered, they are more financially independent and more conscious of their rights and the need of equal treatment at work, but they still encounter challenges while working outside the home. Women often favour careers as nurses, physicians, teachers, secretaries, managers, bankers, or in government. Even though there may be excellent female engineers, managers, or geologists available, a guy with equivalent qualifications will be given precedence. The majority of the issues that have plagued working women are really a result of how society views women's roles. Men are traditionally thought of as the breadwinners, while women are thought of as the housewives, mothers, and carers. This stereotypical role model keeps creating barriers for professional women. This essay sheds attention on the different challenges that working women in Indore City confront while also attempting to pinpoint the root causes of these issues and provide solutions.

Hans, Vedamani (2009) India is on track to become an economic giant, but it does not stand out at all in terms of the health component of human growth, especially for women. India does not exhibit the normal female advantage in life expectancy. It is important to comprehend if women are in a position to benefit from the economic boom in light of the new liberalization-era economics and their concerns for employment, human security, and development. Therefore, an analysis of the health problems faced by Indian women in connection to their working conditions, output, and wellbeing is attempted in this study. The development of human capital and the connections between gender and economic productivity are the two main areas of gender-based variations and inequalities that are the subject of this study.

3. OBJECTIVES OF THE STUDY

- To learn about the societal issues that single women face.
- To comprehend what being single means and for what reasons.

4. METHODOLOGY

The conceptual paper is based on information gleaned through conversations with single women. Additionally, information from several secondary sources, including the internet and research papers, has been taken into account to examine the research within the boundaries of the goals.



4.1 Reasons of being Single

- According to a research, most women nowadays are unmarried by choice rather than accident. But not everyone experiences this.
- Some of them chose to stay single since they were no longer permitted to get married owing to specific restrictions.

5. RESULTS

For easier comprehension, the following ideas should be emphasised in the research's suggested theme:

1. Who is a single woman in the society?

A lady who is unmarried at the age of 30 is considered to be single. The age of 30 has been established by our own society for a number of reasons, taking into account the girl's access to a basic education, career training, job, etc. When they turn or beyond the age of 30, even ladies begin to see themselves as single women. Therefore, it can be concluded that setting the minimum age of single women at 30 years seems most logical and appropriate for the current research.

2. Life styles?

The term "lifestyle" refers to the study of behavioural patterns and capacity for adaptation to diverse life styles. With allusions to her professional life, self-identification, and confidence in the future, it demonstrates the style of life a single woman aspires or chooses to lead. This will also include her societal, domestic, and professional behavioural tendencies.

3. Issues?

The term "issues" refers to those events that a single woman perceives as being stressful and taxing on her life, creating disruptions in her daily routine, and endangering her physically or psychologically. It also identifies the causes of such problems.

4. Challenges?

The difficulties that single women experience and their remarkable courage in accepting them and continuing with their own deliberate judgements about their own lives might be seen as challenges.



The aforementioned arguments make it clear that unmarried women, particularly in Indian society, have several difficulties. The challenges of being a single woman are increasing every day for them. Women who live alone are seen as being noticeably secluded. In addition to facing physical or financial instability, single women in Indian society often experience significant prejudice. Single women are not treated with the respect and dignity they deserve. Even in the media, unmarried women are portrayed negatively.

6. CONCLUSION

India still has to do a lot to treat lone women better. Today's singles should stand up for their rights. People need to recognise that a woman's life's ultimate goal is marriage. The media must work to dispel stereotypes, provide a positive view of singlehood, and actively encourage the development of a supportive atmosphere. Only until single women are emotionally and socially robust will society consider being single. This would encourage their audacity and help them stand out in society. Additionally, they need to budget their money well and make an effort to save for the future. Laws that support the lives of single women should be developed by the government and other social actors. In order to empower single women, they must also implement numerous awareness-raising and sensitization campaigns. Both married and unmarried women should be granted equal rights in all aspects. Children should be taught by their parents to respect all women, regardless of their marital status. We may get the conclusion that single women's circumstances are evolving with time. Additionally, more individuals are embracing being single. Accepting and recognising the woman's solitary statuses is urgently needed. We want to live in a developed country. We must establish ourselves as a progressive society where everyone is treated equally and given equal chance if we want to be acknowledged as a developed country. Single women must realise that with enough perseverance, they can overcome any class barrier. It's time to let the ladies know that even if you're single, you're not alone.

6.1 Major Findings

1. **Socio economic background:**The majority of women are in the 30 to 40 year age range. Most of them have at least a bachelor's degree. The majority of women also come from households where both parents have advanced degrees. While half of the unmarried women live with their own families under the same roof and work from there, one-fourth of them reside in women's hostels. More than half of the unmarried women are capable of supporting their own families in addition to the ones they live with. The majority of them have a sibling who is married and raising their own family. The majority of women were



seen to be single by choice, whereas a small number were alone as a result of unfavourable life situations.

2. **Lifestyle of the single women:**Single women not only have various housing arrangements but also have several jobs and maintain multiple work schedules. Few of the ladies are single. They take care of their own domestic duties, employ a maid to help them, and keep themselves occupied with their own business. The majority of them don't feel the need for a male companion or a life partner, and as a result, they don't feel deprived of having children.
3. 3. The lives of single women in society include both numerous good and bad features. Positive aspects include independence in all facets of life and greater opportunities for establishing one's identity, while drawbacks include the absence of close relationships, feelings of insecurity and loneliness, increased risk of sexual harassment, anxiety about growing old alone, and lack of sex gratification.



REFERENCES

1. Tembhre, Manju. (2018). Challenges and Prospects of Women Empowerment in India.
2. Pande, Rekha. (2017). Some issues and challenges to women's development and empowerment in India. *Feminist Research*. 1. 23-30. 10.21523/gcj2.17010103.
3. Darji, Mittal. (2016). THE CHALLENGES FACED BY INDIAN WORKING WOMEN TO BALANCE PROFESSIONAL AND SOCIAL LIFE IN 21 ST CENTURY.
4. Gwal, Rajeshwari & Professor, Assistant & Vajdi, T. (2015). An Exploratory Study of Problems of Working Women in Indore City. *UNNAYAN Volume - II*.
5. Hans, Vedamani. (2009). Women, Health and Productivity - Some Issues in India's Development. *Women & Work eJournal - Forthcoming*. 10.2139/ssrn.1311962.
6. DeepaShikha ,(2009) Single women: problems and challenges (A sociological study) 1-14
7. Sundriyal, R., et al (2013, January 12). Depression and Life Satisfaction among Married and Single Women. Retrieved from: www.researchgate.net/publication/272717165_Depression_and_Life_Satisfaction_among_Married_Single_Women
8. Reynolds, Jill, Wetherell, Margaret (2013, September 12). The Discursive Climate of Singleness: the Consequences for Women's Negotiation of a Single Identity. Retrieved from: ro.open.ac.uk/2784/1/Discursive_climate_paper.pdf
9. Jun 15, 2015 - Life is not a bed of roses for single women in India especially because our society mainly looks at them as misfits: they are not contributing by serving family or
10. Rosengren A, Hawken S, Ounpuu S, et al. Association of psychosocial risk factors with risk of acute myocardial infarction in 11119 cases and 13648 controls from 52 countries (the INTERHEART study): case-control study. *Lancet*. 2004;364(9438):953–962.