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Spirituality and Social Work Intervention On Increasing Violence Against Women– A Study

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ABSTRACT

Since independence many constitutional remedies, women policies, programmes and women groups are implemented. But violence against women is highly increased. According to the NCRB statistics 2010, there has been a 4.8% increase in crime against women as compared to 2009. 22,172 cases of rape were recorded in 2010. 8.9% of the total victims of Rape were girls under 14 years of age, while 16.1% were teenage girls (14- 18 years) and 57.4% were women in the age-group 18-30 years. 94,041 cases have been reported under Section 498A IPC in 2010, showing an increase of 5% over 2009.

As per the latest Census in the year 2011, the total female sex ratio in India is 940 per 1000 males and the female child sex ratio is 944 girl children per every 1000 boy children of the same age group.

People believe on social action or social change. These change controls many problems as well as source for existing of many problems. Before the independence from British rule women faced violence. After the independence slowly the same situation arises. At present women facing violence from their living society itself. Only change in the ruling not in the reduction of the problems.

It is not the social change or the social action. It is the time for individual realization which results in decreases of any problem. The individual Mahatma Gandhi realization helped in independence, Mother Teresa cultivated the seeds of service in human minds and Swami Vivekananda brought India into high stages of the world as the same many great souls contributed their life for human wellbeing and world peace.

Spirituality and professional social work can result in realization of individuals with scientific solutions and systematic methods which ultimately results in decrease of violence ageist women.

KEYWORDS: Spirituality, Social Work, Intervention, Violence Against women.

INTRODUCTION:

Spirituality is the quality or condition of being spiritual; attachment to or regard for things of the spirit as opposed to material or worldly interests. Medical - National Cancer Institute – spirituality Having to do with deep, often religious, feelings and beliefs, including a person's sense of peace, purpose, connection to others, and beliefs about the meaning of life.

The country India is having richest spiritual values since beginning. We believe spirituality is the mother of (source) of universal existence. The Vedic tradition has held a high regard for the qualities of women, and has retained the greatest respect within its tradition as seen in the honor it gives for the Goddess, who is portrayed as the feminine embodiment of important qualities and powers. These forms include those of Lakshmi (the goddess of fortune and queen of Lord Vishnu), Sarasvati (the goddess of learning), Subhadra (Krishna=s sister and auspiciousness personified), Durga (the goddess of strength and power), Kali (the power of time), and other Vedic goddesses that exemplify inner strength and divine attributes. Even divine power in the form of *shakti* is considered feminine.

There are many civilizations in the world where respect for women and their role in society are prominent and others where regard for them and their status should be improved. Yet the level of civility along with moral and spiritual standards in a society can often be perceived by the respect and regard it gives for its women. Not that it glorifies them for their sexuality and then gives them all the freedom men want so they can be exploited and taken advantage of, but that they are regarded in a way that allows them to live in honor for their importance in society with respect and protection, and given the opportunity to reach their real potential in life.

Unfortunately all these standards have declined primarily due to the outside influences that have crept in because of foreign invaders, either militarily or culturally. These foreign invaders who dominated India mostly looked at women as objects of sexual enjoyment and exploitation, and as the spoils of war to be taken like a prize. As per many authors, the oppression of women increased in India because of Moghul rule. As such foreigners gained influence and converts, decay of the spiritual standards also crept into Indian and Vedic culture. The educational criteria of Vedic culture also changed and the teaching of the divinity of motherhood was almost lost. The teaching changed from emphasis on the development of individual self-reliance to dependence on and service to others. Thus, competition replaced the pursuit for truth, and selfishness and possessiveness replaced the spirit of renunciation and detachment. And gradually women were viewed as less divine and more as objects of gratification or property to be possessed and controlled, or even exploited. In present society the spiritual thoughts maximum disappeared.

In many cases of violence against women, the reason for committing the mistake were unawareness or emotion, emotional needs, financial needs, social status or other worldly desires. The present man completely forgetting the opposite corner of this worldly matter which is the real life said by the all religions i.e. spirit.

The external affords are not at all equal to the spirit the human have and this spirit only expressed with spirituality. Spirituality teach us how to live with a complete knowledge about the self , The purpose of life, regions for birth and death, Up to what extent we have to do our each and every act and many other issues. All this will guide the human in a right way where they control their desires, they will be aware of their actions; they respect the culture and follow the traditional values.

Spirituality teaches us awareness: Awareness is the state or ability to perceive, to feel, or to be conscious of events, objects, or sensory patterns. In this level of consciousness, sense data can be confirmed by an observer without necessarily implying understanding. More broadly, it is the state or quality of being aware of something. In biological psychology, awareness is defined as a human's or an animal's perception and cognitive. Today the human actions are purpose less, because he is unaware of his actions.

As said be many spiritual masters there are four zones in human life i.e., individual, family social and spiritual zone. The individual, family and social zones are part of external world. But the spiritual zone is about the spirit or self. This is not a part of life and this itself a life of any individual said by many spiritual masters. Everyone should be in a spiritual zone since birth to death. In our Vedic culture since the birth every child incorporated with human values, ethics etc,.

Spirituality on women: There is a Vedic saying, "Where women are worshiped, there the gods dwell." Or where the women are happy, there will be prosperity.

In fact the direct Quotes from the *Manu-Samhita* explains as follows: "Women must be honored and adorned by their fathers, brothers, husbands, and brothers-in-law, who desire their own welfare. Where women are honored, there the gods are pleased; but where they are not honored, no sacred rite yields rewards. Where the female relations live in grief, the family soon wholly perishes; but that family where they are not unhappy ever prospers. The houses, on which female relations, not being duly honored, pronounce a curse, perish completely, as if destroyed by magic. Hence men, who seek (their own) welfare, should always honor women on holidays and festivals with (gifts of) ornaments, clothes and (dainty) food." (*Manu Smriti* III.55-59),

Furthermore, in the *Vedas*, when a woman is invited into the family through marriage, she enters "as a river enters the sea" and "to rule there along with her husband, as a queen, over the other members of the family." (*Atharva-Veda* 14.1.43-44).

Mahatma Gandhi once wrote that the way we treat our women is an indicator of our barbarism. Whereas men may have greater physical energy than women, the latter clearly have more internal and emotional energy. It is not without reason then that women are identified with *shakti* in Vedic civilization. If women are kept suppressed, this *shakti* will be denied to the family and the society, thus weakening all of them.

In real Vedic culture it is taught that every man should view and respect every woman, except his own wife, as his mother, and every girl with the same concern and care as his own daughter. It is only because of the lack of such training and the social distancing from the high morals as this that this teaching is being forgotten, and the respect that society should have for women has been reduced.

Our own life is a gift from our mother's life. We were nourished by her, we spent nine months in her womb, and her love sustained us. Even now we are loved by our mother. This includes Mother Nature and Mother Earth, which is called Bhumi in the Vedic tradition. The Earth planet is also like a mother because everything we need to live, all our resources, comes from her. As we would protect our own mother, we must also protect Mother Earth.

But the present situations are the result of a demoniac cultural influence, which still continues to grow as materialism expands in society. Money and sensual gratification have become major goals in life, though they alone cannot give us peace or contentment. Instead they cause us to develop more desires in the hopes of finding fulfillment while leaving us feeling hollow and ever-more restless without knowing why. The change in the attitude toward women in India (and across the globe) was due to a loss of culture and of the true Vedic standards and a lack of understanding true Vedic spiritual knowledge. Thus, it should be easy to see the need for organizations that will keep and teach the proper views, which were once a basic part of the genuine Vedic traditions.

At present apart from empowerment programmes, constitutional remedies and social or political changes, spiritual intervention is highly needed. Harmony needs to be restored between the masculine and feminine natures, which are especially exhibited in the relations between men and women. This can be done most effectively through genuine spiritual development, when both masculine and feminine natures become balanced and complimentary rather than competitive. This can harmonize not only the external relations between people, but also the feminine and masculine tendencies within each individual, both men and women. By genuine spiritual progress we can rise above our bodily material identities and work with and compliment the talents and abilities of others, regardless of whether they are men or women. We must know that within each body is a spirit soul that is no different than our own.

There are so many requirements to concentrate on spiritual zone. Many more spiritual organizations have to be developed not for commercials, but to develop the ethical values. Whatever may be the religion, every individual has to study their philosophies, understand it and follow the religions path which brings change in individuals in controlling the worlds and emotional desires which causes for violence against on women. For global peace People have to follow the truth, non-violence, righteousness, selfless love and peace which they forgot in present world. Ultimately violence against women will highly decrease.

PROFESSIONAL SOCIAL WORK:

The social work profession promotes social change, problem solving in human relationships and the empowerment and liberation of people to enhance well-being. Utilizing theories of human behavior and social systems, social work intervenes at the points where people interact with their environments. Principles of human rights and social justice are fundamental to social work.

Wikipedia: Social work is a professional and academic discipline that seeks to improve the quality of life and wellbeing of an individual, group, or community by intervening through research, policy, community organizing, direct practice, and teaching on behalf of those afflicted with poverty or any real or perceived social injustices and violations of their human rights

Social work has well reorganization in western societies. With its significance social work developed with many branches.

- Family and Child welfare
- Employment/Occupational Social Work
- Gerontology
- Mental Health/Clinical Social Work
- School Social Work
- Community Development
- International Social Work
- Administration and Management
- Criminology
- Industrial Social work etc,.

Social work with its historical roots and well organized process recognized in many countries as a tool for dealing various problems of human being in different sectors. Recently with recognizing the importance of social work professional in India, many state governments provides the employment opportunities especially for social workers in women and child, family welfare departments. Social work with its systematic approach can perform successful intervention in violence against women with various active initiatives.

1. Premarital, Post marital and Family counseling services counseling services for wellbeing of family life.
2. Eliminating the misconceptions and negative attitude towards the girl child.
3. Implementing community level women welfare activities and establishing women welfare societies.
4. Engaging destitute women in women welfare organizations.
5. Organizing counseling services to bring back the women and girl child to the family from problematic situations like the prostitution homes, begging profession or other condition.
6. Creating awareness on women rights, constitution remedies.
7. Organizing special programmes in schools for the welfare of the girl children.
8. Adolescent counseling services at schools which guide the children from critical age changing factors.
9. Counseling services in industrial and work place places to control the women harassments.
10. Working for spiritual interventions in violence against women.
11. Organizing life skills education, spiritual teaching at community, educational institutions, work places, welfare organizations and in other many places for providing the ethical values in people which ultimately controls the violence against women.

CONCLUSION:

It is important to rethink about the disappearing spiritual zone and values for the welfare of the each individual in society. Country like India where the roots of spirituality has been established and world salutes for its ethics and values it should required to kept the values safe and secure for our own protection which also contributes in controlling the violence against women in present society. Parents, Teachers and so-

ciety have to cultivate the spiritual thoughts to the children who are the tomorrow's citizens of our countries. Along with the spirituality the contribution of professional social work will highly required in protecting the rights, values of women and initiating various actions to control violence against women.

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