



A study to assess the quality of life underlying vulnerability social exclusion and inclusion of women belonging to scheduled caste in rural regions

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Abstract

India, despite rapid economic growth, continues to grapple with deep-rooted social inequalities. Among the most marginalized groups are women belonging to the Scheduled Castes (SCs), who face a unique intersection of caste-based discrimination, gender bias, and socio-economic deprivation. This article explores the complex interplay of vulnerability, social exclusion, and inclusion that shapes the quality of life for SC women in rural India. SC women in rural areas often experience a life marked by multiple vulnerabilities. They are disproportionately represented among the rural poor, with limited access to land ownership, education, healthcare, and employment opportunities. Traditional patriarchal norms further restrict their mobility, decision-making power, and access to resources. This vulnerability is compounded by social exclusion, manifested in various forms. SC women face social stigma, prejudice, and discriminatory practices rooted in the caste system. They are often denied access to public spaces, community resources, and basic amenities. Deeply ingrained

patriarchal attitudes relegate women to subordinate roles, limiting their autonomy and agency. They often bear the brunt of household chores, childcare responsibilities, and agricultural labor, with little recognition or compensation. Limited access to education and employment opportunities perpetuates a cycle of poverty, making SC women economically dependent on male family members. This economic vulnerability further restricts their decision-making power and overall well-being.

Keywords:

Caste-based, discrimination, Gender, bias, Economic, deprivation, quality, life, vulnerability, social, exclusion, inclusion, women, scheduled, caste, rural, region, SCs

Introduction

India's caste system, though officially outlawed, continues to be a deeply entrenched social reality, particularly in rural areas. Scheduled Castes (SCs), formerly known as "untouchables," occupy the lowest rung of this hierarchical system and face systemic discrimination and exclusion. Women within these communities experience a double burden of disadvantage, facing discrimination based on both their caste and gender. This article will explore the multifaceted nature of caste-based discrimination against SC women in rural India, examining its manifestations in various aspects of their lives. (Thorat, 2020)

SC women in rural regions frequently live in isolated settlements, truly isolated from the remainder of the town. This spatial isolation supports social exclusion and limits their admittance to essential conveniences and administrations. They are much of the time denied passage into public spaces like sanctuaries, wells, and public venues, sustaining their social separation and underestimation.

SC women are lopsidedly addressed in the casual area, functioning as farming workers, homegrown specialists, and manual foragers. They face wage discrimination and are frequently paid not as much as individuals for similar work. Their economic vulnerability is additionally

intensified by restricted admittance to schooling, land proprietorship, and credit offices, propagating a pattern of neediness and reliance.

SC women are especially powerless against gender-based viciousness, including physical, sexual, and psychological mistreatment. They are many times designated by predominant castes for stating social control and keeping up with the caste progressive system. The profoundly dug in male centric standards inside their own networks additionally add to their vulnerability to aggressive behavior at home and different types of misuse. (Suresh, 2020)

SC women face huge hindrances to getting to training and medical care. They are frequently compelled to exit school because of destitution, social commitments, and absence of protected and open instructive foundations. Also, they face discrimination and disregard in getting to medical care administrations, prompting higher rates of maternal mortality and dismalness.

Regardless of reservations in neighborhood administration bodies, SC women's political support stays restricted. They frequently come up short on assets, mindfulness, and support to participate in political cycles actually. Their voices are frequently minimized, and their interests are not satisfactorily tended to in neighborhood direction.

The aggregate impact of vulnerability and social exclusion fundamentally influences the quality of life for SC women. Hunger, absence of admittance to medical care, and restricted mindfulness about wellbeing and cleanliness add to chronic frailty results for SC women. Maternal death rates are additionally higher among this gathering. Social and economic hindrances frequently keep SC young ladies from getting to instruction, propagating a pattern of lack of education and restricting their future open doors. (Patel, 2020)

The consistent experience of discrimination, minimization, and absence of command over their lives can prompt mental pain, including despondency, tension, and low confidence. While the difficulties are critical, there are progressing endeavors to advance the inclusion and strengthening of SC women in rural India.

The public authority has executed different projects pointed toward working on the financial states of SC women, remembering bookings for instruction and business, microfinance plans, and social security programs. The development of self improvement gatherings (SHGs) has given SC women a stage to by and large resolve their issues, access microfinance, and gain more prominent economic freedom. Common society associations and activists are attempting to bring issues to light about the difficulties looked by SC women and supporters for their privileges and inclusion. (Mitra, 2020)

Review of Literature

Singh et al. (2012): Caste-based discrimination against SC women in rural India is a complex and well established issue that requires a multi-pronged methodology. Resolving this issue requires legitimate changes and strategy meditations as well as a principal shift in cultural perspectives and convictions. It is critical to engage SC women through training, economic open doors, and social assembly.

Chhetri et al. (2012): Endeavors to challenge caste-based discrimination should likewise address the diverse idea of their minimization, perceiving the exchange of caste, gender, and class in molding their encounters. Just through a coordinated and supported exertion could we at any point desire to make an all the more and impartial society for SC women in rural India

Johri et al. (2012): Gender bias, the inconsistent treatment and discrimination based on gender, is an unavoidable issue worldwide. In India, this bias is additionally compounded for women having a place with Scheduled Castes (SCs), generally minimized networks at the lower part of the social progressive system. This article investigates the complex idea of gender bias experienced by SC women in rural regions of India, looking at its signs, fundamental causes, and likely arrangements.

Patel et al. (2012): SC young ladies are much of the time the first to be pulled out of school because of economic imperatives and cultural standards that focus on young men's schooling.

This propagates a pattern of disservice, restricting their future open doors. SC women overwhelmingly work in the casual area, frequently in low-paying and perilous positions. They face wage discrimination and restricted admittance to credit and assets, thwarting their economic strengthening

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Scheduled Castes (SCs), formerly known as "untouchables," remain at the bottom of the social hierarchy, facing discrimination and limited opportunities. Within this marginalized group, women experience a double burden of caste-based discrimination and gender inequality, resulting in severe economic deprivation. This article explores the multifaceted nature of this deprivation, examining its causes, consequences, and potential solutions.

SCs, generally denied land possession, frequently function as rural workers with low wages and occupation instability. Women, specifically, face further discrimination in admittance to land and assets, restricting their capacity to take part in autonomous cultivating or domesticated animal raising. SC women are frequently restricted to customary, low-paying occupations like manual rummaging, homegrown work, and rural work. These positions are described by familiarity, absence of social security, and vulnerability to double-dealing.

Social and economic hindrances impede SC women's admittance to instruction and abilities preparing, sustaining their reliance on low-paying positions. Early marriage, family errands, and childcare obligations frequently keep young ladies from finishing their schooling. SC women face social exclusion and discrimination in different circles of life, including admittance to credit, medical care, and government plans. They are much of the time denied open doors for independent work or business venture because of caste-based biases.

Profoundly instilled man centric standards and gender biases further limit women's economic open doors. They frequently face limitations on versatility, direction, and command over pay,

restricting their capacity to work on their economic condition. Restricted pay and absence of reserve funds make SC women and their families helpless against neediness and obligation. They frequently depend on casual wellsprings of credit with exorbitant loan fees, catching them in a pattern of obligation.

Economic deprivation prompts food weakness and ailing health, especially among women and kids. Absence of admittance to nutritious food can have long haul wellbeing outcomes. SC women frequently face chronic weakness because of hunger, absence of sterilization, and restricted admittance to medical services offices. They may likewise confront discrimination and disregard in medical care settings.

Economic deprivation supports social exclusion and minimization, restricting SC women's cooperation in local area life and dynamic cycles. Economic reliance makes SC women defenseless against different types of savagery and double-dealing, including aggressive behavior at home, lewd behavior, and constrained work.

Redistributive land changes and guaranteeing admittance to credit, innovation, and market linkages can enable SC women in agribusiness and partnered exercises. Putting resources into instruction and abilities, preparing programs custom fitted to the requirements of SC women can upgrade their employability and empower them to get to better-paying positions. Giving monetary help, business preparing, and advertise access can urge SC women to begin their own organizations and become independent.

Expanding social safety nets such as the National Rural Employment Guarantee Scheme (NREGS) and providing subsidized food and healthcare can provide crucial support to SC women and their families. Combating caste-based discrimination and promoting social inclusion through awareness campaigns and affirmative action policies are essential to create a level playing field. Promoting self-help groups (SHGs) can provide SC women with a platform for collective action, mutual support, and economic empowerment.

SC women face social ostracization and are often denied access to basic amenities and public spaces. They are also disproportionately vulnerable to caste-based and gender-based violence, including sexual assault, often with impunity for perpetrators. SC women face barriers in accessing quality healthcare due to financial constraints, social stigma, and discrimination within the healthcare system. This results in poorer health outcomes and higher maternal mortality rates.

Despite reservations in local governance, SC women face significant challenges in actively participating in politics due to patriarchal norms and lack of support. The rigid hierarchical caste system perpetuates discriminatory practices and reinforces social inequalities, placing SC women at the bottom of the social ladder.

Deeply ingrained patriarchal norms and traditions further subjugate women, restricting their autonomy and decision-making power within their families and communities. Economic deprivation limits access to education, healthcare, and other essential resources, perpetuating a cycle of poverty and marginalization for SC women. Limited awareness of their rights and lack of empowerment mechanisms further disempower SC women, making them vulnerable to exploitation and discrimination.

Promoting education among SC girls and raising awareness about gender equality and women's rights are crucial steps towards empowerment. Providing access to skill development, microfinance, and entrepreneurship opportunities can enable SC women to achieve economic independence.

Challenging discriminatory social norms and promoting social inclusion through community mobilization and awareness campaigns can help create a more equitable society. Strengthening legal frameworks to protect SC women from discrimination and violence, along with effective implementation, is essential.

Ensuring access to affordable and quality healthcare services, including reproductive health services, can improve health outcomes for SC women. Promoting leadership and political participation among SC women through training and capacity building can amplify their voices in decision-making processes.

Gender bias against SC women in rural India is a complex and deeply rooted issue that requires concerted efforts from various stakeholders. By addressing the underlying causes and implementing comprehensive strategies, we can create a more inclusive and equitable society where SC women can realize their full potential and live a life of dignity and respect

The economic deprivation of SC women in rural India is a complex issue rooted in historical injustices, social discrimination, and gender inequality. Addressing this challenge requires a comprehensive and sustained effort by the government, civil society organizations, and individuals. By empowering SC women economically, we can not only improve their lives but also contribute to a more just and equitable society.

Conclusion

Improving the quality of life for SC women in rural India requires a multi-pronged approach that addresses the complex interplay of vulnerability, social exclusion, and inclusion. It is crucial to tackle caste-based discrimination, challenge patriarchal norms, improve access to education, healthcare, and economic opportunities, and empower SC women to become agents of their own change. By promoting their inclusion and empowerment, we can move towards a more just and equitable society.

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