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DENIAL OF ACCESS TO VARIOUS RIGHTS AND PRIVILEGES TO WOMEN IN HOUSEHOLD AND DAILY LIFE

Authored By - Seerat Khera

ABSTRACT:

Realizing gender equality and eradicating all forms of discrimination against women are fundamental human rights ideals. Despite this, women's rights have not always been a key priority, and they routinely experience violations of their human rights throughout their lives. Achieving equality between women and men requires a thorough understanding of the ways in which women experience discrimination and are denied equity in order to establish effective methods to end discrimination against women. In order to completely comprehend women's human rights, this seminar paper explains a number of particularly pertinent topics before introducing the major clauses in ways how women face discrimination. Finally, information on the primary work of other connected themes, such as gender neutrality and abortion rights, is explored together with a few key aspects of women's human rights.

KEYWORDS:

1. *Rights*
2. *Gender Equality*
3. *Rights Violation*
4. *Discrimination*
5. *Equality*
6. *Gender Neutrality*
7. *Abortion Rights*

SYNOPSIS:

The society with time has been advancing and realising the importance and value of gender neutrality. People have been realising how importance has to be given to women's individual rights which also includes women's right to abortion. It is not only important to understand and work on equality between men and women but also the legal status of the LGBTQ community. Even though there have been a lot of improvements in the past years but it still remains an issue.

RESEARCH QUESTION:

In this paper, I would like to question the legal position of women's rights, inclusive of rights to abortion, the legal status of Eunuchs and Gender neutral upbringing with relation to patriarchal attitudes and lastly sex trafficking. The whole idea behind equality and living in a free and fair environment becomes questionable with this.

RESEARCH OBJECTIVE:

The main objective behind this research is to trace out ways in which such discrimination is faced and ways for making this better and eliminating gender discriminations. It also focuses on why patriarchal attitudes and stereotypes should be eliminated.

HYPOTHESIS:

I believe that a lot of people don't really talk about it openly without personal attacks and commentaries, but with the growth of the industries and rise in the opportunities it is really important to talk about it and realise where we as individuals who choose their genders as men, women, bisexuals or transgenders should respect and accept other's rights and freedom.

RESEARCH METHODOLOGY:

The research methodology has been a mix of doctrinal and non- doctrinal techniques. I have used various opinions of people on this along with trusted websites.

What is Gender?

In terms of economic, social, and cultural factors, the term "gender" refers to the advantages and disadvantages that come with being male or female. In most nations, being a man or a woman entails more than merely having distinctive biological and physical traits. Different expectations apply to how men and women should behave, dress, and perform at work. Understandings of the skills, traits, and behaviour acceptable to men and women are also reflected in how men and women interact with one another in the family, the job, and the public arena. As a result, gender is different from sex in that it is social and cultural rather than biological in origin. The roles that men and women perform and the expectations that are put on them are only a few examples of the many differences across civilizations and changes in gender features and characteristics over time. However, as gender characteristics are socially produced, they may be altered in ways that improve a society's justness and equity.

How is Gender different from Sex?

Gender are the roles, behaviours, expressions, and identities of girls, women, boys, men, and persons who identify as having a variety of genders are discussed. The way people behave and interact, how they view themselves and other people, and how power and resources are divided in society are all impacted. Gender identity is not a binary (girl/woman, boy/man); it is a continuum that can change through time. The various ways that people and groups understand, experience, and express gender are influenced by the roles they adopt, the expectations that are placed on them, how they interact with one another, and the nuanced ways that gender is institutionalised in society.

On the other hand, In both people and animals, the term "sex" refers to a collection of biological characteristics. Physical & physiological characteristics, such as chromosomes, gene expression, hormone levels and functions, and reproductive/sexual anatomy are largely involved. Although sex is often classified as either female or male, there are differences in the biological characteristics that make up sex and how those characteristics are exhibited.

Gender Neutral Upbringing- *A case analysis*

Mostly, as we see around us when a couple expects a baby the very first notion that is given rise to is whether they want or expect a girl or a boy, in a world where we want to bash

stereotypes and move on, a society where we want equality between all genders we still pay a lot of importance as to what gender the couple's going to give birth to and purchase and be prepared accordingly. It still remains blue for a boy and pink for a girl. With increasing awareness and gender neutral discussions, many parents in India are also beginning to raise their children in a gender-neutral manner by learning to see past the binary distinctions between male and female.

Parenting that is gender-neutral focuses on raising children without imposing gender roles on them. They are free to be anyone they opt to be instead. "Gender is an artificial construct that was developed to confine people. That is not what we want for our children.

As per an article published, a 38 year old homemaker says that, 'Children have called my daughter's characteristics "tomboyish" and have made fun of them, but we think this is all the more need for parents to practise gender-neutral parenting and to educate oneself and their children.'¹

Some parents support spreading the information as well as letting their kids grow up without stereotypes. Social Media Influencer Deeksha Mishra, who resides in Delhi, uses her social media platform to raise awareness of gender-neutral parenting. To address the inherent patriarchal nature of our culture, there has been an increase in the demand for girls in recent years. However, I value balance in life and think kids should be brought up without prejudice, says Mishra. The mother of two, 33, continues, "My sons, who are one and three years old, enjoy playing in the kitchen and pretending to cook rotis. My older son's soccer class has a female who plays better than everyone else! All of these ought to demonstrate how outdated gender preconceptions are. Additionally, this is the subject of the majority of my internet posts. Other than this, people also wish to know if gender neutral upbringing is the right cause what is the right time to start practising and focusing on these techniques and leaving such stereotypes behind. A lot of researchers and scholars did various techniques and surveys to come to the conclusion that, early childhood i.e. 0 to 8 years, is the time where the majority of brain growth occurs, and this development starts very young. The foundation for how a child perceives and responds to the world is set throughout this period by whatever they are exposed to. Children may get disassociated from what they really want to do as a result of gender biases

¹ Hindustan Times, Imana Bhattacharya's article

that are enforced during these early years through numerous means, such as the activities offered or the colours they favour using. In order to make this a success parents must demonstrate to their children that there are no gender-specific tasks, not even around the house. To emphasise the concept, household tasks and errands can be shared evenly. Additionally, look for role models who don't match the stereotypical gender norms, such as male nurses, classical dancers, and teachers, or female scientists, diplomats, and philosophers. In a country like India, which is still developing on so many grounds, such notions of specifications between genders still exist this may cause a friction by the people around you questioning the values and tasks you're wishing to inculcate within your off spring, but in no way should stop people from passing on the importance of this and raising awareness about the same.

Children do better in settings where their identities are respected. Supportive relatives and friends help queer and trans youth avoid the unfavourable outcomes that they frequently encounter. By enrolling their children in swim classes, educating them to stay away from fire, and chopping food into tiny bits, parents take precautions to keep their kids healthy and safe. Preventive care also includes making room for a child who might be transgender, nonbinary, or queer.²

It's challenging to transform the world overnight. It's necessary to alter perspectives and mindsets. We must be welcoming to all. But the fact that a conversation has begun is a sign of progress. As we know and hear, something is always better than nothing.

The society should support and accept gender neutral upbringing, although with the body structure and capabilities, your characteristics and someone will be able to do changes. What a female is physically characterised to do, a male might not be. For instance, a female conceives a baby and should also hold the right to abort.

Abortion as a legal women's right

Every year nearly 68 million women have pregnancies which they don't want or didn't intend to happen. The reasons for not wanting such pregnancies may be because of financial conditions, family relations, personal health or availability of medical care. On the basis of the above mentioned factors, a woman may either decide to keep the child or to abort it, but the

² Kyl Myers- the author of Raising Them: Our Adventure in Gender Creative Parenting

only person who should be permitted to take such decision will be the woman alone. Thus, to protect such rights and safety of a woman's decision and opinion abortion should be a legal women's right.

Numerous human rights documents defend the right to life. It is well known that women who live in nations where abortion is illegal seek the procedure covertly, in dangerous medical situations that put their lives in danger. About 20 million women have unsafe abortions each year, according to the World Health Organization (WHO). Each year, these dangerous abortions result in the demise of close to 70,000 women.³

The Supreme Court ruled that a woman's inability to marry cannot restrict her ability to terminate a pregnancy at any time up to 24 weeks. The Roe v. Wade historic decision, which had legalised the operation in the US, was overruled by the US Supreme Court in June, igniting a global debate on the right to abortion. The Medical Termination of Pregnancy (MTP) Act, which dates back to 1971, had only allowed married women, divorcees, widows, minors, disabled and mentally ill women, and survivors of sexual assault or rape to have the procedure. In a decision on a petition by an unmarried pregnant woman who had been in a consensual relationship but was denied the right to an abortion due to her being past the 20-week mark, the bench of Justices D Y Chandrachud, A S Bopanna, and J B Pardiwala clarified that that the Medical Termination of Pregnancy Act's provisions cannot be interpreted to refuse that right to single women who are past the 20-week mark.

In accordance with Article 21 of the Constitution, a woman has the right to end a pregnancy if her mental or physical health is in jeopardy. Importantly, the woman alone has the authority over her body and makes the final decision as to whether or not she wishes to have an abortion. It was stated that denying women autonomy over their lives and bodies would be an insult to their dignity.

It was further stated and clarified that for the purposes of the MTP Act, marital rape must be included in the definition of rape.

³ WHO, United Nations Children's Fund (UNICEF), United Nations Population. Fund (UNFPA), Maternal Mortality in 2000: Estimates Developed by WHO, UNICEF and UNFPA 10 (2004)

Such abortion as stated might be caused because of poor healthcare facilities, even violence at times and lastly patriarchal attitudes and poor family relations thus women should be given full protection with respect to their right to abort. Further in the research, the above mentioned reasons would be discussed in detail. Despite these difficulties, it is probably safe to say that India's commitment to treating safe and legal abortion as every woman's constitutional right is reaffirmed by the Supreme Court of India's 2022 decision to include women—regardless of their marital status—under the MTP act, which allows them to terminate pregnancies up to 24 weeks.

The Supreme Court's recognition of women's right to equality, their agency, and their choice is even more significant for a country where the woman's body has always been under patriarchal surveillance. It is a welcome departure from the stereotypical-traditional belief that only married women engage in sexual activity and that, as a result, the law should only benefit them.

And lest we forget, the MTP Act's expansion will be historic in India, where 73 million single women are now denied access to safe and legal abortions after 20 weeks. The SC's latest order might significantly lessen women's reliance on dangerous abortion practises because, according to a report by the United Nations Population Fund published in 2022, approximately 67 percent of abortions in India are judged unsafe, killing eight women on average in a day. In India, approximately 67 percent of abortions are judged unsafe and result in the deaths of eight women on average every day, according to a report released by the United Nations Population Fund in 2022.

The framework needs to be more inclusive, but it also needs greater publicity. Even though India's reproductive laws have been shifting toward a more liberal approach, abortion still carries a stigma, particularly in the lower strata of society where motherhood is continuously viewed through a moral lens. As a result, families and occasionally even medical professionals forbid women from having abortions.

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Sexual Violence against women with Disabilities and the legislative measures in India

In general, disabled women have been marginalised denied their rights and equality within society economic and social possibilities because poverty, stigma, and discrimination. Those are generally seen as asexual, which implies they are prevented from having close relationships or a union. There is an assumption that they are unable of performing the maternal role; as a result, too frequently compelled to get sterilised.⁴ For people with disabilities, sexual violence and abuse are important issues, especially for women with disabilities who are more vulnerable than non-disabled people.⁵ Sexual violence is defined by the World Health Organization as any sexual act, attempt to obtain a sexual act, inappropriate sexual comments, acts to traffic, or otherwise directed, against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting, including but not limited to home and work.⁶

People with disabilities have unintentionally been prevented from accessing the skills and resources they require to protect themselves due to traditional methods of "protecting" them. It is generally known that women with disabilities are vulnerable in India, where female foeticide is common and girls are not welcome. As a result, the incidence of sexual assaults on women with disabilities has increased and caught the attention of members of the civil community. According to the research, women with disabilities are more likely than males with disabilities and non-disabled people to experience sexual assault and abuse.⁷

According to the 2001 Census report, women make up 42.457% of all Indians with disabilities.

⁸ A gender-sensitive disability law for India is urgently needed in light of the rise in sexual

⁴ Price, J. (2011). *The Seeds of a Movement Disabled Women and their Struggle to Organize*. Toronto, Mexico City, Cape Town: Association for Women's Rights in Development (AWID).

⁵ The sexual abuse of persons with learning disabilities: Report of a second two-year incidence survey. Brown, H., Stein, J., & Turk, V.

Abuse of women with disabilities: State of the science. 45 (2), REHABILITATION COUNSELING BULLETIN, 96-104. (1995); Hassouneh-Phillips, D., & Curry, M.A. (2002)

⁶ World Report on Violence and Health, 2002; Criminal Law (Amendment) Act, 2013.

World Health Organization data retrieved on February 27, 2014 at: http://en.wikipedia.org/wiki/Sexual_violence#cite_note-WHO_definition-1

⁷ D. Sobsey and T. Doe (1991). Patterns of sexual assault and abuse, *Journal of Sexuality and Disability*, 9, 243-259; Saxton, Powers, McNeff, and Curry, *Violence Against Men with Disabilities*. Portland, OR: Center on Self-Determination at Oregon Health and Science University (2004); Powers, L.E., McNeff, E., Curry, M., Saxton, M., and Elliott, D. PRELIMINARY FINDINGS ON THE ABUSE EXPERIENCES OF MEN WITH DISABILITIES.

Abuse of persons with mental retardation: Characteristics of the Abused, the Abusers, and the Informers.6 MENTAL RETARDATION, 367-371. Portland, OR: Oregon Health & Science University Center on Self Determination. (2004)

⁸ http://www.censusindia.net/disability/disabled_population.html

assault cases, and there is also a need to make certain necessary changes to the country's current criminal laws.

According to the research, women with disabilities are more likely than males with disabilities and non-disabled people to experience sexual assault and abuse. ⁹

According to the 2001 Census report, women make up 42.45% of all Indians with disabilities.⁹ There are a few case studies which prove this research- it shows that in India people treat women with disability in a way which is superior or dominating in ways than they would to the general people.

→ At 10 p.m. in the Ram Nivas Bagh of Jaipur, three individuals raped a 35–40 year old "stupid and deaf" woman who is the wife of a low-income "Rikshawala." The accuser claims to be a 19-year-old student and young man. Laxmi, the "deaf and dumb" wife of Arjun, was returning to her home on the evening of May 9, 1981, about 11:00 p.m., after attending a wedding in Brahampuri. She was forced to exit the Rickshaw by Ram Dhan Meena, one Sardar, and another person, and after they took her to a seedy location, all three of the accused forcibly had sex with her. The prosecutrix told the husband the tale in the middle of the night, about 1:00, and they both proceeded to the police station to present the semen-containing clothing to the officers and file a report. Laxmi was investigated because she could only communicate through signs and was dumb and deaf.¹⁰

→ February 2012, a teenage patient at the Bankura Sammilani Medical College Hospital whose family alleged that their daughter had been sexually assaulted by a resident. The hospital workers transported her to Kolkata for forensic examinations. A three-person committee was formed to look into the issue. The victim is deaf and dumb, therefore we require an interpreter, said Superintendent of Police Pranab Kumar. This makes it difficult for us to conduct an investigation. ¹¹

→ On August 2013, a 12-year-old girl with mental difficulties was allegedly sexually assaulted by her physically disabled 43-year-old neighbour in the Mukund Vihar neighbourhood of northwest Delhi. The accused persuaded the victim to follow him to the

⁹ http://www.censusindia.net/disability/disabled_population.html

¹⁰ Ramdhan Meena v. State of Rajasthan, 1981 WLN 520

¹¹ http://www.firstpost.com/india/physicallydisabled-teenager-raped-in-kolkata229315.html?utm_source=ref_article

store's go down while she was having fun. Then he lowered the shutter, and the girl was raped.¹²

The victims of the crime typically knew the accused before the rape was committed. They were sometimes sexually assaulted by their own family members, including the father. According to the cases, most victims were raped when they were defenceless and alone. The adult accused most often seduced and charmed the young victims. Legislation cannot solve the numerous issues with how the testimony is read and analysed by the judges after it has been recorded. Disability often prevents disabled women from communicating the sexual assault they experience, and even when they do, neither the police nor the legal system take their testimony seriously when it comes to its probative significance. As a result, even if the accused is found guilty by the lower court, at the appeals stage before the higher court, the accused is cleared because the lower court failed to record the prosecutor's testimony or follow the rules of procedure. It emphasises "the need to incorporate a gender perspective in all efforts to promote the full enjoyment of human rights and fundamental freedoms by persons with disabilities" and acknowledges that "women and girls with disabilities are often at greater risk, both inside and outside the home, of violence, injury or abuse, negligent treatment, maltreatment, or exploitation."¹³

Sexual assault against disabled women is a quiet crime in our nation because, for the most part, the victims either don't recognise the abuse or don't report it.

Even when it is expressed, it rarely inspires belief. The majority of the time, it is discovered that the offenders escape justice. Additionally, there is concern that revealing the abuse would sever relationships with the caregivers. The fact that peer group learning is severely limited among impaired women since they are less likely to be sent to school indicates a lack of knowledge and awareness. Due to prejudices and the societal roles that are or are not given to women with disabilities, these women are more vulnerable and are subject to rights violations. Therefore, while passing laws, a state should not only declare certain rights and privileges but also specify in great detail how such rights will be implemented.¹⁴

¹² http://articles.timesofindia.indiatimes.com/2013-08-15/delhi/41412689_1_disabled-girl-northwestdelhi-neighbour

¹³ Raha, Swagata, Protecting Women with Disabilities against Violence; <http://infochangeindia.org/disabilities/backgrounder/protecting-women-with-disabilities-fromviolence.html>

¹⁴ Kothari, J. (2012). The Future of Disability Law in India Oxford University Press

Widespread discrimination against women in access to healthcare

Younger and older women, as well as those who live farthest from a large hospital, are more likely to forgo medical care. Every stage of a woman's life cycle has health risks. The health issues that women in these nations struggle with the most are those related to reproduction, childhood female mortality rates that are higher than average, violence against girls and women, workplace and environmental dangers, and cervical and breast cancer. Numerous of these contribute to maternal mortality, which was the indication of women's health that received the most attention in the research. Health disparities between men and women have their roots in traditional societies, where conventional medical procedures and definitions of health status all reflect the inferior social standing of women. Traditional medical practises that blame women's illnesses on behavioural mistakes made by women, as well as differences in access to and use of contemporary healthcare services by women and girls, including family planning, safe abortion services, maternal care, and general healthcare, are examples of how gender inequality in health is manifested. A study of outpatient visits at one significant tertiary care hospital in Delhi reveals that women in India experience "severe gender discrimination" in access to healthcare.¹⁵ In one of India's major public hospitals, a study of 2.4 million patient appointment records revealed that hundreds of thousands of women were unable to get the necessary medical care. Two-thirds of hospital appointments in 2016 were completed by men, according to a study that was published in the journal *BMJ Open*, leaving over 4,00,000 women 'missing' from care. In previous studies on gender discrimination in poor nations, the issue of missing women has been mostly explained by the excess mortality of female patients as evidenced in the low population ratios of women to males. By examining gender inequality experienced by women in access to healthcare. Using extensive data across a wide range of patient groups and medical conditions to examine the gender discrimination in access to healthcare. There have only been a few small sample studies on gender bias in access to healthcare for particular patient groups or medical conditions. This topic's goal is to examine how the patient's age and distance from the medical institution relate to gender discrimination in access to healthcare.¹⁶ The sex preference that manifests in discrimination against female children in health and general care, women's workloads that not only expose them to health risks but also make it difficult for them to take time off for healthcare, lack of autonomy by

¹⁵ Journal *BMJ Open*

¹⁶ All India Institute of Medical Sciences, a large referral hospital in New Delhi, India

women that results in lack of decision-making power and access to independent income, early marriage, and other factors are reasons for gender inequalities in health. One of the social areas in which gender disparity manifests itself in Third World nations is in the area of health. Efforts to elevate women's status must therefore be a part of plans to address gender disparities in health. Additionally, national laws, regulations, and practises can encourage and maintain discrimination in the healthcare industry, preventing or discouraging women and girls from obtaining the wide spectrum of medical care they may require. Evidence shows how such laws have a negative influence on human rights and health. For instance, women and girls lack the ability to decide on their own medical care, surgery, childbirth, or contraception in various countries due to national laws, legislation, or social conventions. Health issues can present differently in men and women due to gender being a social determinant of health. Men and women have different health statuses and get different levels of healthcare, which must be addressed in terms of both biological and sociocultural factors.

A fundamental human right is the availability of healthcare, including both therapeutic and preventative methods. This places a duty on the government to guarantee that these human rights be completely respected and safeguarded. In all facets of healthcare, gender inequalities must be addressed and eliminated.¹⁷

There were a few recommendations given by world's medical association that said and stated:

- promote women's and children's equitable access to health
- categorically denounce breaches of women's and children's fundamental human rights, including those caused by social, political, religious, economic, and cultural customs
- Promote women's and children's health and access to health as human rights and insist on all women and children's rights to full and adequate medical treatment, particularly where religious, societal, and cultural constraints or discrimination may prevent access to such care
- Encourage the provision of pre conceptional, prenatal, maternal, and postpartum care, as well as vaccinations, optimal nutrition for growth, and child healthcare development

A serious, well-known issue that threatens people's lives and wellbeing is gender bias in healthcare. It is a part of sexism, a key global factor in inequity, particularly inequitable access to healthcare.

¹⁷ World Medical Association's report

Healthcare is less effective and of higher quality when there is gender bias in diagnosis, treatment, and health outcomes. Organizations and institutions must make a commitment to altering their policies and procedures in order to stop it.

Analysing The Patriarchal Attitudes and Stereotypes In Family relationships

One of the contentious issues for sociologists, particularly those who are interested in the sociology of gender, is gender stereotyping and the establishment of gender roles. Gender stereotypes and the establishment of gender roles are sociocultural and relational constructs that evolve and are ingrained in the institutional network, social interaction, and social connections, particularly in families. In the home, gender socialisation, varied familial environments, and parents' different roles with their children all contribute to gender stereotyping and the creation of gender roles. It is advised to embrace a gender-balanced familial environment, gender mainstreaming strategies, and media that plays a positive role to combat gender stereotyping and lessen its effects on the development of gender and social roles.

Gender has to do with a set of cultural norms that dictate how men and women should act.¹⁸ Each culture assigns its members specific duties and prescribed behavioural patterns that enable them to plan their lives in a predictable and consistent manner. Cultures and societies prescribe normative role behaviour and de-emphasize interpersonal interactions in the hierarchy of norms.¹⁹ Individual freedom is restricted by normative role behaviour, which is collectivistic and links people to established expectations for their rights and obligations. Stereotypes, which are predefined conceptions or pictures that characterise numerous domains of activity, including gender, are directly related to the emergence of socially created and culturally defined realities. Stereotyping is the practise of passing judgement on someone based on how one perceives that person to fit into a particular group. It is, in other words, "the conscious or unconsciously application of (correct or inaccurate) knowledge of a group in appraising a member of the group."²⁰

¹⁸ Kruger 1997

¹⁹ Lindsey 2010

²⁰ Agars 2004

Family, as the primary socialising institution, disseminates basic identities and ingrained messages that are thought to be unique to a feminine woman and a masculine man. In the family, men and women are given various role models based on the characteristics that are historically associated with each sex. Similar to this, society assigns tasks that are known as gender stereotypes based on a set of physical and psychological traits determined by families. In contrast to the birth of a female kid, which is seldom honoured, the birth of a male child is seen as a symbol of greater family authority. Similar to this, men predominate in important decisions including marriage, choosing a partner, and other familial matters. The traditional societal structure places limitations on women and tends to favour men in positions of authority. Patriarchy upholds masculine ideology and fosters unfavourable gender norms.

A child's socialisation is the process by which he or she learns to accept the rules, conventions, and traditions of the world around them. The process by which children of various sexes are socialised into their respective gender roles and taught what it is to be male or female is known as gender socialisation. Gender socialisation starts at birth when people ask one another the straightforward question, "Is it a girl or a boy?" Similar to this, gender and the development of gender roles are mostly learnt through the prevalent socialisation institutions, such as family, peers, school, and so forth, which are regarded as the "teachers" of society. Through the process of socialisation, people acquire the actions and attitudes that are expected by society. The kind of men and women that a given culture and society wants them to be are shaped and reshaped through this process. Similar to this, every society in the world prescribes specific actions and attitudes for men and women that are appropriate in various circumstances. These prescriptions serve as gender norms in the form of rules, which in turn create gender roles. Parental behaviour, whether overt or covert, toward their children is the main factor influencing the early development of gender role stereotyping. Children's socialisation is greatly influenced by parents, who also provide a comfortable setting in the home where they may engage face-to-face with their offspring. Parents instil stereotypes in their children by a variety of everyday actions and actions, such as the way they dress them, how they decorate their rooms, the toys they provide them to play with, and the attitudes and behaviours they exhibit toward them.²¹ Furthermore, it has been established that men and women have different emotional capacities, with men possessing masculine traits being aggressive and women being perceived as emotionally docile. In this way, gender stereotypes are established and instilled inside families

²¹ Hetherington & Parke, 1999

through the process of socialisation, when parents treat their kids in a stereotypically internalised way to portray their males as angry, strong, and agentic, and their daughters as passive, weak, and delicate. This stereotypical socialisation establishes and determines distinct and separate realms for both men and women, which ultimately creates a foundation for the formation of gender roles. According to the literature, which has its roots in sociocultural norms, gender stereotyping is a social construct. The term "gender role conflict" refers to a psychological condition when an individual and others are negatively impacted by their excessive internalisation of their assigned gender role. Restrictions are an individual's attempt to control their conduct and the behaviours of others to comply to restrictive and stereotyped norms, congruent with the ideology of masculinity, according to O'Neil's gender role conflict theory. When gender role stereotypes are prevalent, gender role conflict occurs.²² In this context, it is also beneficial to define what patriarchy is. A "Patriarchy" is a term used to describe a male-dominated society in which men hold power and monopolise positions of moral authority, social privilege, and property ownership. Individual conceptions of gender roles can be greatly influenced by growing up in a patriarchal family with separate gender roles. Men inherit patriarchal rank from their fathers and grandfathers. GRS and patriarchal standards have an impact on people's lifestyles, and patriarchal beliefs—like the notion that males should rule over women—can have an impact on how people of various genders interact with one another²³. However, patriarchal norms also include ideas about how generations interact, such as the dominance of older generations over younger generations, a focus on children's obedience, and a preference in the family for the eldest son.²⁴ Numerous Indians voice egalitarian opinions about certain gender roles in the household. For instance, according to 62% of adults, both men and women should be in charge of raising children. But among sizable portions of the population, conventional gender roles continue to be dominant: Roughly one-third of respondents (34%) believe that women should be primarily in charge of child care. Similar to this, a sizable majority (54%) believes that both men and women in households should be accountable for working to earn money, however many Indians (43%) believe that males should be primarily responsible for this. Additionally, a large majority of Indian people believe that men should have more employment rights than women when there is a shortage of jobs, which reflects the continuous dominance of men in the economy. Eight out of 10 people

²² O'Neil, J.N. *Men's Gender Role Conflict Psychological Costs, Consequences, and an Agenda for Change*; American Psychological Association: Washington, DC, USA, 2015.

²³ Kandiyoti D. Bargaining with patriarchy. *Gen Soc.* 1998;2:274–290.

²⁴ Gruber S, Szoltysek M. The patriarchy index: a comparative study of power relations across historical Europe. *Hist Fam.* 2016;21:133–174.

concur, with the majority (56%) saying they totally concur. Indians place significance on having both daughters and sons: Almost all Indians (94%) and, separately, 90%) believe that having at least one daughter is very important for a family. Additionally, the majority of Indians (64%) and 58% of respondents agree that both sons and daughters should be responsible for taking care of their parents as they get older. However, respondents to the survey are much more inclined to believe that boys, as opposed to daughters, should have more rights and obligations in these areas. For instance, only 2% of Indian adults believe daughters should be in charge of caring for ageing parents, compared to nearly four out of ten Indian adults who believe sons should. These conventions are a component of a larger phenomenon in Indian society where, for various historical, social, religious, and economic reasons, families tend to place a higher importance on boys than daughters - a practise known as "son preference." Sons who are adults typically support their families financially and live with them. In the meantime, families may still pay dowries in some weddings between daughters and husbands. Additionally, daughters frequently reside with their husband's parents and fulfil duties to their in-laws. The government's Beti Bachao, Beti Padhao ("Save the girl child, Educate the girl child") program, for instance, aims to prevent sex-selective practises during pregnancy and to ensure that girls have access to educational opportunities by running public awareness media campaigns, among other policies. In recent years, Indian society has placed more emphasis on improving the status of daughters.

Based on my study and research it is seen that most Indian households still use patriarchal attitudes and stereotypes to gender socialize and work in accordance of it. It seen and noticed that children are grown up looking and experiencing such sexist gender discriminations and attitudes, thus impacting their thinking and what they imbibe in themselves for future. The right awareness in the right way is the only thing that can change this.

Conclusions and Recommendations

All the above mentioned topics are discussed keeping in mind the scenario of the Indian society, it gives a fair idea of what a woman has to go through in different areas of. Life and even in her own house she has to go through so much more than we see. It is seen and noticed with the time passing by, there are a lot of good changes that come by, yet the society tends to be the same in many ways. It is important to create, host and plan various awareness programs in such localities to make people aware about how far we have come from stereotypes and patriarchal

attitudes. We support equality and healthy living along with respecting the dignity and personal choices that every individual should have the right to access.

It gave me an insight to the irony of our lives and acceptance of our living standards.

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