**Self Defense Training in Women Education**

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*Abstract: This paper focuses on women empowerment through self-defense training and necessity of implementation of self defense training in education sector. For this an evaluation of  basic Self-defense principles and techniques which is taken by the self defense instructors in RSC, Cochin and students who are trained from RSC instructors. This study shows that self defense training for women on self-defense help to prepare them for abrupt situations and also helps to develop increased mental and physical health. In the survey among trained students 35% students said that they feel safety, and able to say no and awareness about the situation they faced. 31% students comment that their self esteem increased and 23 % point out that they got confidence strength and courage by Self defense training.*

KEYWORDS: Women, Self defense, Women Empowerment, Sexual Assaults, Women Education.

**Introduction**

Throughout the world women face different challenges in their life. Women are facing innumerable suffering like physical aggression, sexual abuse and rape, psychological violence, economic or emotional threats and control over speech and actions. The Status of women in India has been subject to many great changes in their status from the ancient to medieval times to the promotion of equal rights by many reformers. The vulnerability of women and young girls is a major factor contributing to the instance of crime against women. Statistics stipulate that one in three women will be the victim of some type of violent attack in her lifetime.  The main aspiration of women’s self-defense training is to reinforce women’s capacity to defend themselves against potential attacks.  Self-defense is a skill that — if used correctly — can allow individuals to have the knowledge needed to defend them during a harmful situation and to feel a sense of empowerment. With every incident, it is becoming more and more imperative for women to know how to protect and defend themselves, if ever the need arises. For a safer world, there’s a crucial requirement to teach self-defense to girls from an early age, so that they grow up to become self-reliant, strong and confident individuals. Self-defense would prepare them for any unforeseen circumstance and can also empower them to help others in time of need.

**1. Self defense training in Education**

Self-defense in schools certainly has its place. If children and adolescents have to get a comprehensive education, self defense should not be left out especially in terms of the current state of crime in the world. The aim of self-defense is not just a fight with an opponent "face to face", but generally to take care about their safety. Check the surroundings in which we move, the people around us, if they are dangerous etc. Almost all parents teach their children to do not talk to strangers, do not get in the stranger‘s car or ignore offered candy etc. Basis of security is given them by their family and school should help them and expand this education. It is proven that active defense against violence has a great chance of success, even if it is not unprofessional. Advocates of self-defense training believe these courses will not only provide women with the physical survival techniques necessary to repel attacks effectively, but that this kind of training will also help to prevent future violence by developing traits such as assertiveness and confidence in individuals. There is evidence that women who convey such characteristics are less likely to be victimized. Opponents argue that self-defense training does not properly prepare women for an attack, does not adequately address acquaintance rape threats, and can provide a dangerous false sense of security to students. Those who teach or research women's self-defense often encounter significant resistance from others. one source of these reactions is people's taken-for-granted beliefs about gender, which limit their ability to understand the research on women's resistance and self-defense—and, indeed, prevent them from being able to conceptualize women as strong and competent social actors. Martial arts and self-defense programs train fearful people, especially women, to be more competent and confident to defend themselves in dangerous situations. So in many countries there are many opportunities provided by government for women self defense training. in India also there are so many provision to implement the women self defense program in the context of rising number of violation against women. “In the wake of growing crime against women we started mandatory [self-defense classes](https://timesofindia.indiatimes.com/topic/self-defence-classes) in our institutions,” says Bharti Madhok, director, Sunbeam Group of Educational Institutions, Varanasi, adding, “A comprehensive syllabus for the same has been incorporated in the school, under which training in [Karate](https://timesofindia.indiatimes.com/topic/Karate), Taekwondo, kickboxing and Wushu is being given by 10 trained professionals. The idea is to prepare our girls to deal with any situation. The emphasis is not just on self-defence but also on generating self confidence, so that they can fight back as heroes if the situation demands.”

**2. Self defense training in Indian Scenario**

Under the Centre’s Rashtriya Madhyamik Shiksha Abhiyan (RMSA) programme, the government has proposed self-defence skills for girl students in educational institutions. Unfortunately, most of the schools and colleges have not included these classes in their course curriculum. “Just like how the schools and colleges allot periods for sports and physical activities, self-defense training should also be incorporated in the academics. This will be a great help to girl students,” Dr. Keerthi of Vasavya Mahila Mandali says. Explaining the measures taken by the Vijayawada police, police commissioner Gautam Sawang says his department has conducted self-defence training classes in 109 colleges out of the total 191 in the city. “We are planning to continue with the self-defence training. The government initiations are not creating the impact it should,” he said.

In Tamilnadu school education department has decided to train lakhs of girl students studying in classes IX and X in Government high and higher secondary schools in martial arts. The decision was taken following a direction from the ministry of human resources and development (MHRD) to implement the training as part of girls’ empowerment programme of the central government. They would be training the students in the presence of women teachers after school hours. The programme is expected to strengthen the self – confidence, defense mechanism and physical fitness of the girl students, said an official from the education department. the department has roped in private martial arts experts to train the students.

"The self-defence training, introduced under the 'Sarva Siksha Mission', will somewhat take care of the problem faced by the girls," Burdwan District Magistrate Saumitra Mohan said. At least 15 self-defence skills comprising Karate-Judo and kick boxing, flexible body movement and some other physical skills would be taught. The administration has developed a self-defence module with the help of members of Kick boxing, Karate and Judo Association of Burdwan district, he said."In consultation with the technical persons (Black belt holders) we selected 25 master trainers who will teach/train 10 students per head at every school throughout the district," Mohan said.

Haryana School Shiksha Pariyojna Parishad, under the Sarva Shiksha Abhiyan, will provide training in self-defence and other martial arts to girl students studying at elementary level during 2012-13. Self defence training is imparted to enhance safety and security of girls inside and outside of the school and to inculcate confidence amongst girls to deal with any emergency situation.

Minister Upendra Kushwaha said that the government has been promoting self defence training among girls under the centrally sponsored scheme of Rashtriya Madhyamik Shiksha Abhiyan (RMSA). The Central Government has launched and integrated scheme, Samagra Shiksha, for School education, which subsuemes the three erstwhile centrally sponsored schemes, ie. Sarva Shiksha Abhiyan (SSA), RMSA, and Teacher Education (CSSTE). Under Samagra Shiksha scheme, there is provision for Self defence training for girls at Rs.9000 per school for girls students in classes VI to XII. According to Upendra Kushwaha 1.70,426 schools got approval for self defence training in 3 years.This initiative was started in the year 2002 and since then, every summer, a self-defence camp has been organised for the women and girls of Delhi/NCR. "Delhi police has planned to train about one lakh girls in self-defence training and about 66,190 girls have been trained in this field so far during current calendar year," a Home Ministry statement said.

With the rising number of crimes against women in the national capital, the Delhi High Court on Thursday suggested the State Government to introduce self-defence training for girls in schools to ensure their safety. Keeping in mind the safety of school going girls, CBSE has asked all it affiliated schools to conduct self-defence lessons for girl studying in class I to X. They hope that this move will inculcate a sense of self confidence among the students.

**3. Self defence training in Kerala Schools**

Career Guidance and Adolescent Counseling Cell has proposed to organize a special programme **“KARUTHU”** aiming for the development of physical, social and mental health of the students. As part of the programme, it is decided to conduct training on self-defence to girl students of Higher Secondary sector. Kerala Police is getting ready to impart women with self-defense training to equip them physically and mentally to tackle any harassment or atrocity, as part of which, permanent training centres will be opened in all 14 districts of the state. The main aspiration of women’s self-defense training is to reinforce women’s capacity to defend themselves against potential attacks. Statistics stipulate that one in three women will be the victim of some type of violent attack in her lifetime. Training for women on self-defense help to prepare them for abrupt situations and also helps to develop increased mental and physical health.

This study conducted at RSC which gives self defense training for girls in various Schools.

**4. Objectives of the study**

1. To understand attitude towards Self defense training for women in Kerala
2. To know the goal of self defense training
3. To understand outcomes of self-defense training

**5. Methodology**

A multi-methodological approach has been used, drawing on qualitative and quantitative methods. The main strands of the project were: a literature review of previous research on self-defense; a survey of self-defense teachers in RSC and a survey of Students in RSC. Questionnaire was distributed through email among the students and trainees of the RSC and the School authorities in Ernakulum. 20 RSC instructors, 150 students were answered. Excel is used for calculations.

**6.Analysis**

**6.1 Self defense course provided by RSC**

Table 1: Number of courses conducted and Number of participants in 2017 by RSC

|  |  |  |
| --- | --- | --- |
| Self Defense Training Programme | Women | Girls |
| No of courses | 10 (33%) | 20 (67%) |
| No.of participants | 165 (4%) | 4000 (96%) |

The data in this section draws on the questionnaire responses from 20 self defense teachers and 150 students who are trained by these teachers. The 20 self-defence teachers4 provided 30 courses for 4165 women and girls in 2017. Most taught classes for women (4%) as well as for girls (96%).

**6.2 Organization and Duration of Self defense training provided by RSC in 2017**

Table 2 : Duration of Courses provided by RSC Instructors in 2017

|  |  |  |
| --- | --- | --- |
| Duration of courses | Women | Girls |
| 3 -5 hrs | 2 | 13 |
| 2 – 5 day course | 6 | 6 |
| 1-3 month course | 2 | 1 |
|  |  |  |

**Table 3: Who Organize self defence classes for women**

|  |  |  |
| --- | --- | --- |
| Organized by | N | % |
| Self defence teachers | 15 | 50% |
| Social Instituitions | 2 | 7% |
| College/School | 5 | 17% |
| Women's group | 2 | 7% |
| Local Govt | 6 | 20% |
|  | 30 | 100% |

There is a 1-3 month course conducted at RSC and they conducting 3-5hrs , and 2- 5 days, course in various schools and institutions recommended by school authorities, Govt.officials and by Self defense teachers themselves as a free of cost.

**6.3 Characteristics of Self diffense course provided by RSC**

Table 4: Characteristics of Self diffense course

|  |  |  |
| --- | --- | --- |
| Characteristics | N | % |
| Feminist analysis | 5 | 25% |
| Focus on Assertiveness and survival | 20 | 100% |
| Based on women experience | 12 | 60% |
| Adapted to women's process/abilities/resources | 18 | 90% |
| Effective,but easy to learn techniques | 20 | 100% |
| Safe and empowering settings | 20 | 100% |
| Covers a range of intrusion /abuse/violence | 10 | 50% |

The most specific about the self defense course are the following: focus on assertiveness and survival of women; effective but easy to learn techniques, safe and empowering settings, based on women experience, adapted to women’s process/abilities and resources, covers range of intrusion/abuse/ and violence and feminist analysis.

**6.4** **Goal of Self defense for girls in School level**

Table 5: Goal of Self defense for girls in School level

|  |  |  |
| --- | --- | --- |
| Goals | N | % |
| Increasing confidence | 18 | 90% |
| Knowledge and awareness to assess situations | 20 | 100% |
| Right to say no/right to own sexuality | 20 | 100% |
| Connect to own strength and explore fear | 20 | 100% |
| Reflect on own lives/get support/solidarity | 15 | 75% |
| Learn Quick and effective physical techniques | 20 | 100% |
| Respect for self and others/respect diversity | 18 | 90% |

The Goal of Self defense training in School level aimed in giving knowledge and awareness to assess situation, bring power to say no or right to own sexuality, to aware about own strength and explore fear, to learn quick and effective physical techniques and make positive attitude towards others.

**6.5 Self-Defense Students’ Responses to the Question “What Led You to participate for this Self-Defense Class?”**

Table 6: Reason for attending self defense classes

|  |  |  |
| --- | --- | --- |
| Reason | Number of Mentions | % of Participants (N = 150) |
| I wanted to learn how to defend myself physically | 35 | 23% |
| It was part of a class or group activity (e.g., sorority) | 8 | 5% |
| I wanted the physical workout | 10 | 7% |
| I wanted to become more assertive or self-confident | 48 | 32% |
| A friend was taking it and asked me to join | 5 | 3% |
| I wanted to learn how to defend myself verbally | 4 | 3% |
| I heard it was a good class | 15 | 10% |
| I heard stories about women who were attacked | 7 | 5% |
| I felt fearful | 5 | 3% |
| Changes in my personal circumstance | 1 | 1% |
| I was attacked | 4 | 3% |
| I don’t know or don’t remember | 8 | 5% |
|  | 150 | 100% |

Table 6 shows that majority of students (32 %) attend self defense class for become more assertive and self confident. 23% mention that they wanted to learn how to defend my self physically and 10 % percent joined class because they heard that it is good class and 7% want physical work out and a total of 12% joined the class because of fear from various reason and and 13% joined class without any motivation ie some one joined as part of group activity or friends motivation.

**6.6 Most important things getting from Self defense classes**

Table 7 : Self defense class gives to the students

|  |  |  |
| --- | --- | --- |
|  | N |  |
| Confidence/Strenght and courage | 35 | 23% |
| Physical Fitness | 5 | 3% |
| Self respect/Self esteem | 47 | 31% |
| Safety/awareness of situations/Ability to say no / awareness of rights | 53 | 35% |
| Positive valueing of body and loudness | 6 | 4% |
| Fun and new friendship | 4 | 3% |
|  | 150 | 100% |

35% students said that they feel safety, and able to say no and awareness about the situation they faced. 31% students comment that their self esteem increased and 23 % point out that they got confidence strength and courage. 3% students comment that it is only fun and help only to find new friends.

**6.7 Interiview with School Authorities and Physical education teachers**

The interview with the school authorities and physical education teachers gives positive attitude to implement self diffence programme in schools. They point out that self defense program has many positive effects on women’s lives—effects that themselves may reduce women’s risk of assault, increased confidence in potentially dangerous situations. Self-defense students reported more comfortable interactions with strangers, acquaintances, and intimates; more positive feelings about their bodies; increased self-confidence; and transformed beliefs about women, men, and gender and self defense classes are life transforming because they reduce fear of sexual assault and give awareness about self and gender. They also pointed out that they have some limitations to implement the self defense programme in school level although the government provide instruction for implement self defense training programe in school syllabus. It is not practical in every time because of lack of time and lack of fund. In government School there is provision for fund from Government for self defense training. But many CBSE school provide self defense programe to their students by there own fund.

**7. Findings and Suggessions**

* It has been suggested that regular participation in self-defense and martial arts classes can develop a greater sense of self-control, self-esteem, and self-actualization in students.
* An empowerment approach to self-defense training contributes to the anti-violence movement in multiple ways: providing a pathway to increase women’s and girls’ safety and their potential for becoming powerful and effective social change agents right now, providing an informed and embodied understanding of violence, and offering comprehensive options to recognize, prevent, and interrupt violence.
* Government and School authorities come forward to implement the self defence lessons in School curriculam.in Kerala. The recommendation to the government that women’s self-defense courses should be taught in such a way to include information about defending oneself against a sexual assault reduces the chances of completed rape and does not involve risk of greater injury than acquiescence. There is an appeal to the Government of India to make self-defence classes a mandatory part of school and college curricula for female students.
* Promote increased knowledge and recognition of the contribution of women’s self-defense training to the goal of preventing violence against women by policy makers and civil society.

**Conclusion**

Self-defense classes for students are important now days which helps to make confidence in them. They can develop self-discipline and improve their physical condition. Being able to protect yourself in all situations is a self-confidence booster as much as it is a comfort. Taking a self-defense class can be one of the most beneficial ways to learn how to protect you against attacks. Colleges and Schools should focus on self-defense training classes for students to make them aware which may avoid many problems faced by them in society. Self-defence classes have many benefits apart from just safety. They sharpen your reflexes, keep you fit, reduce stress, raise self-awareness, and also teach you discipline – skills that can help every woman lead a happy and safe life. The self-defense training programme aims to make the Physical Education teacher of each school aware of the skills for future practice as part of school curriculum. Under the programme, certain life skills will be taught to the girls which include certain do's and don’ts in day-to-day life. They would also be taught how to properly channelize their adolescent emotions, how to form groups and how to extend co-operation among themselves through personal rapport.

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