

Issues and Concerns of Social Insecurity among Girl Students: A Critical Review

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ABSTRACT

The foundation of a country is its education system. When education is given greater priority, a country achieves its pinnacle. The country will be considerably better off if we pay greater attention to females' education. Many people agree that females face several obstacles to completing their education. The security of girls is one of the most pressing societal concerns in all civilizations. Girls' education is hindered by a lack of security in their communities. Girls are mostly affected by issues of social insecurity. In this study, I looked at how girls' schooling is affected by feelings of insecurity in their social environments.

Keywords: Girls' Education, Safety, Anxiety, Social Insecurity, Child Marriage

INTRODUCTION

Education is a crucial right and instrument for a prosperous life. Girls are an important part of long-term growth and empowerment. They have a huge desire and a lot of power to help their families, communities, and countries move forward and improve the quality of life (Planindia.org, 2015). Many of young women reside in the world's least developed countries, where obtaining an education is already difficult. There are two main issues preventing girls from receiving an education in developing countries, and question progress and commitment to gender equality, girl empowerment, and Sustainable Development Goals. The first concern is sexual and reproductive health, since adolescent females are more likely to drop out of school as a result of the increased risk of sexual exploitation, pregnancy, and (forced) marriage. The second problem concerns socioeconomic factors, such as girls spending less time studying or dropping out of school at greater rates than boys as a result of disproportionately more unpaid home labor. Girls spend 40% more time on housework than males between the ages of 5 and 14 (UNICEF, 2016).

Social Insecurity

The most common symptom of social insecurity is a lack of faith in one's own abilities to perform well and thrive in social contexts. Anxiety over what could happen in the future, rather than what has already occurred, is the primary cause of social anxiety. Social insecurity and social anxiety symptoms often coexist (Patterson, 2021). **Kamal** (2009) revealed that when a person's feelings of insecurity are higher, they are also more likely to experience depression; conversely, when those feelings of insecurity are lower, they are also less likely to experience sadness. A youngster who lacks a sense of safety and stability has a greater risk of developing sentiments of despair and helplessness. **Lal** (2015) in his study concluded that the male children are considered as future assets and the family's economic backbone; whereas female offspring are seen as a burden and someone else's asset because they are to be married off. Female children get less attention or no priority in the expenditure on their education as a result of this prejudice. **O'Reilly** (2015) examined in his study as a result of poor sanitation, women and girls in low-income regions face an increased risk of sexual harassment, physical abuse, and other forms of stress. **Sanni** (2015) concluded that the current barriers to girls' education in Nigeria must be addressed by creating a supportive atmosphere for them. To really empower the populace and women in particular, in the area, mass education must be seen as the primary instrument. **Chua and Chang** (2016) examined adolescent girls' self-presentation and peer comparison on social media in the context of attractiveness. Thematic analysis shows a mismatch between adolescent females' self-beliefs and peer attractiveness norms. This study's findings illustrate the problems young girls face today and provide suggestions for future research and treatments on how they promote and evaluate themselves on social media.

Chattopadhyay(2016)found that the more parental approval one has the less anxious and insecure they will feel, whereas the opposite is true for those who are rejected by their parents. **Manisha**(2016) reported the findings of a survey-based study she conducted on security insecurity among teenagers and their home environments. She discovered a substantial correlation between this phenomenon and the conditions in which teenage females grew up. It's also shown that males and girls vary significantly in their sense of safety and insecurity. At home, girls are more likely to get care and supervision than males.**Paul** (2020)research on the impact of stress on the mental health, sense of security or lack thereof, and adjustment of 14- to 17-year-olds revealed that those with the highest levels of stress also had the highest levels of insecurity. Generally speaking, girls are more insecure than boys. Girls who are under a lot of stress are more vulnerable to feelings of inadequacy than their male counterparts. Teens whose moms have outside jobs express higher levels of insecurity than their peers.

Factors affecting social insecurity:

Insecurity is a social issue with psychological ramifications, not a psychological issue with social consequences. Anxiety at work usually stems from external factors rather than internal flaws. Humans are trained to feel insecure, rather than being born with that trait. Some factors affecting social insecurity:-

Failure of Rejection: The loss of a relationship is the most significant negative influence to happiness. Because sadness affects self-esteem, failure and rejection may be a double blow for self-esteem(Greenberg, 2015).

Social Anxiety: Fear of being judged negatively by others may make anybody uneasy and self-conscious. People may avoid social interactions, feel anxious about them, or feel self-conscious and uncomfortable during them. Anyone with critical or pushy parents may be too sensitive to how others see them. This uneasiness stems from incorrect views about self-worth and how others see them.

Self Isolation: Social anxiety, or social phobia, makes people uncomfortable performing everyday things like eating in public, meeting strangers, or speaking in public. In almost every social situation, you may believe, "They'll think I'm not good enough" or "If I make a mistake, people will reject me." Avoiding our fears is protective. When anxiety is disproportionate to a threat, like eating with a colleague, avoidance makes it worse. Social Anxiety Disorder may lead to anxiety, drug abuse, and significant depression because it affects relationships, education, and work. It may be cause of self isolation(O'GRADY, 2018).

Negative Beliefs: The negative thoughts and beliefs of social anxiety sufferers contribute to their fears and anxiety. "I am unsafe." "I am unlovable." "I am ashamed." These and similar situations may leave a lasting impression on one's mentality. We internalize the characteristics of a negative circumstance rather than attributing them to something external. It's a question of survival: if we feel accountable for the circumstance, we feel in control. This is evolutionarily advantageous, since individuals who think they have control over their environment are more likely to avoid danger(Tosi)

CONCLUSION

A youngster who lacks a sense of safety and stability has a greater risk of developing sentiments of despair and helplessness. Men see unmarried women differently than married women. Parents marry their daughters before puberty to safeguard them from sexual abuse and mocking. Poor sanitation means women and girls in low-income regions face an increased risk of sexual harassment, physical abuse, and other forms of stress. Mother Acceptance and Parental Focus are two areas where the sexes vary in their levels of creativity and insecurity. The more parental approval one has the less anxious and insecure they will feel, whereas the opposite is true for those who are rejected by their parents. At home, girls are more likely to get care and supervision than males. Men and girls vary significantly in their sense of safety and insecurity. Girls under stress experience inadequacy more than men. Teens whose parents have outside occupations are more insecure.

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