

**PERCEPTION OF PEOPLE TOWARDS INCLUSION OF SELF- DEFENSEIN SCHOOL
CURRICULUM**

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Certificate

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This is to certify that the dissertation entitled “**Perception of People Towards Inclusion of Self-defense in School Curriculum**” is the bonafide record of the work carried out by Ms. Nikitha Jojo under my supervision and guidance and submitted to Marian College Kuttikkanam (Autonomous), affiliated to Mahatma Gandhi University Kottayam in partial fulfilment of the requirement for the Bachelor of Social Work

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I, Nikitha Jojo, VI semester BSW student at Marian College Kuttikkanam (Autonomous), do hereby declare that the dissertation entitled “**Perception of people towards the inclusion of self-defense in the school curriculum**” the bonafide record of the original research carried out by me under the guidance of **Ms. Pallavi R.**, and that it has not been submitted elsewhere for the award of any degree, diploma, fellowship or other similar title or recognition of any university to the best of my knowledge and belief.

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Abstract

This study is intended to know the Perception of teachers and students in the inclusion of self-defense in the school curriculum in K.T.J.M. School, Edamattom, Meenachil Taluk. 50 samples are been selected from K.T.J.M. School in Edamattom using lottery method and systematic random sampling. Quantitative research method is used and the data analysis is done using descriptive statistics. The major implication of the study is to make people aware about the importance of Self- defense and also that it could be used as a tool to protect themselves during the time of an abuse or any kind of danger. The major implication of the study is to notify the authorities to make compulsory and free Self-defense training in K.T.J.M. school.

Keywords: Perception, People, Self-defense, Curriculum

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Introduction

In India, over 53% of children face maltreatment. (Times of India,2007) Schools prepare students to get a better life and this cannot be fulfilled without learning self-defense. Self-defense will teach a child proper body control. If a child gets training in self-defense, he/she will be able to protect themselves and another person from being abused. Children by nature are dependent on adults and they lack knowledge about self-protection. Most of them do not know how to react to such situations. So, it becomes a matter of need to survive in this crime-increasing world. To teach a child effectively; and teachers should be well aware of the complex impact of sexual abuse. A child is ready to learn self-defense when he/she knows the difference between right and wrong.

Self-defense training is to disarm an armed attracts. Preparing in self-defense gives the user the ability to try not to hurt or harmed. (Passini, 2015). Jocelyn Hollander says that the individuals who take an interest in self-defense training are probably going to encounter attack and are more certain about their capacity to successfully oppose attack than the ones who have not taken such a class (Hollander, 2016). A child should start training from an early age itself because the older he/she gets more practice and will likely forget the things he/she had learned. If a child is not trained by the right kind of trainer, he/she will use them for fun or bullying. Children between the age6- 16 often do not know how to react or fight back, which makes them easy for physical and sexual violence (Deshmukh, 2018). A child can protect themselves when they are gone up against unsafe circumstances without fighting (Potena, Konukman, Yu & Gumusdag, 2014)

If all schools could bring an idea of free and mandatory self-defense training for students from an early age itself, they will be able to bring a strong sense of willpower to students. Teachers should understand the importance of learning self-defense and should allow their children to be trained with no regard to gender. Not all the time they could be with their children, they have to be free and independent. So, the best way to prepare a child is by training her for self-defense.

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Review of Literature

In the article written by Crepelle states that, Crime is an immediate open issue in Indian country as Indians bear intense crime at twice the price of any other racial gathering. Indian country's unique and confusing jurisdictional scheme combined with a lack of police leave, Indians easy targets for those who are looking to commit crimes. The answer to a crime that happens in India is through self-defense. (Crepelle, 2019)

In the journal written by Sen, the politics of sex that arose around women's self-defense activity built up a radical conservation gathering in Mumbai. The mission was to include the public appropriation of adjusting kitchen knives as arms for helpless women laborers. Carrying out the program expressed that oppressed women workers, who have a danger of rape and inappropriate behavior while being in public spaces, must stab predators with these knives, which were extraordinarily intended for helpless women's good and actual assurance. (Sen, 2019)

The "Journal of human source" says that from 2000 to 2010, in excess of 20 states passed the purported "Castle Doctrine" or "stand your ground" laws. These laws extend the lawful avocation for utilization of legitimate power in self-defense, in this way it could bring down the normal expense of utilizing deadly power and expanding the normal expense of precluding vicious. (Cheng & Hoekstra, 2013)

Hollander states that women self-defense classes make them experts for stopping and responding to violence. Self-defense training has various gainful outcomes on a female's life since this may decrease a female's danger of attack. The writer put forward confirmation of the results drained from a long-term investigation of self-defense students announced more agreeable collaborations with outsiders, colleagues, and lingerie; more good emotions about their-own body; increased self-assurance; and changed convictions about female, male, and sexual orientation. The author recommends that self-defense classes are life-changing because they address three major questions to women's lives: dread of rape, self, and sex. (Hollander, 2004) She clarifies that self-defense classes are offered in the country as a technique for diminishing women's shortcoming to rape. The females who are less prepared in self-defense more likely to encounter rape and less certain about their capacity contrasted with females who have been practiced. (Hollander, 2014) She explains the reasons women for taking self-defense classes is a result of their companion's suggestions, dreams of the "conceivable selves" they could become, and the dread of viciousness was the vast majority of the regular reasons; having encountered

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a previous attack was infrequently referred to as a justification taking an interest. Numerous women who had never selected a self-defense class detailed having considered doing so. (Hollander, 2010)

The journal of interpersonal violence says that self-defense classes plan to forestall violence against women by fortifying women's ability to protect themselves. The effect of self-defense training is the women's physical and mental reactions to resulting assaults attacks. Women with training will get angrier on the attacks and less dread during the hour of the occurrence than ladies without training, viable with the training of self-defense. (Brecklin & Ullman, 2005)

A danger decreasing system with self-defense training was coordinated for college female students. It was coordinated to pass on mental planning on to react unhesitatingly to not-so-safe dating conditions. The program was suitable in growing degrees of self-defensive practices, self-reasonability in opposing against likely assailants, and the utilization of self-assured sexual correspondents over a 4month between time. Results likewise show a reduction in the rates of assault among the members who were at the program for over long periods of follow-up. (Orchowski, Aidycz & Raffle,2008)

In the 'Evaluation outcomes of self-defense training for women: A review', Brecklin clarifies the fundamental target of women's self-defense training is to reinforce women's ability to safeguard themselves against possible assaults. The impact of women's self-defense training broadens impressively past this target, including physical, mental, and conduct impacts. The results focused on psychology/attitudinal (assertiveness, confidence, nervousness, control, dread of rape, and self-viability) and social results (physical competence and avoidance behaviors). Limits of this are been highlighted and made for future self-defense training programs. (Brecklin, 2008)

In the study conducted it have been analysed whether including emancipatory sexuality education, which energize the investigation of women's sexual qualities and needs, to a rape obstruction program would improve women's protection from rape from known men. A randomized trial plan surveyed the adequacy of an essential and sexuality improved no-program control. Programs, expanded women's perception of their own danger, their certainty that they could guard themselves whatever point they are assaulted, and their use of more viable procedures for self-protection in any sort of circumstance which is more theoretical for rape. (Senn, Gee & Thake, 2011)

L. Felts, a sports and exercise psychologist who works in self-adequacy and the psychosocial implications of sports and actual work investment says that self-confidence (SC) is perhaps the most alluded factor thought to impact athletic execution. It assumes a significant part in competition prosperity; conversely, the absence of SC is by all accounts firmly connected with athletic

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disappointment. Subsequently, certainty turned into an imperative part that decides lucky competitors from ineffective ones. Consequently, the team's fearlessness alludes to one's conviction that the person can effectively execute the ideal conduct. To advance the comprehension of its tendency, she initially introduced a few meanings of SC and momentarily examined them concerning some connected terms, like apparent capacity, self-idea, confidence, and execution hopes.

An athlete, who is victorious in one sport, in this manner loves a typical sensation of self-assurance that the person will actually want to move to another game situation. She depicted the hypothetical methodologies just as the broad examination proof in sport and assessed some pertinent reactions. Feltz summarize and separate these three methodologies and give some key endings. (Feltz, 2007)

Women show lower self-confidence than men across almost all achievement stations. Although low self-confidence is indeed a frequent and potentially debilitating issue among women, they are not lower in self-confidence than men in all achievement circumstances. (Lenney, 1977)

To save one's life one needs to murder another person? In certain circumstances that is passable. For a situation, you are remaining in a glade, honestly disapproving of your business, and a truck abruptly heads towards you. Presently you can see the driver: he is a man you know has since a long time ago. What to do? You can't beat the truck. Luckily, this is certainly not an unadulterated bad dream: you simply end up having an antitank firearm with you and can explode the truck. Obviously, in the event that you do this, you will murder the driver, however, that doesn't make any difference: it is ethically passable for you to explore the truck, driver, and all, with regards to your life. It is presumably not important to push here—however, the fact of the matter is significant for our motivations—that you don't just have a pardon for exploding the truck, you are ethically allowed to do as such. Assume Peter executed Paul. For the reality of the situation to prove that Peter just has a pardon for executing Paul is for the facts to confirm that however he should not have done as such, and acted wrongly in doing as such, still, he isn't as much to blame for doing as such as he would have been having, he not had the pardon, and, assuming his pardon isn't only relieving yet totally exonerating, he isn't to blame at all for doing as such. Be that as it may, exploding the truck isn't something you should not do. (Thomson, 1991)

Self-protection represents an extraordinary test to a criminal law progressively mindful of the ethical meaning of legitimate safeguard. It seems to communicate an inclination for one life over another in an arrangement of law probably started on the equivalent or incommensurability of lives. In different conditions, the law once in a while allows the taking of one life to save another. Hardly any purviews

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permit coercion as a guard to kill, and those with a need safeguard generally necessitate that the damage evaded be altogether more noteworthy than the mischief perpetrated a prerequisite which seems to bar most types of self-defensive slaughtering. Self- defense gives an especially solid and proud guard to murdering. (Wasserman, 1987) The law of self-defense has seldom created as much scholastic or famous warmth as it has in the previous two years. Generally pitched preliminaries have produced profound situated feelings of dread of a law unmoored from the rule. Those feelings of dread have created profound situated apprehensions of a law unmoored from the rule. Those feelings of dread have produced a standard public study that the criminal law has lost its "objectivity", so the contention goes. (Nourse, 2001)

Self-defense on the worldwide level is by and large respected, in any event by global lawful advocates, as a lawful right characterized and legitimated by worldwide law. Governments, in general, appear to concur. At the point when they have utilized power, they have almost consistently asserted self-preservation as their lawful legitimization. Governments contesting that case have typically stated that the legitimate states of self-defense were not met in the specific case. In any case, in spite of the clear arrangement that self-protection is administered by law, the significance and legitimacy of that recommendation stay open to address. Some test the fundamental thought that the security of express its self-conservation—can and ought to be exposed to global law. Others question whether under current conditions the ideal of law can be applied on a worldwide level to public safety choices. (Schachter, 1989)

Fear of assault is so unavoidable among ladies in the United States that it meddles fundamentally with exercises, including sporting games and actual wellness regimens. The people group associations and universities regularly react to viciousness against ladies by offering self-preservation courses for ladies, accepting that training lady's self-protection is an answer for the issue of brutality. Scientists and narrative records likewise recommend that casualties can upgrade the sensation of control and lessen sensations of weakness by joining up with self-preservation courses. However, training self-protection raises academic issues in regards to compelling parts of projects. We contend that such issues are particularly significant in these courses in light of the fact that inadequate projects may sabotage people who are now mentally powerless.

Would women be able to guard themselves?

Regardless of whether it is fitting to oppose a rape has been discussed. Two principal issues are of concern: regardless of whether actual opposition is viable in lessening the fruition or seriousness of an attack, and whether individuals who retaliate are probably going to endure a more actual injury as a

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piece of their obstruction. These issues are not only scholastic inquiries: educators should have the option to persuade understudies that obstruction is fitting on the grounds that enthusiastic obligation to actual procedures is fundamental for their adequacy. Likewise, it is regular for understudies' families or companions every now and again male accomplices to sabotage ladies' trust in self-protection courses by bringing up these issues. (Madden, Magarent, Sokol & Thomas, 1997)

It is assumed that self-defense is one sort of thing and punishment, quite another. Self-defense expresses a right to defend oneself or others against aggression; its purpose is exclusively to prevent the threatened harm. Typically, punishment comes into play only after the aggressive act has made its mark- when it is too late for self-defense. The function of punishment cannot be to prevent instant harm, but at best to sanction it and to induce others, by example, not to replicate the harmful act. Seumas Miller talks about the most available accounts of the justification of killing in self-defense has come under attack in the journal "Killing in Self-defense". The most obvious theory is the simple right to life account. This view posits a basic right to life or the right not to be killed. In this view, Miller states that to kill in self-defense in virtue of having the right to life, coupled with the fact that his or her life is under threat, and will be killed unless he or she intervenes and intervenes by killing the attacker. The general problem here is the attacker himself or herself has a right to life. (or a right not to be killed) and it is not clear how it is not being violated by the person killing the attacker in self-defense.

There are three obvious stages of the simple right to live view. Firstly, there is the possibility that the right to life is absolute, secondly, a right that can be cancelled, and, thirdly, a right that is neither absolute nor cancellable, but one that can be overridden.

The right to life posited by the simple right to life theory cannot be absolute. If everyone has an absolute right to life. Then attackers also have the same. But if attackers have an absolute right to life then there are no circumstances in which defenders are justified in killing attackers in self-defense. The notion of an absolute right to life seems too weak. It has the effect of ruling out the possibility of justified killing in self-defense. (Miller, 1993)

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Research Gap

By referring to many literature reviews from national and international levels on self-defense, it is learned that most of the research was conducted in an experimental research approach. After the research study, no follow-up is being done, thus no research serves as a knowledge base for proposing self-defense in school education. The literature gap can be filled by making self-defense a permanent part of school life. So, this research is about filling that gap.

Rationale of the Study

This study is very important because sexual violence is a major problem faced by women in India. Each day hundreds of new cases are reported, but the reporting rates throughout the country are low. According to a survey conducted by Government, 99.1% of the cases go unreported. (Bhattacharaya; Kundu, 2018) Survivors of sexual violence have to remain silent because of the source of pressure from family's society or and those who come forward may see their families endure harassment and even be made to feel isolated. Women have to be free they have the right to walk freely but the problem is that they lack the confidence, knowledge or that they have to fight back. Self-defense can be used as a tool to get this confidence. If schools could provide self-defense training, it will become a tool for the protection of a girl's life. And this small change could make a big difference in her life.

Operational Definition

Self-defense: Protecting oneself from harm.

Perception: In this current study perception is said to be the attitude of students and teachers of K.T.J.M. School towards the inclusion of Self- defense.

People: In this study people are students and teachers of K.T.J.M. school

School Curriculum: Lessons and academics taught in K.T.J.M. School.

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Research Question

- What is the perception of teachers have towards self-defense?
- What is the perception of self-defense trained students have towards self-defense?
- What is the perception of self-defense not trained students to have towards self-defense?
- What is the opinion of teachers and students in bringing self-defense as a part of the school curriculum?
- What are the changes seen in a student who is trained and not trained in self-defense?

Objectives

General Objective:

To understand the perception of people towards bringing self-defense as a part of school curriculum.

Specific Objectives:

- To study the perception of teachers towards inclusion of self-defense in the school curriculum.
- To study the perception of students who have trained in self-defense towards the inclusion of self-defense in the school curriculum
- To study the perception of students who have never been trained in self-defense towards the inclusion of self-defense in the school curriculum.

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Methodology

Research Method

The method followed in this research is quantitative

Research Design

The research on the perception of people towards the inclusion of self-defense in the school curriculum is descriptive in nature.

Sampling Technique

The sampling method used is the lottery method and systematic random sampling. The students from the 8th to 10th classes are taken; from each class, girls are selected through systematic random sampling. The 5th girl from the order is selected. The 15 girls who have trained in self-defense and 15 girls who have never trained in self-defense are selected. All the 20 Teachers are selected. The size of the sampling is 50.

The universe of the study

All the students and teachers from K.T.J.M. School.

Unit of the study

- A teacher from the school.
- A student from the school.

Inclusive Criteria

Students from 8th to 10th and teachers of KTJM, Edamattom are selected for the research.

Tools used for Data collection

The researcher used a self- made questionnaire for data collection.

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Plan used for Data collection

The data analysis was done by using descriptive statistics.

Time took for Data collection

Data were collected within 30 days.

Ethical Considerations

- The informed consent of the respondents will be collected
- The collected data will only be used for the research
- The collected data will not be enclosed with a third party.

Expected Result

People will agree to the idea of bringing self-defense as a part of the school curriculum.

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Results

This study was conducted to find the perceptions of teachers and students who are trained and who have never been trained have towards bringing self-defense as a part of the school curriculum. This chapter conveys the results from the study that was conducted and collected from the respondents.

Objective 1: To study the perception of teachers towards the inclusion of self-defense in the school curriculum

The first objective was to know the perception of teachers toward the inclusion of self-defense in the school curriculum. The respondents are the 20 teachers from K.T.J.M. School, Edamattom.

Table 1: The perception of responders towards school providing Self-defense training for free

	Frequency	Percent
Yes	20	100.0

From the above-given table, it is understood that all the teachers want self-defense to be a part of their school.

Table 2: Perception of responders on training their students in self- defense

	Frequency	Percent
Yes	20	100.0

Table 2 shows that from 20 teachers of K.T.J.M. School, Edamattom, all of them want their students to learn self-defense.

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Table 3: The perception of responders on conducting an awareness program to promote self-defense trainings

	Frequency	Percent
Yes	20	100.0

From the above-given table 3, it is understood that all the teachers want to spread awareness about self-defense.

The perception of responders on choosing the best method to spread awareness about Self-defense

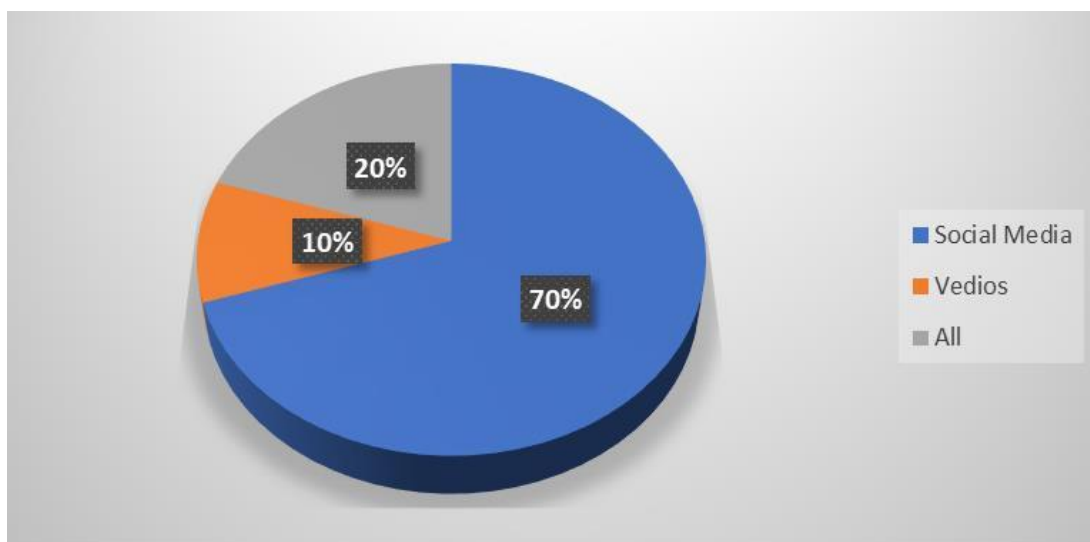


Figure 1

The above figure 1 shows which way is the best one for spreading awareness about self-defense to everyone. 70% of the teachers agree on spreading awareness through social media, while the other 10% agree on showing videos, and the remaining 20% agree on all the ways which include social media, videos, seminars, and camps.

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Perception of responders on decreasing the rate of sexual harassment through Self- defense training

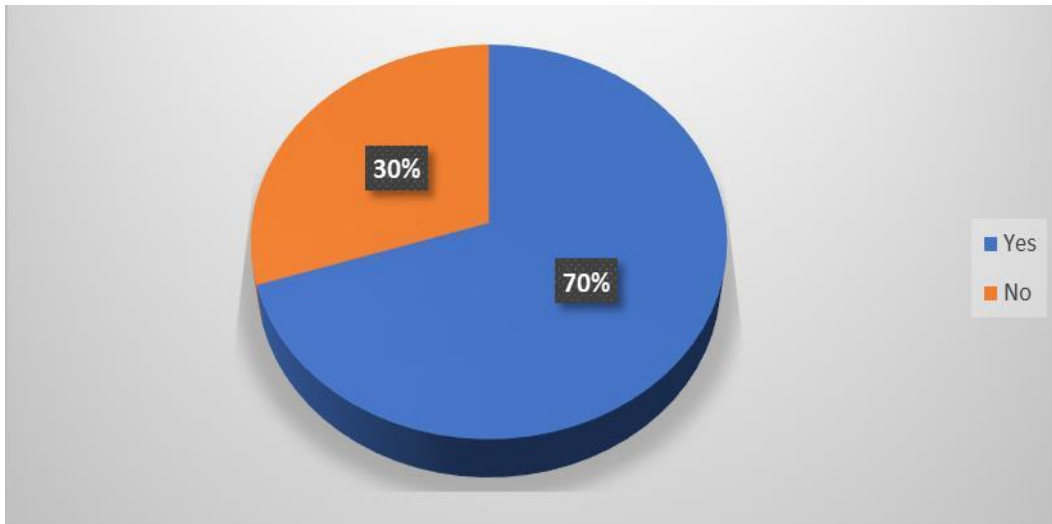


Figure 2

From the above figure 2, it is understood that 30% of the teachers do not agree that self-defense training will bring changes in sexual harassment, while 70% agree self-defense will make a difference in decreasing the rate.

Perception of responders on Self- defense training affects other subjects

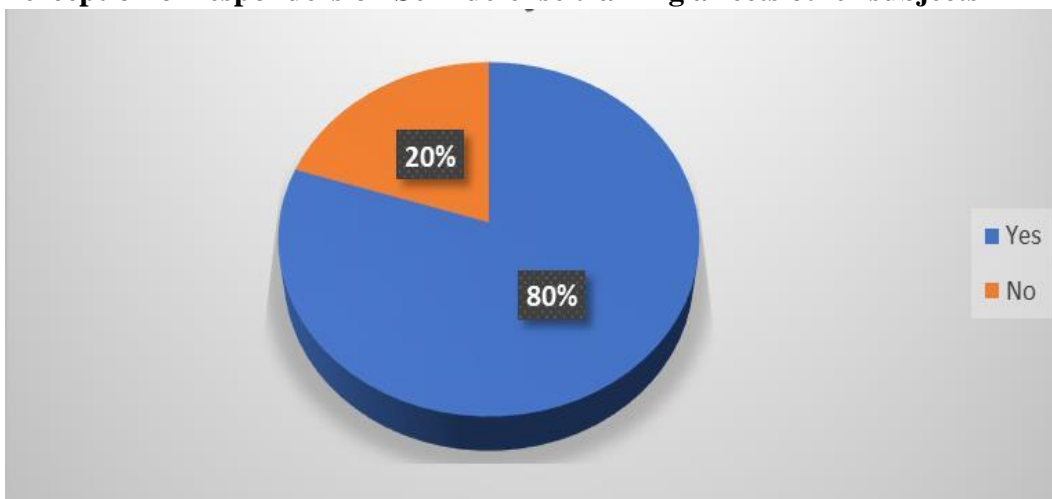


Figure 3

The above figure shows that if self-defense becomes a part of school curriculum 20% agree that self-defense will affect other subjects like physics, social, biology, and so on. But 80% of the teachers say that self-defense training will not be affected to other subjects.

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Table 4: Perception of responders on Self-defense training will become a waste of time

	Frequency	Percent
No	20	100.0

Table 4 shows that whether self-defense training will become a waste of time if it is trained among the students of K.T.J.M School, Edamattom. The above-shown figure shows that all the teachers disagree on self-defense as being a waste of time.

Table 5: The perception of responders on the importance of practicing self- defense in every school because of today’s social situations.

	Frequency	Percent
Yes	20	100.0

From the above-shown table, it is understood that all the teachers agree to the statement that in today’s social situation self-defense is important.

Table 6: The perception of responders on the advantages a person will get after being trained in self-defense

	Frequency	Percent
Confidence	11	55.0
Self-Discipline	4	20.0
All	5	25.0

The above table shows the advantages a person gets after been trained in self-defense. 40% of the teachers agree to confidence while the other 10% agree to self-discipline. Then the remaining 50% agree to all, which means courage, confidence, self-protection, self-respect, and self-discipline.

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Objective 2: To study the perception of students who have been trained in self-defense towards the inclusion of self-defense in the school curriculum

The second objective is to study the perception of students who have been trained in self-defense with the inclusion of self-defense in the school curriculum. The respondents are the 15 students of K.T.J.M. School, Edamattom.

Table 7: The perception of responders, if there is an increase in the rate of sexual harassment towards girls (trained)

	Frequency	Percent
Yes	15	100.0

Above table 7 shows that all the students who are trained in self-defense agree that there is an increase in the rate of sexual harassment towards girl's day by day.

Respondents faced any kind of sexual harassment from anyone (trained)

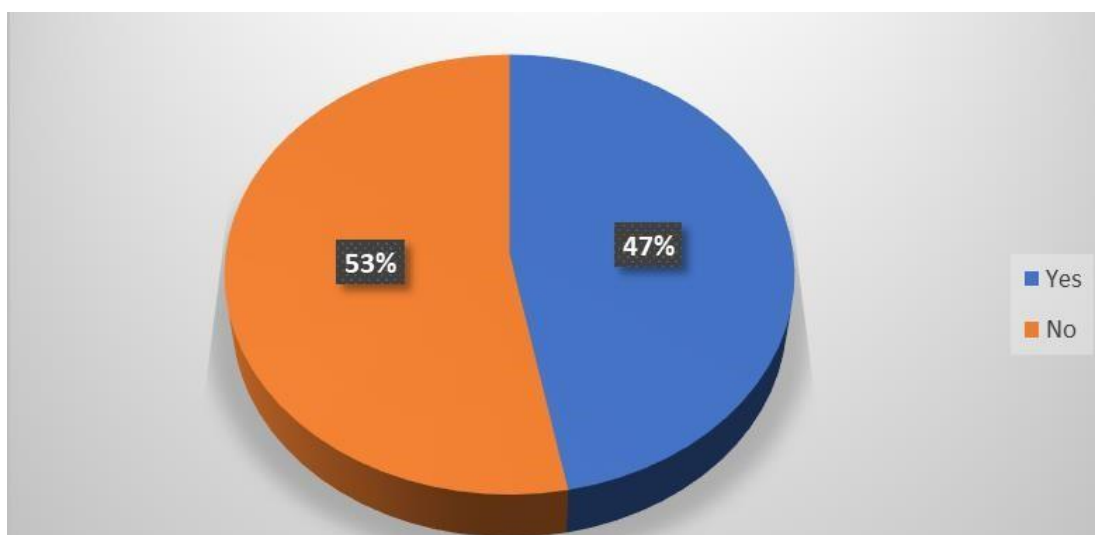


Figure 4

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Respondents have ever complained to anyone. (trained)

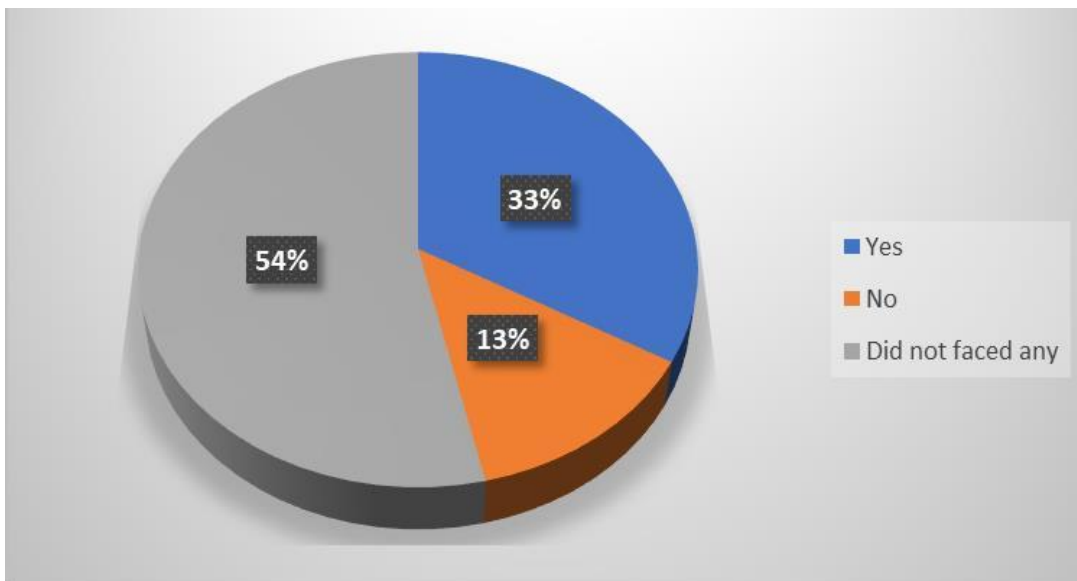


Figure 5

Actions taken after the respondents have complained. (trained)

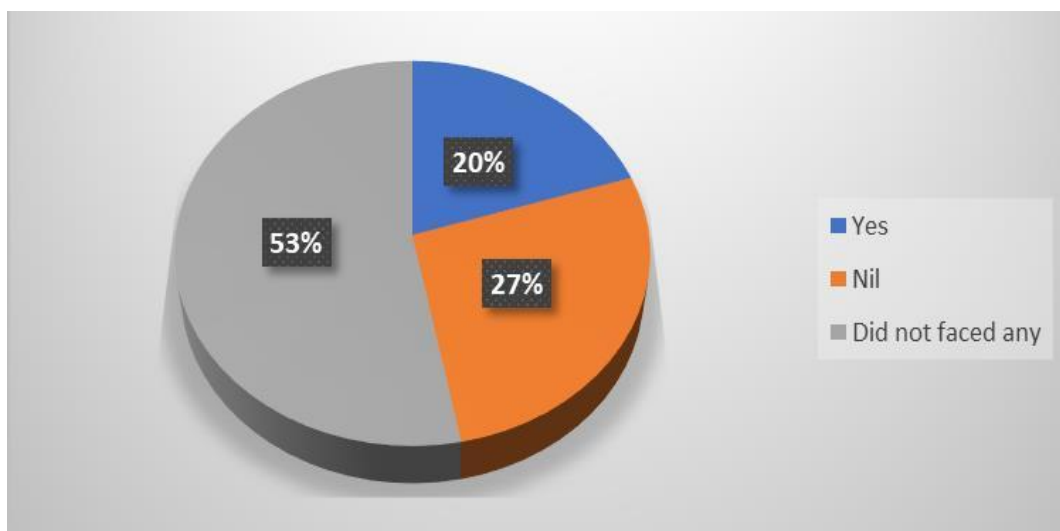


Figure 6

The above given 3 figures represent whether the students who are trained have faced any kind of sexual harassment from anyone. (Figure 4) Of 15 trained students, 47% say that they have faced some kind of sexual harassment from someone and the next figure (Figure 5) shows that from the 47% of students who have faced sexual harassment 33% of them have complained to their parents/authorities/anyone. In that, 33% of the trained students who have complained 20% of the complaints were considered.

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Table 8 The response of the responders towards sexual harassment. (trained)

	Frequency	Percent
Fought back	7	47.0
Did not faced any	8	53.0

Table 8 explains how the students who have trained have responded or reacted when they face sexual harassment. The above table shows that 47% of the students who have trained had reacted somehow; like they got angry or they fought back.

Table 9: Current school syllabus includes self-defense classes for free (trained)

	Frequency	Percent
No	15	100.0

The above table shows if their school is providing self-defense training for free. The table clearly shows that no schools are not providing self-defense training for free.

Table 10: Being trained in self-defense ever helped in the responder's life (trained)

	Frequency	Percent
Yes	15	100.0

The above-shown table shows whether self-defense training ever helped them in their life. For that, all the students have said "Yes"

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

Table 11: Response of the responders on decreasing the rate of sexual harassment through self-defense training (trained)

	Frequency	Percent
Yes	15	100.0

From the above table it is understood that all the trained students agree that self-defense training will bring changes in sexual harassment.

Table 12: The perception of responders on self-defence, will not be a waste of time (trained)

	Frequency	Percent
Yes	15	100.0

From the table above, it is understood that all the trained students agree that self-defense will not become a waste of time.

The advantages a person could get after being trained in Self- defense (trained)

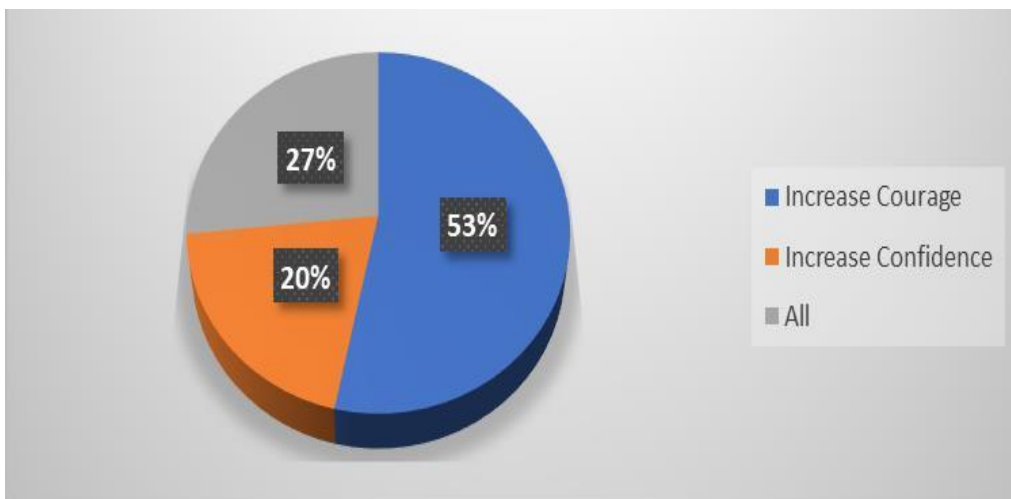


Figure 7

Figure 7 shows the advantages a person gets after been trained in self-defense. 53% of the trained students agree that there will be an increase in the rate of courage, 20% agree on an increase in confidence and 27% agree on all which includes Courage, Confidence, Self-protection, empowerment, and willpower.

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

Objective 3: To study the perception of students who have never been trained in self-defense towards the inclusion of self-defense in the school curriculum

The third objective is to study the perception of students who have never learned self-defense. The respondents are the 15 students of K.T.J.M. School, Edamattom.

The perception of responders, if there is an increase in the rate of sexual harassment towards girls (not trained)

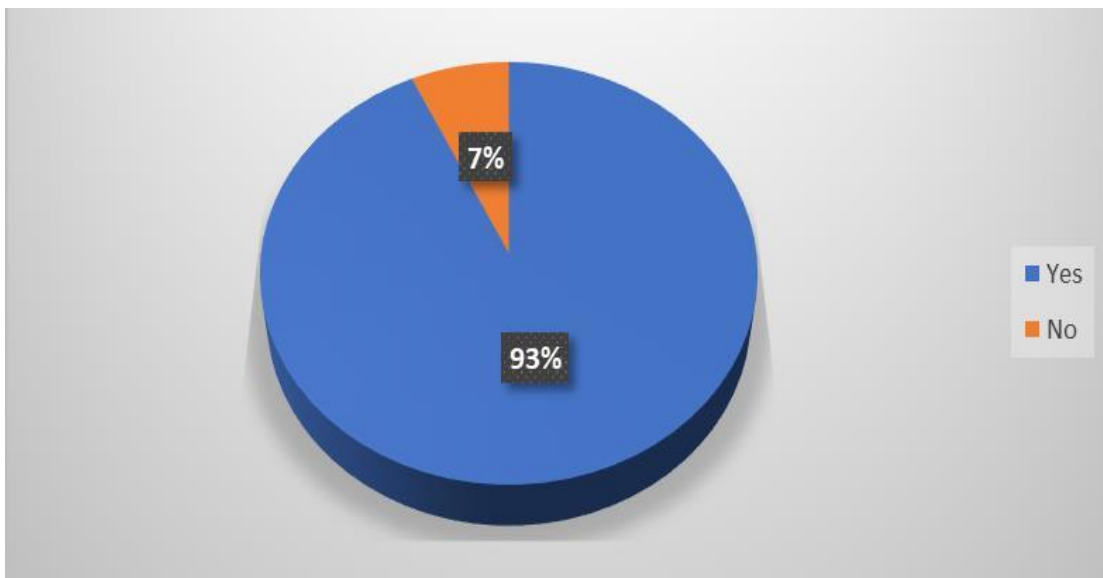


Figure 8

The Figure above shows that 93% of the students who are not trained in self-defense agree that there is an increase in the rate of sexual harassment towards girl's day by day and the remaining 7% disagree with that statement.

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

Respondents faced any kind of sexual harassment from anyone (not trained)

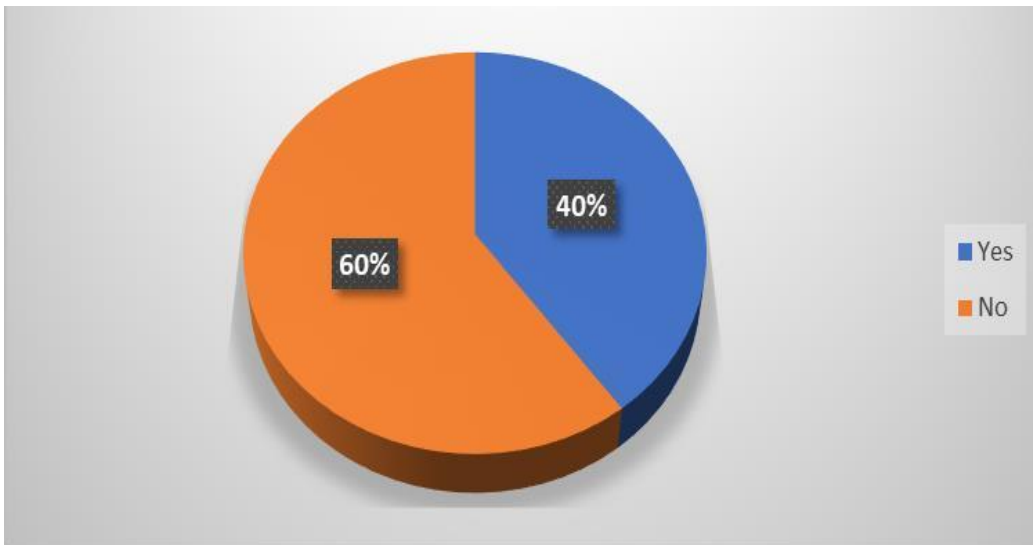


Figure 9

Respondents have ever complained to anyone. (not trained)

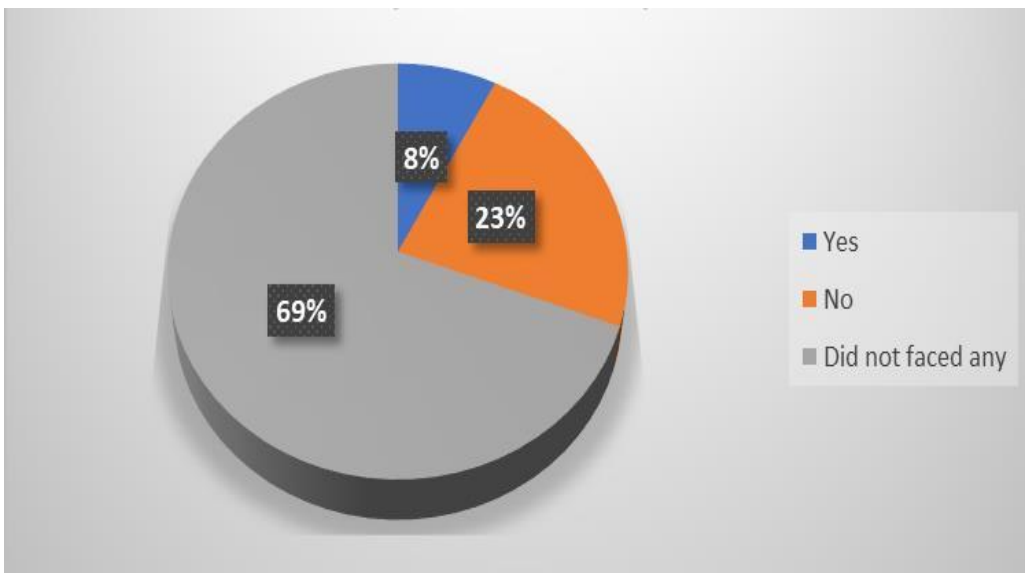


Figure 10

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

Actions taken after the respondents have complained. (not trained)

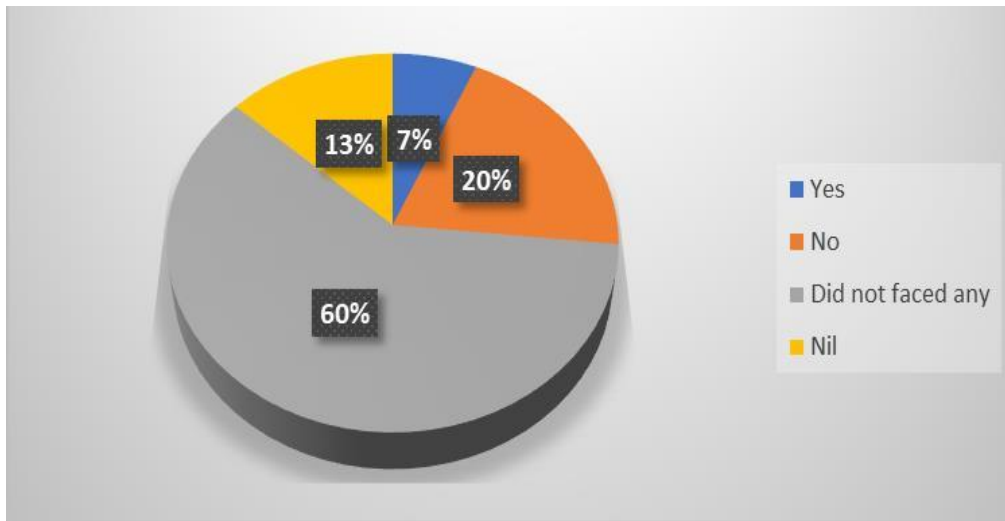


Figure 11

The above given 3 figures represent whether the students who are not trained have faced any kind of sexual harassment from anyone. (Figure 9) Of 15 not trained students, 40% of them had faced some kind of sexual harassment and the next figure (Figure 10) shows that from that 40% of students who have faced sexual harassment only 8% of them have complained to their parents/authorities/anyone. In that, 8% of the trained students who have complained only 7% of the complaints were considered and 20% of the complaints were not considered.

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

The response of the responders towards sexual harassment. (not trained)

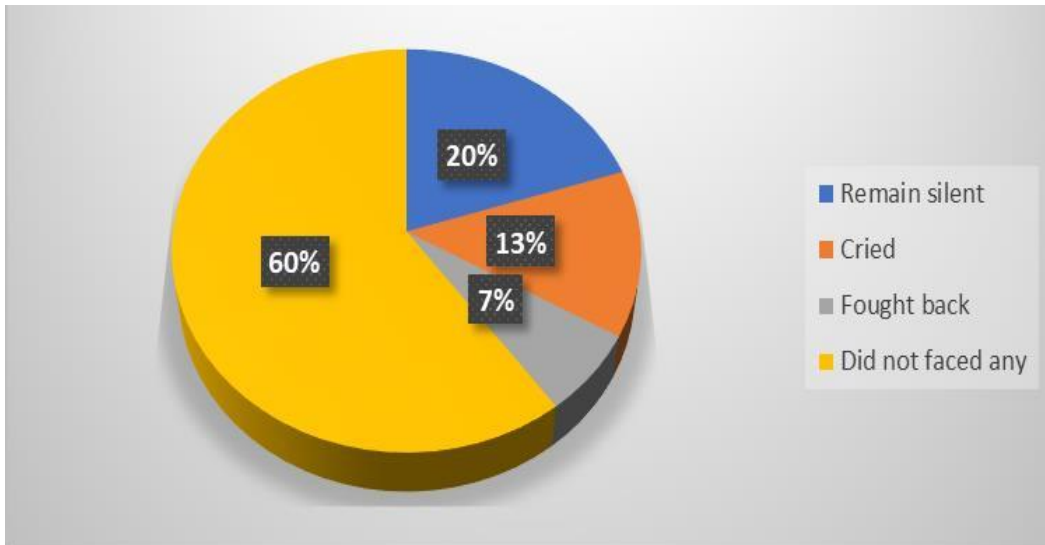


Figure 12

The above figure 12 explains how the students who have trained have responded or reacted when they face sexual harassment. The above table shows that 47% of the students who have trained had reacted somehow; like they got angry or they fought back.

Table 13: Current school syllabus includes self-defense classes for free (not trained)

	Frequency	Percent
No	15	100.0

Table 13 is asked to find out if their school is providing self-defense training for free. The table clearly shows that no schools are not providing self-defense training for free.

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

The response of the responders on being trained in Self- defense (not trained)

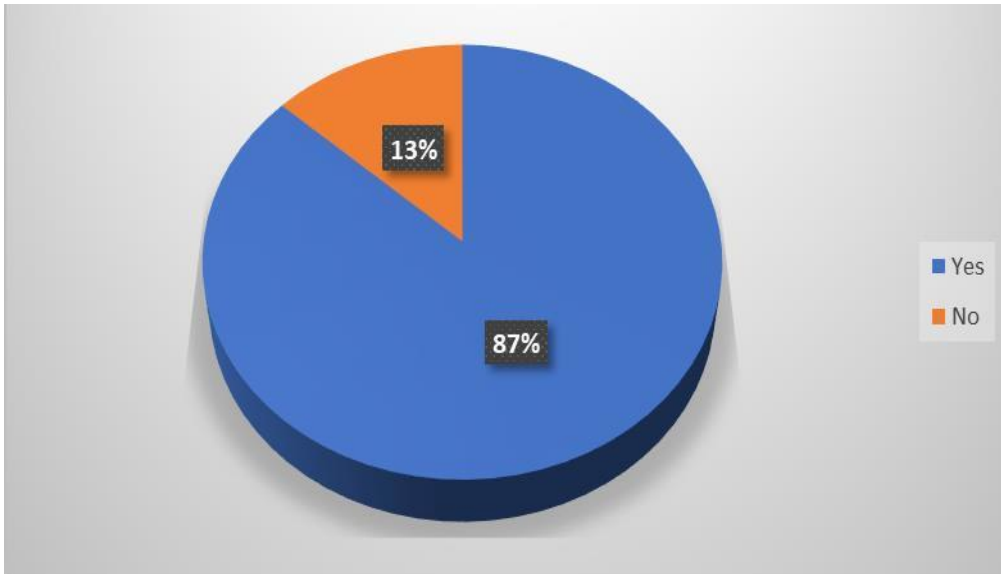


Figure 13

The above figure 13 shows the interest of students who want to be trained in self-defense and in that 87% of the students who have not trained in self-defense are interested in training in self-defense. **The reasons of the responders for not getting trained in Self- defense (not trained)**

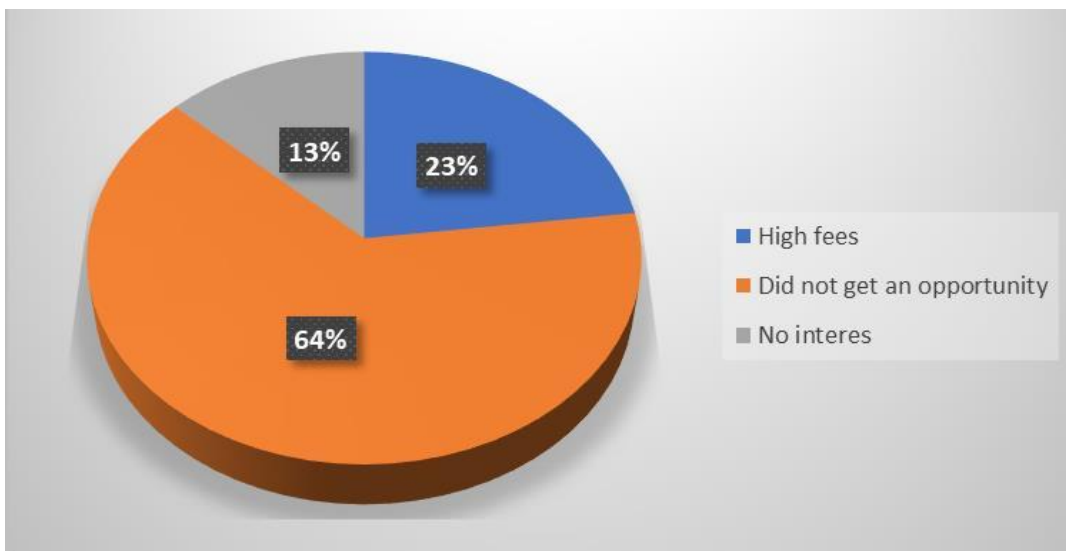


Figure 14

The above-shown figure 14 shows the main reasons why they did not get trained. 23% of not trained students to say it's because of the high fees that were asked for training, 64% says it's because of not getting an opportunity to train and the remaining 13% weren't interested to train.

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

Response of the responders in decreasing the rate of sexual harassment through self-defensetraining (not trained)

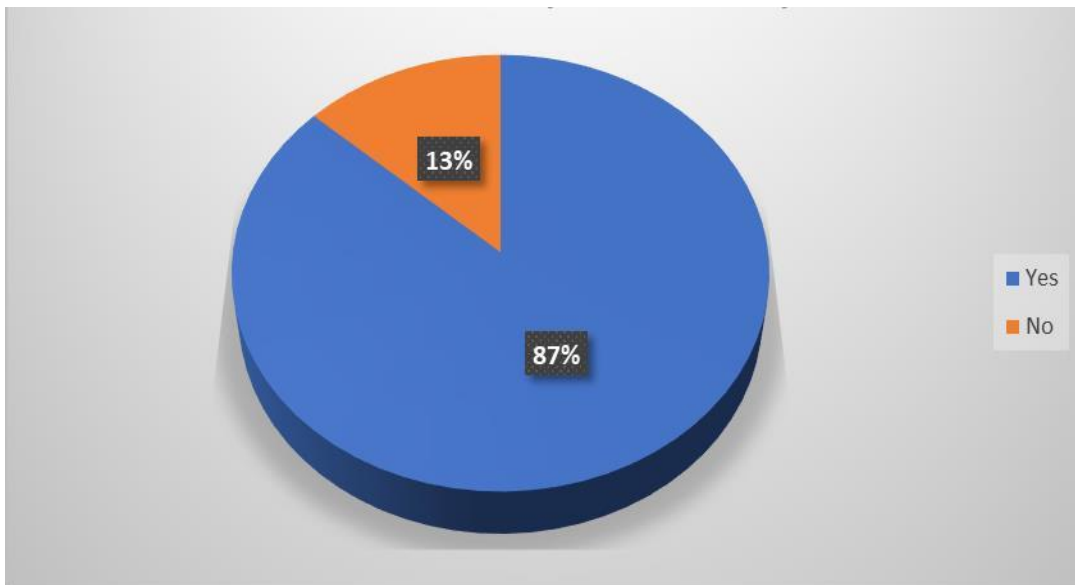


Figure 15

The Figure above shows that 87% of the students who are not trained in self-defense agree that after being trained in self-defense there will be a decrease in the rate of sexual harassment.

Table 14: The perception of the responders on practicing self-defense in every schools (not trained)

	Frequency	Percent
Yes	15	100.0

From the above-shown table 14, it is understood that all the students who have not trained in self-defense agree to the statement that in today's social situation self-defense is important.

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

The advantages a person could get after being trained in Self- defense (not trained)

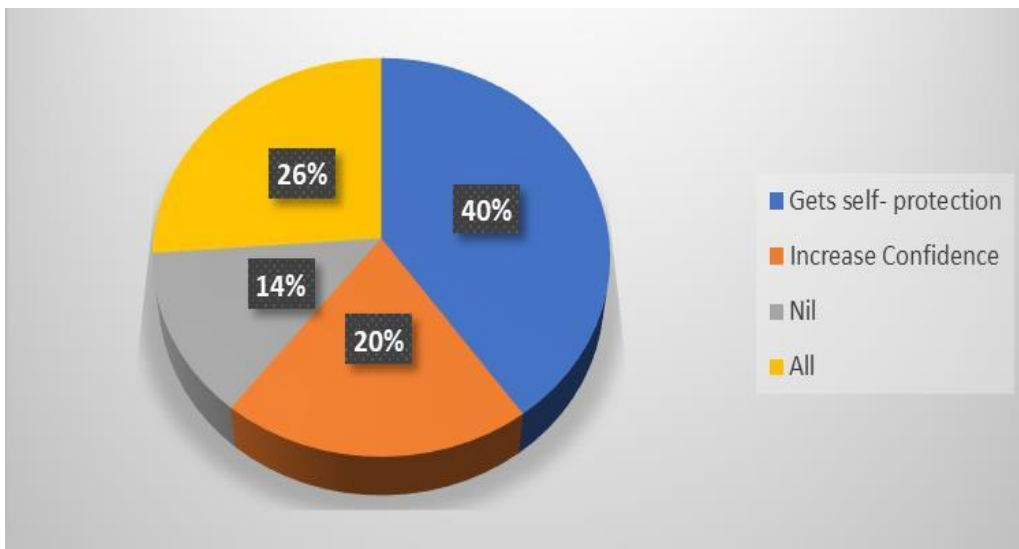


Figure 16

Figure 16 shows the advantages a person gets after been trained in self-defense. 40% of the not trained students agree that they will get self-protection, 20% agree on an increase in confidence and 26% agree on all which includes Courage, Confidence, Self-protection, empowerment, and will power.

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

Discussion

The study focuses on the perception of students and teachers on the inclusion of self-defense in school curriculum. The Reacher adopted a quantitative research design for finding the results. 50 samples were used.

The tool used for the study was a self-made questioner made by the researcher for studying. 9 questions were asked to the teachers, 10 questions to the students who have trained in their life, and 11 questions to the students who have never trained in self-defense of K.T.J.M School, Edamattom, and the data were collected using SPSS software. The study finds out that all of the students and teachers want self-defense to be a part of their school curriculum.

The perception of teachers towards inclusion of self-defense in the school curriculum

After collecting data from 20 teachers of K.T.J.M. School, Edamattom I came to an understanding that all the teachers want their students to learn self-defense. As the rate of sexual harassment goes- up, self-defense training can be used as a tool to stop these. It's the opinion of 20 teachers from whom I had collected data. 70% of the teachers agree that self-defense will make a change in decreasing the rate of sexual harassment towards girls. Then the 80% of the teachers agree that if self-defense becomes a part of the school curriculum it will never affect other subjects like math's, physics, biology, social science, or any other subjects.

According to the survey, 40% of the teachers say that there will be an increase in confidence and 10% agree on a child will get self-protection and the remaining 50% says that a child will get courage, security, feels empowered, and all the above after being trained in self-defense. This comes to an understanding that most of the teachers want their students to learn self-defense

The perception of students who have been trained in self-defense towards the inclusion of self-defense in the school curriculum

After collecting data from 15 students who have learned self-defense it could understand that 47% of them have faced some kind of sexual harassment from someone. In that, 33% of them have complained to their parents/authorities/someone and the 20% of the complaints were considered. It's because all the trained students who have faced sexual harassment have reacted somehow like they got angry or they fought back at the person who tries to sexually harass them. All the 15 trained students of K.T.J.M.

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

School have agreed that after learning self-defense there was an increase in the rate of courage, confidence, willpower, and self- protection.

The perception of students who have never been trained in self-defense towards the inclusion of self-defense in the school curriculum

After collecting data from 15 students who have never learned self-defense it could understand that 40% of them have faced some kind of sexual harassment from someone. In that only, 8% of them have complained to their parents/authorities/someone and the remaining students had never talked about it to anyone. It kind of feels like they have ‘moved on as nothing has ever happened to them. But being silent or moved on is kind of like giving more hope and opportunities for those sexual abusers. But 87% of them have agreed that self-defense is trained will make a decrease in the rate of sexual harassment. Not only that 87% of them also wished to be trained in self-defense.

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

Suggestions

There is self-defense conducted in every school have to give more than Rs.1500 is given by every child for being trained. But most of the students would not be able to afford it and most of them weren't able to afford the training. If all the schools could appoint a trainer and make all the students to be trained for free there will be a decrease in the rate of sexual harassment towards females in this world.

Limitations

- Due to COVID- 19 pandemic situation, the data cannot be collected physically.
- Data are collected through Google forms; it will not be able to understand whether the expected population is filling the forms.
- Sometimes people will not understand the main aim of the research they thus do not support the data collection.
- Sometimes people might not ask doubts regarding the questionnaire.

Social Work Implications

As a social worker, it is one of the responsibilities to solve an issue that is happening around me. The implementation of permanent and compulsory self-defense training in school could make a big difference in a person's life. Starting from a small data collection from a school in Edamattom, I will be able to make a big difference in many lives.

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

Appendix

Appendix 1

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PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

Appendix 2

Questionnaire

The perception of teachers towards inclusion of self-defense in the school curriculum

Does the current syllabus have self-defense classes for free?

Yes. No

Do you want your students to learn self-defense?

Yes. No

Should awareness programs be held to promote self-defense training?

Yes. No

If yes, how?

Social media. Videos. Seminars. Camps All

Do you think self-defense training could bring any changes in sexual harassment?

Yes. No

If the existing syllabus starts self-defense, will that affect other subjects like physics, social, biology...?

Yes. No

Do you agree that self-defense training will become a waste of time?

Yes. No

In today's social situation do you think that Self-defense training should be taught in every school?

Yes. No

What all advantages will a person get if he/ she is trained in self-defense?

Courage Confidence Self-protection Self-respect Self-discipline All

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

The perception of students who have been trained in self-defense towards the inclusion of self-defense in the school curriculum

Is there an increase in the rate of sexual harassment towards girls?

Yes. No

Have you ever faced any kind of sexual harassment from anyone?

Yes. No

Have you ever complained about it to your parents/authorities/anyone?

Yes. No. Did not faced any

(If yes) Necessary actions were taken regarding the complaint?

Yes. No. Did not faced any

(if the necessary actions were not taken) what did you do?

Fought back Remain silent. Cried. Nil. Did not faced any

Does the current school syllabus include self-defense classes for free?

Yes. No

Have ever been trained in self-defense helped you?

Yes No

Do you think self-defense training will decrease the rate of sexual harassment?

Yes. No

Do you think that self-defense training will be a waste of time?

Yes No

What all advantages will a person get if she/he is trained in self-defense?

Courage. Confidence. Self-protection. Empowerment Will power All

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

The perception of students who have never been trained in self-defense towards the inclusion of self-defense in the school curriculum

Is there an increase in the rate of sexual harassment?

Yes. No

Have you ever faced any kind of sexual harassment from anyone?

Yes. No

Have you ever complained about it to your parents/authorities/anyone?

Yes. No. Did not faced any

(If yes) Necessary actions were taken regarding the complaint?

Yes. No. Did not faced any

(if the necessary actions were not taken) what did you do?

Fought back Remain silent. Cried. Nil. Did not faced any

Does the current school syllabus include self-defense classes for free?

Yes. No

Do you wish to be trained in self-defense?

Yes No

Reason for not training in self-defense

High Fee Did not get an opportunity No interest

Do you think self-defense training could decrease the rate of sexual harassment?

Yes. No

In today's social situation do you think that self-defense training should be done in every school?


Yes. No

PERCEPTION OF PEOPLE TOWARDS SELF- DEFENSE

What all advantages will a person get if she/he is trained in self-defense?

Courage. Confidence. Self-protection. Empowerment Will power All

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