

SUPERSTITION, MYTHS AND MISCONCEPTIONS RELATED TO WOMEN

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SUPERSTITION, MYTHS AND MISCONCEPTIONS

Session Time: 60 minutes

Methodology

- ⦿ Group Discussion and presentation
- ⦿ Power Point Presentation
- ⦿ Posters on XY sex determination

SUPERSTITIONS, MYTHS AND MISCONCEPTIONS

Superstitions are everywhere. From the chain messages that ask you to 'forward this to 10 people and something good will happen in the next 24 hours'; to your uncle who thinks that his favourite sports team didn't win because he wasn't wearing his 'lucky' hat, superstitious behavior may well be considered the hallmark of human nature.

1) **False cause bias**

One of the major cognitive biases in human beings is the false cause bias which states that when two events occur in succession, we do not think that the preceding event is the cause of the succeeding event.

A black cat crossed Anil's path or seen widow women when he was on his way to work one morning. Soon after that he met with an accident and broke his leg. As he lay dismayed in the hospital room, he was convinced that the cat/ widow women caused the accident.

WHY PEOPLE BELIEVE SUPERSTITIONS?

- ◉ **2) The need to fill in the gaps**
- ◉ Human beings have a strong desire to explain things and fill in the gaps. And when we can't explain things with reason, we resort to superstition. As we saw in the false cause bias, we can attribute causes to certain events that have no causal relation to each other whatsoever. We're only misled by their simultaneous occurrence.
- ◉ Even if two events don't occur simultaneously, we can still assume one to be the cause of another, thanks to our deep-seated need of filling in the gaps.
- ◉ Abid wondered why he was having such a bad day. "What have I done to deserve to this?" he asked himself. Then suddenly he remembered that on his way to college that morning, he had ignored a beggar who then cursed him out of frustration.
- ◉ Next day, Abid made sure to drop some pennies into the beggar's bowl. He also pleaded the beggar pray for him and remove the curse. Confused, the beggar did as told.

WHY PEOPLE BELIEVE SUPERSTITIONS?

3) The need for control

- ◉ The need to explain things is strongly tied to the need for control. What we can explain, we can usually control. When we have control, we feel powerful. Without control, we're powerless.
- ◉ In the above example, Abid felt that he'd lost control over his life due to the bad phase that he was going through. He had to find a way to restore in himself the illusion of control. He was feeling powerless before life so he had to do something to regain that lost power.
- ◉ “All this is happening because that beggar cursed me. If I make up with him , I'll pull myself out of this predicament.”
- ◉ This was his conscious thought. Subconsciously, he thought along these lines...
- ◉ “I finally have an explanation for what's going on. I have successfully restored control and regained power over my life. By persuading the beggar to remove the curse, I can change my fate now. I feel powerful.”

WHY PEOPLE BELIEVE SUPERSTITIONS?

4) Blaming external factors

The human mind can sometimes go to great lengths in order to protect the ego. We have several ego defense mechanisms that kick in whenever our ego is threatened. One of these mechanisms is blaming external factors for the shortcomings that we're personally responsible for.

Blaming others is easy.

Person do not take responsibility for what he has done.

A Self-Reinforcing Cycle

At its root, a superstition is nothing but a false belief. So it works just like any other belief.

MENSTRUATION

- ◉ Taboos surrounding menstruation exclude women and girls from many aspects of social and cultural life. Some of these are helpful, but others have potentially harmful implications
- ◉ Culturally in many parts of India, menstruation is still considered to be dirty and impure.
- ◉ Do not take bath for days together in the first menstrual cycle: maintain hygiene is crucial for reproductive health
- ◉ In some parts of India, some strict dietary restrictions are also followed during menstruation such as sour food like curd, tamarind, and pickles are usually avoided by menstruating girls. It is believed that such foods will disturb or stop the menstrual flow.
- ◉ Exercise also causes a release of serotonin, making one feel much happier

STRATEGIES TO COMBAT MENSTRUATION RELATED MYTHS

- ◉ Awareness among the adolescent girls related to menstrual health and hygiene.
- ◉ Need to spread awareness among the school teachers regarding menstruation.
- ◉ Make available sanitary napkins at schools through vending machines, facility in girl's toilets for disposal, Incinerator
- ◉ Gender perspective sanitation is very important
- ◉ Increasing the role of the male partner and clearing the beliefs system of the male partner is also pertinent in combating deep rooted social beliefs and cultural taboos.
- ◉ Men and boys typically know even less, but it is important for them to understand menstruation so they can support their wives, daughters, mothers, students, employees, and peers.

STRATEGIES RELATED TO REDUCE MENSTRUATION RELATED MYTHS.

- ◉ Sensitization of health workers, ASHA and Anganwadi workers regarding menstruation biology must also be done so that they can further disseminate this knowledge in the community and mobilize social support against busting menstruation related myths.
- ◉ Adolescent Friendly Health Services Clinics must also have trained manpower to address these issues.
- ◉ Multi-sectoral approaches are needed. We need to link physical infrastructure and water and sanitation projects to health education and reproductive health programs and address the issue in more holistic ways.
- ◉ Menstruation is nothing but a very normal biological phenomenon, and adolescent girls and women should understand that they have the power of procreation only because of this virtue

BOY X GIRL CHILD

Women are blamed for giving birth for a girl baby
Lakshmi married at 18 gave birth for a girl baby, she is not allowed into in-laws house, Joint family.

- Not having shelter
 - Girl baby not being taken care properly
 - Agony and insecurity about future
 - Roaming towards courts for more than 5 years
 - Insecurity to stay at in laws place with court judgment
 - Although married facing trouble as single woman
 - No skills to get employment
- But who is responsible for the birth of Girl Baby??

అమ్మాయి పుట్టుకకు

కారకులు ఎవరు?



తల్లి (XX)

తండ్రి (XY)

ఆడపిల్లలకి ఇచ్చే గౌరవమే సమాజ గౌరవానికి చిహ్నం
ఇది ప్రతి ఒక్కరి బాధ్యత - ఇది కావాలి ఒక ప్రచారోద్యమం..



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WHAT STRATEGIES ARE REQUIRED

- ◉ Community level awareness
- ◉ Education to girls and employment in par with boys
- ◉ Special opportunities for girls education up to PG level with skills.
- ◉ Giving equal importance in brought up of boys and girls
- ◉ Equal right of property to be implemented in right spirit.
- ◉ Single window system to be implemented to provide justice.
- ◉ Strict implementation of PCPNDT act for sex determination
- ◉ Strict implementation of compulsory marriage registration act

MODERN DAY SUN SUPERSTITIONS

Fear of solar eclipses still exists today. Many people around the world still see eclipses as evil omens that bring death, destruction, and disasters.

A popular misconception is that solar eclipses can be a danger to pregnant women and their unborn children. In many cultures, young children and pregnant women are asked to stay indoors during a solar eclipse.

In many parts of India, people fast during a solar eclipse due to the belief that any food cooked while an eclipse happens will be poisonous and impure.

Not all superstitions surrounding solar eclipses are about doom. In Italy, for example, it is believed that flowers planted during a solar eclipse are brighter and more colorful than flowers planted any other time of the year.

No Scientific Basis

Scientists and astronomers around the world have debunked any such claims. There is no scientific evidence that solar eclipses can affect human behavior, health, or the environment. Scientists, however, do emphasize that anyone watching a solar eclipse must protect their eyes.

PROMOTION OF SCIENTIFIC TEMPER

- ◉ Develop scientific temper in schools and colleges
- ◉ Promote scientific knowledge through exhibitions and fairs.
- ◉ Promote child scientists
- ◉ Promote scientific temper among women through MEPMA and SERP
- ◉ Promote scientific temper among parents in schools and colleges through parents meetings and child to parent education too.
- ◉ Use technology to track a girl child from the time of birth till employment that helps them to support as and when required.