



A STUDY ON AWARENESS AND EFFECTIVENESS OF SELF DEFENSE TRAINING FOR GIRLS AT UTU

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Abstract

The main objective of the present study is to assess effectiveness of training methodology of self defense training. The self defense program has been developed taking into consideration the short comings of traditional martial-arts, the program is time tested, and obsolete techniques are discarded.

The aim of study is measure how much learning has taken place among the participants after imparting the self defense training. 150 girls' respondents from UTU are of 20 years and belonging from undergraduate qualification. All the girls have attended self defense training program at college. Girls are strongly agree that they are always concerned about their safety and worried about their safety when on road, college, public place or public transport. Girls are agree that in our society girls and ladies are subjected to physical assaults by males and sometimes by mother in laws too. Girls are agreeing that they were educated that it is possible to fight someone who is bigger and stronger than you during the program. Girls are agree that after attending self defense training program for 5 days they know the ways to effectively fight back in case of physical assaults at home or outside, know that all available resource like free hand, knee, and shoe heel can be used effectively in case of attack, aware of their physical strengths, mentally become strong to face the attackers.

Key Words: Self Defense, Safety, UTU, Training, Techniques.

Introduction

Empowering women to a life of dignity & self respect through self defense. What makes this program unique is its study and use of pressure points (weak links) in the human anatomy, techniques specifically designed, to target, easy to reach pressure points, produce devastating results, if used, relatively little or no strength is required to use these techniques, making them ideal for children, women and the elderly.

Violence against Women although it is no longer the case in Britain, a large percentage of the world refuses to recognize rape within marriage as a criminal offence. Meanwhile, here in the UK, 89 per cent of regular domestic violence victims are women, and two women a week are killed by a male partner or former partner. The "banter" culture that surrounds violence against women - jokes about "rape as surprise sex"; "I'd have sex with her" recast as "I'd smash it" - doesn't do this state of affairs any favors. So long as women are disproportionately targeted for violence, our work is never done - which is why the great work of charities like Women's Aid is so encouraging. Put like this, sexism today can seem an insurmountable obstacle, despite all of our past collective achievements. But it's worth remembering that often, just drawing attention to inequality can be enough to get people on board with tackling it; consider the huge popularity of Everyday Sexism. If you don't know where to start, places like UK Feminist have a campaign for every form of stigma, ranging from discussions of why people assume that Muslim women wearing headscarves "don't have a voice", to policing plastic surgery adverts in magazines. It's still a tough world out there for The Ladies, and we hope that we've demonstrated how sexism remains at work in 2013. Here's hoping modern feminism will tackle it; as we all know, a fight on many fronts greatly improves our chances.

The self defense program has been developed taking into consideration the short comings of traditional martial-arts, the program is time tested, and obsolete techniques are discarded. The training is situation oriented and not Dojo-Gym based, you are trained and tested not only in a class-studio, but also at all those places where one is most likely to be attacked, e.g. Empty parking lots, elevators, staircases, dark alleys etc, the timing of the training is also different. For the successful completion of the program, one needs to complete an obstacle course, which takes the trainee through several situations of attacks at various locations.

A study on impact and effectiveness of self defense training program for girls at UTU (Uka Tarsadia University, Gujarat). To find out if it is critical to impart self defense training to women. To find out how much learning has taken place among the participants after imparting the self defense training. To find out the effectiveness of training methodology of self defense training.

Literature Review

The Martial Art Academy of India is the organization who has done "The Professional Self Defense Program". Their major objectives are effective strategies to escape from violence, each individual's progress. Help, and make you capable of winning in a high stress situation, increase confidence, reduce stress, boost energy, fitness, and health. And teach you a very practical system of self protection. Improve both body and mind, empower you with a life-saving skill their target person were women and they use classes as a method to make the program success. The self defense tools are karate, tae-kwon-do, tai-chi, qi-



gong kung fu, self defense, kravmaga, falun gong, yoga, meditation and kickboxing, techniques consist of gross motor skills (basic body movements that virtually everyone is capable of doing). hitting, kicking, joint twisting, throwing, fixing.

The Delhi Police Commissioner B S Basis has organized a “**Compulsory Self-Defense Training Program for Girls**” in which their objectives are self-defense training for girls, at 35 age woman will still have physical capacity to defend her. The target people of compulsory self-defense training program are the age of seven years girls, 15-35 age woman. The method used to organize a compulsory self-defense training program for girls is campaign.

The Gujarat Police had organized a program name “**Suraksha Setu**” at the end of June 2014 in which their objective like to learn how to protect them if strangers attack them. Minimize incidents of crime in society. Solve the problems faced by people at all levels and all age groups. Women security and empowerment. Enhance self-confidence among women. The target person is all age groups girls. The method used to make the program effective is free-of-charge arms training programmed.

The Police in Surat City of India’s Western Gujarat State have provided “**Free Self Defense Training**”, prompted thousands of protesters into the streets to young women during January- (february24) Sunday. Their objectives are wake of the rise in crime against women. Acquired skills in defending women against molesters and rapists. The no. of women trained are 80.

The Martial Art Industry has organized “**Classes of Self-Defense for Women, Children, And Teens**”. In which they give knowledge about various self defense tools like krav-maga, defend and systemax. Rape aggression defense system (RAD), aware impact/ model mugging, etc. Rape aggression defense system (RADS), aware impact/ model mugging. Reality-based self-defense (RBSD) kickboxing, muaythai, boxing, savate, shoot boxing, sanshou, judo, bjj, sambo, mma and wrestling, karate, taekwondo, hapkido, pencaksilat. Eskrima /arnis /kali.

The NGO (Non-Government Organization) has prepaid a program “**Namaste Life Namaste Life For Women**” in whom they have objective were avoiding victimization is a multi prong effort, empowering women to be confident, empower women physically against potential assault, develop presence of mind & decision making power in case of assault. They have used the method to develop this program is 2 hour safety workshop, 3 day master training, a unique and practical kit includes DVD with training modules: 2 hour community programs group activities and games due to which they have trained 1200 women.

The Minister of State for HRD has declared a “**Self Defense Training in School Curriculum**”. In which they have objective like backdrop of incidents to violence and sexual assaults on girls with focus on girls of colleges and schools by the method of introducing an elective course on human rights and gender studies for class’s xi and xii from 2013-2014 session.

The School Education Department Government of Tripura India. Has prepaid a “**Rashtriya Madhamik Shiksha Abhiyan Rajya Mission (RMSA)**” training programmed of 7 day duration. With the objective of all students under the purview of secondary education irrespective of social, economic and gender disparities. To escape from such unwanted hazard to 8950 girls.

The Indian Government’s Human Resource Development (HRD) Ministry has made training programmed “**For Identified and Motivated Counselors and Nodal Teacher**”. By targeting women from a young age, upper primary classes. With the objective of human body security and safety, self-defense for upper primary classes. Introduce value education and gender studies in school syllabus. By the help of introducing syllabus on health and physical education for class’s I to10 monitoring system to incorporate a checklist of parameters that promote gender sensitivity in classroom transaction and extracurricular activities.

The National Self Defense Institute has made a training program of “**Self Defense Awareness & Familiarization Exchange (S.A.F.E.)**”. For teenaged & adult women by our communities through programs of education and training, training programs, unparalleled 2hour educational awareness. To fulfill the objectives which are to prevent crimes of sexual violence, to educate women about realistic option that will help them avoid, escape, and survive assaults if they do occur?

Objectives of the Study

- To study importance of self defense training for women.
- To study learning has taken place among the participants after imparting the self defense training
- To find out the effectiveness of training methodology of self defense training.

Data Analysis and Important Findings

For the present study, researchers have collected data from various sources to identify the different techniques for self defense training. Researchers have collected data from 150 Girls’ students of UTU after providing 5 days in house training



during even semester of Academic Year 2015-16. Data were collected through structured type of questionnaire and questions were asked open-ended and dichotomous types of question.

The study shows that 62.7% girls were strongly agree that they are always concerned about their safety. It is also, found that majority i.e. 60% girls were agreeing that they are generally worried about their safety when on road, college, public place or public transport.

This study it is found that Majority i.e. 58% girls were agree that in our society girls and ladies are subjected to physical assaults by males (boy, friend, husband, neighbors, road Romeos etc) and sometimes by mother in laws too. It is found that Majority i.e. 58.7% girls were agree that in our society girls and ladies are subjected to mental assaults by males (boy, friend, husband, neighbors, road Romeos etc) and sometimes by mother in laws too.

The present study found that Majority i.e. 52% girls were agree the Training methodology of the trainer included Information related to girls safety. It is suggested that Majority i.e. 58.7% girls were agree that the training methodology of the trainer included mental preparation of participate towards the need and importance of acquiring training.

43.3% girls were agree that the training methodology of the trainer included that the Trainer Practically demonstration the various techniques of self defense and 60.7% girls were agree that the training methodology of the trainer included the Actual preparation of various techniques of self defense.

It is identified that 58.7% and 56.7% girls were agree that the training methodology of the trainer included that the Trainer made them try and learn the defend techniques by actual practices and the trainer taught them simple techniques to deal with common attack respectively.

31% Situation demonstrated were in case the attacker grabs girls both arms and 27% the girls remember the technique in which the attacker grabs one arms and they can attack on eye by their Nail.

62.7% girls were agreed that they were educated that it is possible to fight someone who was bigger and stronger than you during the programmed.

46.7% girls were agree that they were educated that you should let the attacker know that you are not an easy target and 49.3% girls were agree that they were educated that the attacker should be hit on his most sensitive and weak body parts viz. Ears, knee, leg, elbow joint, nose, chin, and eye.

56% girls were agree that they were educated that how they can use the strong parts of your body to defend yourself like head, knee, elbow, and heel and 60% girls agree that they were educated that which precaution they should take towards their safety.

The study reveals that 48% girls are agree that they were educated about how to use the everyday objects like bike keys ball point pen to attack the attacker, 56% girls are agree that the technique taught in training program are Easy to understand, 52.7% girls are agree that the technique taught in training program are Easy to learn, 47.3% girls are agree that the technique taught in training program are Difficult to remember and 46% girls are agree that the technique taught in training program are Simple to practice.

From this study it is found that Majority i.e. 71.3% girls are agree that After attending self defense training program for 5 days they know the ways to effectively fight back in case of physical assaults at home or outside.

Study suggested that 58.7% girls were agree that After attending self defense training program for 5 days they know that all available resource like free hand, knee, and shoe heel can be used effectively in case of attack.

After attending self defense training program for 5 days 52.7% girls were agree that they aware of their physical strengths, 48% girls are agree that they have mentally become strong to face the attackers, 71.3% girls are agree that they have gained confidence to tackle such kind of situation 51.3% girls are agree that they now know that even a ball point pen is a big safety weapon for them and 56% girls are agree that their confidence level is increased.

Girls suggested that duration of training program and actual learning of one time session is

- 59.3% girls agree that not enough to acquire the required skills.
- 50.7% girls agree that the self defense training should be taught at frequent intervals.
- 16% girls take precaution that Do not takes lift from unknown person for their safety.



- 58% girls agree that the first session more practical training would have been useful.
- 54.7% girls agree that it is difficult to memories and remember even all steps in such a short duration of training

66.7% girls agree that after receiving the training they have spread its utility in Imparted and shared safety related information to other girls/friend living near your home. 50.7% girls agree that after receiving the training they have spread its utility in Taught and practiced these techniques with girls/friend living near your home. 59.3% girls are agree that After receiving the training they have spread its utility in Motivated to other girls/friend living near your home to joint any professional classes of self defense.

Conclusion

From this study it is conclude that majority of respondents are of 20 years and belonging from undergrads qualification. All the girls have attended self defense training program at college. Majority of girls are strongly agree that they are always concerned about their safety and Majority of girls are agree that they are generally worried about their safety when on road, college, public place or public transport and Majority of girls are agree that in our society girls and ladies are subjected to physical assaults by males (boy, friend, husband, neighbors, road Romeos etc) and sometimes by mother in laws too.

It is found that girls are agree the training methodology of the trainer included Information related to girls safety, mental preparation and importance of acquiring training, trainer practically demonstration the various techniques of self defense, actual preparation of various techniques of self defense, trainer made them try and learn the defend techniques by actual practices with simple techniques to deal with common attacks.

Girls are agree that they were educated that it is possible to fight someone who is bigger and stronger than you during the programmed, you should let the attacker know that you are not an easy target, The attacker should be hit on his most sensitive and weak body parts viz. Ears, knee, leg, elbow joint, nose, chin, and eye, the strong parts of your body to defend yourself like head, knee, elbow, and heel, how they can use the everyday objects like Scotty keys ball point pen to attack the attacker, precaution they should take towards their safety. Girls are agree that the technique taught in training program are easy to understand and learn, Simple to practice but difficult to remember.

Girls are agree that after attending self defense training program for 5 days they know the ways to effectively fight back in case of physical assaults at home or outside, know that all available resource like free hand, knee, and shoe heel can be used effectively in case of attack, aware of their physical strengths, mentally become strong to face the attackers. Gained confidence to tackle such kind of situation, even a ball point pen is a big safety weapon for you, confidence level is increased. Majority of girls take precaution that does not takes lift from unknown person for their safety. Girls are agree that after receiving the training they have spread its utility in Imparted and shared safety related information to other girls/friend living near your home, taught and practiced these techniques with girls/friend living near your home, motivated to other girls/friend living near your home to joint any professional classes of self defense.

Recommendations

From the above findings and conclusions it is suggested following recommendations:

- The self defense training program should be arranged after some interval for girls in every college, schools, etc.
- All girls should take part in such kind of self defense training program.
- All girls should do practice of self defense technique in their daily life.
- All girls should take safety precaution with them.
- All girls should after attending such training they should spread its utility in society.

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