



Perception of Gender Justice among Young Adults and its Psychological impact on them

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Abstract

Background: Gender Justice is defined as the complete equality and parity of women and men in all areas of life, where women work together with men to define and shape the laws, institutions, and choices that have an impact on both their personal lives and society. The patriarchal system in India made women to live at the mercy of men, who exercise unlimited power over them. Historically gender equality policies have been contextualized mainly as a "women's issue" – as women have been a driving force behind gender equality strategies and struggles. Men cannot be abused is the assumption of society and that is why they are not ready to accept it. Society and law are doing injustice to the male society.

Research Questions: Present research aims to assess the perception of gender justice among young adults and how it impacts them psychologically and how our justice system, providing equal justice to the victims

Method: There were 10 participants selected for the research (5 males and 5 females), whose ages range from 19 to 25. The tool used for data collection was semi-structured interviews, which were then analysed thematically.

Result and conclusion: The results showed that participants felt there was injustice between males and females. According to the study conducted, it was seen that males were also the victims of gender injustice; they repress their feelings and emotions and do not confront when something's wrong with them because of the Indian patriarchal society. It also impacted them psychologically in both negative and positive ways. Positive in the sense that after being served with justice, they will be able to live their lives normally and won't have to fight more for their rights and justice. The negative would be that they will suffer from a high level of stress, societal pressure, and anxiety, which can have long-term effects if justice isn't served on time to both men and women. It may negatively affect them.

Keywords: Gender Justice, complete Equality, psychological impact, young adults, justice system

Chapter 1-

INTRODUCTION

It has been observe that India has a long history of being one of the most unequal and insensitive to gender issues nations in the world. This is especially true for women, who are condemned to a position of dependence and deal with a variety of social problems like infanticide, foeticide, underage marriage, and gender biases. Women lack financial resources and are reliant on men to make a life. Even in the twenty-first century, when the world has realised how appealing feminism is, our country has been unable to liberate itself from the bonds of outdated societal practises and traditions. The accomplishment of all Millennium Development Goals depends on women having equal access to social, political, and economic opportunities. Ending the disparities between men and women that are created and sustained in the home, the community, the market, and the state is thus necessary for gender justice. The majority of laws in India were ineffective since they were passed before the general public's opinion and willingness to change society. Deeply ingrained cultural institutions in India have a significant impact on the persistence of gender

inequity. There is hope for establishing gender equity in India thanks to the courts' frequent activism on behalf of citizens and the country's comprehensive constitution. Men are frequently socially, culturally, and politically conditioned to use physical force in both the public and private arenas as a result of gender norms. The majority of laws in India were ineffective since they were passed before the general public's opinion and willingness to change society. It is stated that the law is nothing more than a collection of papers without public opinion. Since social engineering laws differ from penal laws, which are only concerned with harm and punishment and are deterrent in nature, and because they are progressive in nature, they should be supported by the will of the people for whom they are intended, it is not possible to close the gender gap by enacting laws alone without the support of the public. It is also obvious that a centuries-old practise cannot be abolished in a matter of a few days. And when laws are passed that are intended to bring about radical change in society and are not supported by the will of the people or laws are passed ahead of public opinion, they must contend with strong opposition from the society's conservatives and are effectively dead laws that have no impact on society.

Men suffer more as a result of traditional gender stereotypes than women. A man's health is impacted by societal expectations and pressure. All of the aspiring feminists talk about equal rights, but they never give equal responsibilities much thought. A survivor's suppression of their pain is brought on by societal standards of what it means to be a man. Although there are many laws that are designed to blindly trust women, there are no laws or regulations that support men. There aren't enough resources available to research any of these issues that males encounter, not even on the internet. There is a case that demonstrates gender discrimination without any justifiable explanation. Unaware that he was only a recent high school graduate and unemployed, a man petitioned the Supreme Court claiming that he had been forced to support his wife. His healthy, educated wife, who has degrees in sociology, psychology, and English, on the other hand, denies having a job. There is a serious issue with sexual assault, rape, and harassment. In the past, it was also considered to be a crime against women and was so defined. Male victimisation is not looked upon. Men can still be raped, according to certain people. Males don't report being raped or harassed for one simple reason: conservative society believes that males don't weep and are capable of protecting themselves. It is most likely an underestimation because most men suffer in silence; one in six men experience sexual abuse at some point in their lives. Men are told early on that they cannot be strong or even appear fragile. The fundamental belief that males cannot be mistreated or bothered contributes to the sex gap. Men experience all forms of brutality, which makes it even worse for them because they typically don't express their suffering. It is acknowledged that being manhandled or disturbed has an impact on males just like it does on women. Whatever the case, both sexual orientations experience the same effects, which is a fact. Men's rational behaviour is influenced by the shame or doubt of society, which can lead to sadness, self-destructive ideas, substance abuse, foolish behaviour, etc. It has an impact on both their career and schooling. Most laws, including those in India, provide outstanding assistance for women. Male abuse is hardly acknowledged, and the police hardly ever file a FIR. Indian rules that were designed to protect

women are now being utilised to harass and extort couples. There should be a change from the assumption that men cannot be weak or cry, and this goes for family members as well as police officers.

Before labelling boys as rapists, government agents must do a thorough investigation. It is wrong to give women favours in these situations when families of men and women have the same issues. Laws relating to dowries, rape, cruelty, maintenance, marriage, domestic violence, prostitution, and obscenity, among other laws, have all been changed by the government. In order to achieve gender equity, specific requirements must be met. These include social, economic, political, environmental, cultural, and educational issues. In this context, justice refers to the equitable distribution of societal necessities, more balanced behaviour, and an end to violence. The Indian Constitution was made possible by the inclusion of gender justice, which includes affirmative action for addressing social and economic injustice and equality before the law. Even though we have a long way to go before we can be said to have achieved "equality" in the area of gender, the fact that the Constitution gave India's idea of gender justice a solid foundation has helped us fight for equal rights for all and opened the door for legislation that was passed in the years after 1950. Articles 14, 15, 16, 39, and 42 of the Indian Constitution include provisions for gender justice.

Since ancient times, India has struggled with gender justice. Men and women are not treated equally by people, and as a result of their prejudices, those who experience injustice do not receive justice that is fair or sufficient. In the past, women's status was poor and steadily deteriorated. Women were stigmatised as being weaker, unable to do difficult duties, and emotional. While men were expected to be stronger and less emotional, they were also treated as superiors and expected to complete all the major tasks. We did not prioritise or even consider the importance of women's education, instead including them in other home chores. But men also experience injustice; it does not just affect women. Men are also burdened with a great deal of obligations and expectations, which they are required to meet in order to conform to social norms. In Indian culture, men are portrayed as being less sensitive, robust, and capable of handling any task without assistance. They were unable to freely express their thoughts and feelings as a result, which could have an impact on their mental and physical health. Due to the patriarchal nature of Indian society, where women are viewed as inferior and helpless, anyone can treat them however they like, women frequently experience harassment and violence. The government created laws and regulations to ensure the security and safety of women, give them power, and allow them to exercise their rights for their protection. Men also face these kinds of issues; they also face assaults and harassment but are unable to express them because of what society is going to think about them. They will seem weak in front of those who have not made policies and rules to guarantee the safety and security of the women, empower them, and use their rights for their protection. Men also face these kinds of issues; they also face assaults and harassment but are unable to express them because of what society is going to think about them. They will seem weak in front of society, and their image and reputation can be affected by this. But the government did not make any laws that could protect men, as they thought they did not need them. The question being raised here is: is the Indian justice system providing equality to both genders or able to serve justice to both of them? In reality, in India, there

are lots of cases pending, and it takes so much time to get into the trial that it deteriorates the mental and physical health of the victim to wait for such a long time to get justice.

Both positive and bad repercussions of the #metoo movement have been seen throughout society. It has made it possible for women to speak up against improper behaviour, resulted in the conviction of influential men, and expanded sex education initiatives. Additionally, it has made men uncomfortable around women, which has prompted lawmakers to pass new laws that protect women's rights and combat sexual harassment. Additionally, it has resulted in the elimination of employment-related restrictions like confidentiality clauses and non-disclosure agreements. When there is freedom and equality for women in the workplace, this is the best method to guarantee their safety.

In these changing times, the thinking of the people is changing; they are taking situations into account with a new perspective from the point of view of the young generation, but some of them are still stuck in the old thinking, and some are in between, neither able to think from a new perspective fully nor able to remove old societal norms from their thinking. This is affecting the youth's development. Restraints and restrictions are still imposed on both men, and both are impacting their development and growth and also impacting them psychologically, creating problems in decision-making as they move forward in their lives.

Gender Discrimination and Inequality

All individuals should enjoy equal opportunities, rights, and duties. Everyone is affected by gender inequality, including men, women, transgender and gender nonconforming people, children, and families. People of all ages and ethnicities are affected. Gender equality is desperately needed. Gender equality helps to stop violence against boys, girls, and women. It is essential for the economy's stability. In safer and healthier cultures, men and women are considered equally. Human rights include gender equality. Gender equality benefits everyone.

Gender discrimination is when someone is treated poorly or unjustly because of their gender, even though it isn't necessarily done in a sexual sense. This includes harassment or discrimination based on sex, gender identity, or gender expression. Gender discrimination is a long-running issue that has been going on for centuries and has not been resolved properly. Women have been provided with unequal wages and a lack of education. People don't prioritise women in any area; they seem to see them as inferior and as a second priority.

Sociocultural Context

India has been rated negatively on several indicators of gender disparity due to the high levels of discrimination against women as well as the numerous discriminatory societal norms, legislation, and cultural practises. In India, there has been a decline in educational achievement for girls as a result of gender inequity. Sad to say, despite the country's educational reforms, girls in India continue to be denied the

chance to learn. Men dominate both societal and familial life in India. This has always been true, and many houses continue follow this tradition today. There is still a long way to go until the situation is permanently changed, despite the fact that modernisation and education are changing this mind-set. Gender inequality is significantly influenced by a society's general mentality. Whether it's employment, the legal system, or healthcare, how society views men and women differently and how much they are worth is prominent in all of these areas. Although progress can be made through laws and structural changes, there is frequently pushback after periods of significant change because gender beliefs run deep.

Chapter 2-

REVIEW OF LITERATURE

1. Singh, P. S., Pushpendra Singh, Jadi Bala Komaraiah, Singh, P., & Komaraiah, J. B. (2023) this study investigated the changing scenario of gender bias in households' education expenditure and the socioeconomic factors responsible for it. The findings suggest that discriminatory behaviour and credit constraints prevent investment in girl's education, so the state must pay for education of girls and implement awareness programs for gender equality.
2. Sahodar. (2023) Surviving as a woman is difficult in a judgmental society, but for a man, it is way too difficult. Men have to suffer more than women these days. They are facing discrimination from the household to the workplace too. Women harass men, which tempts men to commit suicide. The Indian Penal Code (IPC) and Evidence Act, 1879, state that if a married woman commits suicide within 7 days of marriage, it is assumed that her husband or his family abetted her suicide. In 2010, a proposed amendment to the Hindu Marriage Act would allow courts to decide compensation for the wife and children from the husband's inherited and inheritable property. Additionally, if the spouse commits infidelity with the wife of another man, he can be indicted for the equivalent. Domestic violence against men has increased in recent years, but many cases go unreported due to men's egos and embarrassment. Punishment for the first conviction is imprisonment of either description for a term of up to three years and a fine. Men need assistance in emergencies and family savagery, such as brutality by a companion, through proper mediation, acknowledgment of savagery, a helpline, instruction, mindfulness, and lawful shields.
3. Mhadgut, S. C. (2023) Gender Bias is behaviour that shows favouritism towards one gender over another. Most often gender bias is the act of favouring men or boys over women and girls or girls. 17th century in India is known as Dark Age in India. Practice of child marriages, dowry system, sati system, female foeticides and infanticides had made life of women and girls miserable. Widow Remarriages were not permissible. Women and girls were not allowed to go to school. They were not allowed to do jobs. If at all they worked there was no equal remuneration. Their role was

confined to household work and looking after children. Ray of hope in the 18th century when some social reformers tried to improve condition of women in India by banning these practices. After independence of India Constitution of India made some provisions in the constitutional Law of India in the form of protective legislation and tried to put an end to gender bias.

4. Mani, S., & Raj, M. A. (2023). Gender inequality is discrimination based on sex or gender, which is evident in decisions made, access to resources, and even options, particularly in India. Every individual is raised with gender stereotypes in mind as a guideline. Throughout the beginning of time, men and women have been taught the appropriate behaviour to be socially accepted. The original self of an individual is eliminated as a consequence of the stereotypes that our societies impose on people ranging from the clothing they wear to the objects of desire they prefer. Gender stereotypes are often given to girls as gifts, while boys are given bats and balls, gaming gadgets, and other toys associated with masculine traits. The family is the primary social institution that normalizes gender inequalities by conditioning their children.
5. Dey, A., & Mendes, K. (2022). Raya Sarkar's Facebook post led to the #MeToo movement in India, where hundreds of survivors of sexual violence at universities came forward online. Due to failures of both the criminal justice system and the described capitalist, patriarchal, casteist structures of Indian academia, hundreds of survivors who had experienced sexual violence at universities came forward online, disclosing their stories of harassment and abuse. This paper provides insight into reasons why survivors choose to bypass formal reporting mechanisms in HEIs, and instead turn to online spaces in their search for justice and healing.
6. P Soman, A. (2022). Globally, gender justice is overemphasizing the protection of the rights of women and is more or less neglecting the rights of men. This analysis does not undermine gender issues of women and the abuses they suffer, rather, this is an eye-opener to the other side of the coin that the rights of men are also violated. Law, victimology, and society are reluctant to attach 'victim' connotation with men, because of the existence of the general stigma that men are the power holder and inequality exists between men and women in many areas. Continuing the fight for women empowerment supported by society and law has helped them to become economically and socially independent. Men also face harassment, torture, and discrimination at home and workplaces. Statistics reveal that in developed countries like the United States and developing countries like India, the number of men getting harassed is increasing. It is high time that society, law, and the international community should voice for the protection of the rights of men also because they are not the harassers always and they are also victims.
7. Ayoub, A. (2022). Men and women have different responsibilities and behaviours as children and adults, determined by gender norms. These social standards dictate suitable male and female behaviour. Gender roles and behaviours often produce disparities in which one gender gains power

at the others expense. Gender roles and behaviours often lead to gender inequality, leading to physical, emotional, and sexual abuse by men, making it harder for victims to flee or seek help. Despite efforts to promote gender equality, men commit most of the violence against women.

8. Evans, J., Sahgal, N., Salazar, A. M., Starr, K. J., & Corichi, M. (2022). Indians tend to agree that men should have more prominent roles in domestic settings, with 9-in-10 agreeing with the notion that a wife must always obey her husband. However, traditional gender norms still hold sway, with 34% feeling that child care should be handled primarily by women and 54% saying both men and women should be responsible for earning money. Indians value having both sons and daughters, with most saying they should have equal rights to inheritance and responsibility to care for parents. This is part of a wider phenomenon in Indian society, where families place higher value on sons than daughters. In recent years, Indian society has paid increased attention to improving the status of daughters.
9. Aslam, M. A. (2022) Gender and sex are two concepts that have different meanings. Gender is seen as a social-cultural aspect of human life, with different social roles and status for men and women. Gender discrimination can also affect boys and men, as boys are often denied opportunities to play indoor games with hardly any play material. Gender discrimination is a widespread issue that affects women and girls, beginning before the birth of a girl child. The Equal Pay Act of 1963 was intended to end this discrepancy, but inequities still exist in almost every employment sector. Gender equality is the aim of gender and development, not equal numbers of women and men in development activities. It does not mean that women and men are the same, but that their opportunities and life chances become and remain equal. India has a high rate of child malnutrition due to tradition requiring women to eat last and least throughout their lives. Gender injustice means injustice on the basis of sex, except rape cases.
10. Sahni, U. (2022, April 9). India is the most dangerous country for girls and women, with crime against women rising by 83% from 2007-2016. One in three girls is a child bride, and there are 63 million 'missing' women in the country due to sex-selective abortion and 21 million unwanted girls. To achieve gender justice, both boys and girls must be taught to examine the construction of gender in patriarchal societies. Boys must also learn to deconstruct a patriarchal conception of masculinity and construct egalitarian beliefs. The Study Hall Educational Foundation (SHEF) embarked on the construction of a curriculum to educate boys for gender justice. An 18-month study with a group of working-class adolescent boys in SHEF's Prerna Boys School revealed that boys learned to identify and understand gender inequality in everyday life, its manifestation in their communities, how it made them feel, its impact on their relationships, and its impact on their loved ones.

11. (2022) Gender equality is a requirement of human rights and has been part of the MDGs since 2000. Millions of women and girls around the world are still subjected to discrimination due to their gender. Indian families continue to discriminate against women and girls, but initiatives have been launched to bring women's educational, health, and economic status up to par with men's. Stereotypes must be dismantled in order to end gender discrimination. The purpose of this study is to investigate if certain aspects of prejudice based on gender are still prevalent in the 21st century.
12. Jameel, A., & Ahmed, W. (2021). The Sustainable Development Goals are a set of seventeen objectives to achieve a sustainable future for all. Gender-based violence is a top priority for governments all across the world. Women need equal rights and opportunities and live without fear of prejudice or violence. India has incorporated various domestic laws in pursuance of its responsibility towards Gender Justice. India is committed to promoting gender equality, but discrimination against women remains a major issue despite reforms.
13. Bhattacharyya, A., Kr. Haldar, S. Kr. H., & Banerjee, S. (2021). Gender discrimination is a major issue in India, and this study explores the determinants of crimes such as dowry death, rape, molestation and torture. Results show that space and neighbourhood effect do matter, but only two variables, female work force participation and police station, significantly reduce incidence of dowry death.
14. Yousuf, A. (2021). Rape is one of the most heinous forms of sexual harassment against women, harming the victim physically and mentally. In a patriarchal society, the victim is held responsible for her fate and must relive the tragedy in court to prove her innocence. It is the victim, not the accused that carries the social stigma for life.
15. Rudolph, D. (2021). The majority of men feel shy to come forward to report discrimination, abuse, harassment, and misuse of law, leading to them suffering in silence and dying young. There are no support groups to help men, and the mainstream media is reluctant to publish abuse on men or health issues concerning men in particular. The psychological harm visited upon men victimized by the society tends to contradict those who subscribe to the view that abused men do not suffer psychologically. No studies have addressed the repercussions of experiences of discrimination on men's health, and this issue is not a specific priority for research.
16. Deep, R. (2021). Gender crime has become a major worry in India. The rates of gender crime are steadily rising. Rape, dowry threats, and gender violence are examples of gender crimes. In this study, we will discuss about gender crime, how it impacts different genders, the violence against women, their past struggles, and how they are still fighting for justice in the contemporary society. This paper will also discuss about the women's gender crime rate and the legal provisions enshrined

in Indian statutes to protect them against such crimes. Earlier there was a period when gender crime solely affected women, but in the twenty-first century, gender crime affects both men and women. It has now become the country's most serious issue. Every day, a case of gender crime is filed in India, whether it is committed by men or women. The pace of increase, according to analysis, is increasing every year. Thus this paper addresses the burning issue of gender crime in the country, the need for gender neutral laws in India, its analysis based on available statistics and measures to curb these crimes.

17. Mittal, V. (2021). Inequality on the basis of gender or gender discrimination is a major issue in India, with traditional gender stereotypes making men suffer more than women. An incident brought light to this problem, when a man filed a petition in the Supreme Court for a monthly allowance to his wife after divorce. Sexual abuse, rape, and harassment is a major problem, and most men suffer in silence. Women activists argue that assault laws should be sexually unbiased, but it will be confounded for judges in court. Misandry is an unnoticed problem that almost every man is facing, and women should start paying for themselves. Government officials should investigate completely before putting a tag of a rapist on boys
18. Miller, R. F., Hatcher, A. M., Wagman, J., Swendeman, D., & Upadhyay, U. D. (2020). Gender is one of the most important social determinants of health, with research showing that power imbalances due to gender and sexual orientation lead to negative health outcomes and risk exposures for people across the gender spectrum. Two large shifts in the field are the acknowledgment that men and boys must be involved as allies in the work to create a more gender equitable world, and the acceptance that individual-level programmes cannot fully address the problems associated with gender inequality. When we refer to the work of empowering women, or transforming gender, do we mean changing the social norms that prescribe (cis-gendered, heterosexual) men's and women's roles in society?. This Special Issue of Culture, Health & Sexuality aims to stimulate and showcase a conversation about what, exactly, we mean when we say 'women's empowerment' or 'gender transformation'.
19. Kumar, S. (2020b, January). Gender discrimination is a global issue that affects women in both rural and urban areas. It is caused by low education, poor socio economic conditions, societal trends, religious influence, culture and participation in decision making. Women are discriminated in this male dominating society. As a result most of women are unable to understand their own right and freedom.
20. Gilbertson, A. (2019). This article explores the narratives of fifteen male and one assigned male at birth (AMAB) middle-class young people working to promote gender equality in New Delhi, India. It demonstrates that there is a diversity in perspectives and approach among male and AMAB gender justice workers, with some identifying as feminists and others distanced from the "radical" and "political" nature of feminism. The focus on "mind sets" and individuals as the locus of change risks

creating room to question the extent of female oppression and male privilege, undermining feminist goals.

21. Dhaske, G. (2019a, May). Advocating human development and social justice, and influencing the policy-induced change, are primary roles of social workers. However, in India, policy advocacy on women's issues involves context-specific challenges due to politico-religious society and institutions. Social workers in India face challenges in advocating for gender equality, such as changing gendered social contexts and confronting entities and institutions governed by state policies.
22. Fric, Karel, Bino, G. da, & Camilla. (2018). While discrimination against women at work has long been a mainstream topic in research literature, only marginal attention has been paid to discrimination against men. This report investigates whether men face discrimination based on sex in the workplace, looking at Eurofound's 2015 European Working Conditions Survey and cases from five countries. It finds that discrimination is more concentrated in female-dominated contexts and in adjustments of working time in relation to parental duties.
23. Palsamy, P. G., & Kumar, D. (2018a). Gender discrimination, violence against women, other forms of suppression and the patriarchal social structure are the main causes of women's meagre participation in Government services in India. This is due to gender discrimination, violence against women, other forms of suppression and the patriarchal social structure, which discourages women from claiming their legal rights and sets bad precedents. The political arena is also inaccessible for women, with meagre representation in the Legislature and Judiciary.
24. Verma, R., & Kedia, S. (2018, March). The current discourse around achieving gender equality focuses on the specific vulnerabilities of girls and women, such as child marriage, early/forced marriage, and female genital mutilation. However, male privilege is not equally distributed to the advantage of each man, and masculine norms come with a mix of privilege and personal costs. Data shows that men with economic stress and those who have experienced or witnessed discrimination during childhood are less likely to be equitable, while those who have witnessed joint decision making or men's participation in households are more likely to be equitable. Men who commit violence against women feel that rights for women means the loss of rights for men. This is compounded by their own vulnerability and inability to exert 'male dominance and power'. Recent Disability Adjusted Life Years (DALYs) figures show that much of the disease burden borne by men is due to health problems associated with gender socialisation. It is important to work with men and boys to promote gender equality and address the needs and vulnerabilities of boys and men. This

involves constructively engaging them and addressing their context specific needs and vulnerabilities.

25. Bansal, S. (2018). Social media has become an integral part of our lives, and the #MeeToo campaign has recently erupted with stories of sexual abuse, molestation and exploitation. However, it is important to consider whether it is right to judge a person with such allegations, and why it took people to share such dreadful experiences after a decade or half. To draw attention to incidents pertaining to false accusations against men, articles are discussed below. The Times of India article "Women faces trial for false rape charge" and Hindustan Times article "When women misuse laws made to protect them" both mention instances where false accusations are made by females to blackmail and seek revenge. The Supreme Court in 2005 admitted that complaints under Section 498A of the Indian Penal Code are not bona fide and have oblique motives, and directed the legislature to find ways to check such false cases. The Indian Supreme Court has ruled that men need protection from women making unsubstantiated domestic harassment claims. The Bombay High Court has also made a remark regarding the #MeToo campaign, noting that guidelines should be set on the issue. Law is equal for everyone, and media trials are not the appropriate medium to seek justice. To ensure an innocent does not suffer, strict action should be taken against those committing any offence or women making false allegations.
26. Jayanthi, E. (2017). Women in India have traditionally been seen as the cornerstone of Indian Society, but have been subjected to harsh exploitations. Post-independence, women are still marginalized, overworked, and underpaid, leading to exploitation, denial of social justice, and lack of opportunity. Men are given more opportunities.
27. Brahmapurkar, K. P. (2017). Gender equality is fundamental to accelerate sustainable development. This study aimed to find gender equality in terms of illiteracy, child marriages and spousal violence among women based on data from the National Family Health Survey 2015-16 (NFHS-4). Rural areas had higher illiteracy than urban areas, with higher prevalence of child marriages and poor utilization of maternal health services. Violence against women is increasing with declining sex-ratio at birth.
28. Verma, R., & Kedia, S. (2017). The current discourse around achieving gender equality focuses on the specific vulnerabilities of girls and women, such as HIV infection, child marriage, early/forced marriage, and female genital mutilation. However, male privilege is not equally distributed to the advantage of each man, and masculine norms come with a mix of privilege and personal costs. It is important to examine the costs of masculine norms on girls and boys, as well as on young boys and men. International health data shows that boys generally show higher rates of

mortality, while girls in most regions show higher rates of morbidity. It is also important to be aware of the contradictions caused by changing gender norms, such as boys wanting to trade a football for a doll.

29. Kohli, S. (2017). Gender Inequality is deep penetrated in Indian society. Although it is a global phenomenon, but in the patriarchal Indian society, - it has spread its tentacles widely. Discrimination against women is found even before her birth in the form of female foeticide and when she is born female infanticide has been found in practice. Differential treatment on the bases of gender is found right from the childhood. Girls are considered as liability. In spite of progress been made economically, gender parity has not been achieved. Data was collected using secondary sources. The root cause of gender inequality in Indian society lies in its patriarchy system. Advances have been made in social legislation but gender inequality has not ended and the child sex ratio has rather worsened. The educated people should develop a national consciousness of the positive impact of gender equality. There is a need for changes in perception towards women. The human society would be most advantaged only if women are treated equally and are not deprived of their rights.
30. Katoch, D. A. (2015). The purpose of this paper is to determine the social status of women and "focus on gender disparities in India. It examines the effectiveness of constitutional laws, enactments and policies to establish the human rights and gender justice. In order to draw the inferences, different types of surveys reports and research studies showing the conditions of women have been used. Study concludes that the conditions of women have undoubtedly improved but gender injustice is still a problem that is seen all over in the society. In India the most of the laws are not effective as they are ahead of public opinion and willingness of the people to change the society and give the women the status of equality. We are still unaware and in the grip of customs and traditions which covertly discriminate against women.

Rationale

Gender justice entails ending the inequalities between women and men that are produced and reproduced in the family, the community, the market and the state. Women, being the victims of centuries of sexual assault and harassment, are given the least priority in our society and are thought of as inferior. All these things affect their physical and mental well-being. Women were backward in education and in building their own lives, as Indian patriarchal society thought women were dependent on men for every task and not capable of doing anything on their own. Rules and regulations were there for men and women, both from centuries past, on how to behave, talk, or what sort of work or activities they should perform or not. The gap between the men and women cannot be bridged by just enacting laws without any public support and opinion as social engineering laws are different from penal laws which are just related to injuries and punishment and

are deterrent in nature but social engineering laws enacted to uplift the norms of the society and are progressive in nature and therefore it should be backed by the will of the people for whom it is enacted

In recent times, there have been lots of changes in the positions of men and women, but there are lots of holes in the concept of equality and fair justice given to both men and women, which affect their lives psychologically, emotionally, physically, and also their behaviour. Gender justice is a concept from which equality and equity come. Men also have to face injustice in the workplace, at home, and in other areas as well. Men's silence doesn't mean that they don't face any issues or difficulties in their lives. They also face harassment and assaults in the workplace or in other places but are unable to express them because they feel embarrassed, because of their ego, or because they think that everybody is going to think that they are weak. In current Indian society, people believe that women have been victimized, but rarely take into account the possibility that men may also be subjected to injustice or mental torture. Are men and women getting fair trials and justice and being able to express themselves?

Young adults are the population of the newer generation, with new thinking patterns and trying to find new ways to do things. They are the population who are able to fight with the system and for justice without discriminating against gender and think with an open mind. The study focuses on the perceptions of gender justice among young adults.

Chapter 3

Method

Aim:

The aim of the study is to assess the perceptions of gender among young adults and how they are affecting them physically and psychologically.

Objectives

- Perception of Females regarding Gender Justice
- Perception of Males regarding Gender Justice
- Differences in the perception of Males and Females

Sample:

The study was conducted on young adults, male and female, aged between 19-25 years. There were a total of 10 participants (5 males and 5 females) selected for the study.

Tools

A semi-structured interview is a data collection method that involves asking participants a set of open-ended questions and following them up with probe questions to explore further their response and the topic of interest. Semi-structured interviews allow you to be focused on the topic of interest while still giving you the autonomy to explore relevant ideas that may come up during the interview. Qualitative researchers use semi-structured interviews to collect new data and explore participants' thoughts and beliefs about a particular topic. The researcher follows the interview guide but has the autonomy to stray from it and discuss other topics whenever they feel appropriate. It involves a deep exploration of the participants' experiences, beliefs, and thoughts. Determine how, when, and where you intend to conduct the interview. Semi structured interview start with a chat to establish trust and rapport with the respondents. When conducting a face-to-face interview, the interviewer should listen attentively to the respondents and pay attention to non-verbal cues like gestures, changes in voice, body language, and more. In addition, the interviewer should try your best to be non-judgemental, emphatic, and friendly throughout the interview. The next thing is coding the data collected from the semi-structured interviews. Coding involves examining your data to identify patterns and themes and categorizing them accordingly. The semi-structured interview format encourages two-way communication. Both the interviewer and the candidate can ask questions and further the conversation.

Procedure

Step 1: Before starting the research on the topic, there has been lots of research done on the topic to see its validity.

Step 2: After starting the research, the first thing that was done was to create a questionnaire or the questions for the semi-structured interview on the basis of the research that had been done on the topic.

Step 3: After the questions have been made, it is made sure that they won't demeaning anyone or hurt anybody's sentiment. Then it was given to the experts for validation or verification of the questions, whether they were appropriate or not.

Step 4: Corrections were made in the questions according to the experts, and changes were made where needed and approved by them after the corrections and put into the further process of interviewing.

Step 5: Participants have been selected for the interview. Participants were young adults ranging in age from 19 to 25 years old. The participants were selected who had given their consent to having the interview done with them and were told that confidentiality would be maintained about their identities.

Step 6: After their consent, the interview process started, and the interviewer started asking questions about the topic of research. The participants were given the space to ask any question of the interviewer, and they could answer in any way they liked; there were no right or wrong answers. The interviewer asked open-ended questions in between related to the research topic to gather more data from the participant about the research topic.

Step 7: Braun and Clarke (2006) Steps were followed for the process of thematic analysis which includes:

1. Get familiar with the data
2. Generating initial codes
3. Search for themes
4. Reviewing themes
5. Defining and naming themes
6. Writing up

Step 8: The interviews with the participants were recorded; the recordings were then converted into transcripts, and codes were generated from the transcripts to describe the content.

Step 9: All the codes were put together to generate different themes out of them. Codes that were vague or not relevant were included in this step.

Step 10: After the themes have been reviewed properly for the research, define them.

Step 11: After all the steps have been completed, a write-up has been done for the analysis of the overall process and result, and a conclusion has been made.

Result

Table 1: Themes

Verbatim	Codes	Themes
<p>“there is always a minor discrimination between men and women in every slide”</p> <p>“society is just a disadvantage for females”</p>	<p>Unequal treatment</p> <p>Superior and Inferior concept</p>	<p>Discrimination between Men and Women</p>
<p>“disadvantage to women like they can't roam after 6 or 7pm whereas male can”</p> <p>“men are basically taking advantage of the time because there are no rules imposed on them.”</p>	<p>Difference in time for hangout</p> <p>Not safe for women at night to roam</p>	<p>Social Restraints</p>
<p>“because of the lack of education in small villages and towns, there are higher crimes rates “</p>	<p>Lack of education</p> <p>Don't focus on education more</p> <p>Lack of awareness</p>	<p>Illiteracy</p>
<p>“threaten you that they will harm you”</p> <p>“there are many cases of rape and sexual harassment against men and women, like Nirbhaya and Hathras case”</p>	<p>Crime rates high for both men and women</p> <p>Unreported cases of violence</p>	<p>Sexual Violence</p>
<p>“too many cases and the burden on the police”</p> <p>“the justice system of our country is slow”</p>	<p>Unequal laws made for men and women</p> <p>Ignoring cases which do not give them limelight</p> <p>Lack of evidence</p> <p>Too many cases</p>	<p>Delayed Justice</p>

“In every society, in the past, women were only employed to do household work and all that, but nowadays, this is changing, and movements are taking up the cause against men and fighting for their rights”	Old thinking pattern Societal norms for men and women Rules to be acceptable in the society	Sociocultural Factors
Why did I get sexually harassed? How am I going to face the society?	Lifelong Trauma Stress	Psychological Impact

In Table 1, we can see that with the help of the semi-structured interview statements, the codes have been generated. Through the codes, the main points and common meaning have been generated, and then themes were taken out of the main points or codes for further analysis of the data.

Discussion

The aim of the study was to assess the perceptions of gender among young adults and how they are affecting them physically and psychologically. The study was conducted on 10 participants: 5 males and 5 females. Gender justice is the equality and equity between both men and women in every aspect of life, which involves equal distribution of resources, equal opportunities for their growth and development, providing justice to both, and not being biased towards one gender. Since centuries ago, there has been discrimination and inequality between men and women. Rules and regulations were made for both genders on what they should do or not do to be acceptable in society. Women were regarded as inferiors and dependents and men as superiors, giving men more power over women. The opinions of women were not considered important or were never given the chance to give their opinions on any matter. In Indian patriarchal society, women had responsibilities to handle their kids and household chores, and men would go to work, earn money for the family, and make decisions that they thought were important for themselves and for the women. They were mistreated inside and outside of their home. As time changed, women started to protest against their rights and the violence that had been going on with them for ages. They stood out for themselves, demanding equality in every domain of life and not being dependent on others for their work. Women's positions changed as the time changed, and people started to give them more respect and were working equally with men, maintaining the balance between their household work and professional lives.

Similarly, men also face discrimination in society. As we observe that Indian patriarchal society has made rules for men as well, how their personalities should be and how they should react and do things to be

acceptable in the society. In the past, men were expected to be dominant and controlling. According to society, men are those who can't be harmed, or there is no such violence they face in their lives; they were meant to be strong individuals. Even though that is completely not true, as there are men who face violence and assault and won't be able to say it because of the thinking of society. In the changing times, men also changed; they are not that dominant, but they also fight for women's rights and support women in achieving their independence and their careers as well. Men have open-mindedness in every aspect. But they are also the ones who are unable to stand up for themselves when assaults and violence are against them because they think that their manhood will be harmed and society will think that they are weak. That is why fewer cases of violence and assault were reported by men.

There have been lots of changes made by the government to the laws considering crimes against men and women. There are policies and rights that protect them from any violence or assaults, but there are laws and policies that mostly focus on women and men don't have such rights to protect themselves. In this era, women sometimes take advantage of their rights to commit wrongdoing. The government should be gender neutral and serve justice to both genders, as it has been observed that cases get delayed in the courts and take years to provide justice to the victim, and sometimes the wrong person has to be in jail because of the false accusations because of the delay in the court decisions.

The research was conducted to see what both men and women perceive about gender justice and how it impacts their day-to-day lives. Through the process of interviewing, it has been observed that both men and women think that there has been discrimination between them because of their upbringing, society, and sociocultural context. Through interviewing and coding, it has been observed that both male and female participants think that there has been discrimination against them and that society, upbringing, and government play a great role in shaping their behaviour. There have been differences in the way parents give their sons and daughters freedom, like time restraints that are mostly imposed on the females; they have to come before dark as it is not safe for them to roam. Generally, these restrictions are not imposed on men; they can stay out or go out at any time of the day, but there are some men whose parents are concerned about them roaming around late at night. A question about the crime rate against men and women was asked, and most of the participants responded that their gender has higher rates than the opposite gender, but there have been some cases that were not reported. In the case of women, it is because they think that their image or reputation will be in danger and that no one will accept or judge them, and in the case of men, it is because of their manhood, and they also think that society will think that they are weak, which is expected of them according to the Indian patriarchal society. It has been seen from the data collection that most of the participants agree that there has been a high rate of illiteracy, unemployment, and poverty in rural areas and this issue needs to be managed properly as it is a major thing to get resolved. There should be awareness among men and women of their rights so that they can fight for them and be served with fair justice. Awareness can be spread through campaigns, NGO visits, and teaching them about it. There have been lots

of cases in India that are pending, some of which have gone on for years, and some are on trial. Most of the participants feel that justice has been delayed and that they sometimes ignore the cases because they think they are not important. They say that there are cases that need to be considered at the top, like rape or sexual harassment, which are the most major and sensitive issues in our country and which need to be dealt with on a priority basis and should provide justice to the victim, and there should be proper investigation in these cases so that the person who has committed the crime gets its punishment. act of violence and discrimination impacting both men and women, their decision has been shaped according to society's rules and norms. Their mental health has been a major issue these days because any act can impact them greatly and have a long-term effect on their future experiences. Fighting for themselves, for their rights, and for justice deteriorates their mental health, as it takes so many years to get justice. The individuals sometimes don't report because they fear that no one will listen or do anything about their case or that it will take years to resolve it. Not reporting the crime that they have been through is also psychologically unhealthy; it can create disturbances in their thinking patterns and experiences and also convert into a major problem for them in the future. It can also cause self-harming behaviours as the person has gone through a lot and doesn't want to live anymore because of the delay in things and the criminal has not been punished for their acts.

Through the themes that were created for the data analysis, including discrimination between men and women, time restraints, illiteracy, sexual acts of violence against men and women, delayed justice, sociocultural factors and psychological impact, all these themes determine that there is gender injustice between men and women, and there is a need for improvement in the making of policies and laws for both genders. There is also a need for a new thinking pattern through which things can be solved or dealt with as there are things that have not changed over the centuries and they impacting both men and women psychologically and physically.

Conclusion

The aim of the study was to assess the perception of gender justice among males and females and how it impacts them psychologically. From the interview and the themes generated for the analysis, it has been concluded that both males and females have been victims of discrimination, and they are silent about their cases because of the patriarchal society in India. It has been concluded that there is a difference between the perceptions of both men and women regarding gender justice, and there is also injustice against men and women. It also impacted them psychologically in both negative and positive ways. Positive in the sense that after being served with justice, they will be able to live their lives normally and won't have to fight more for their rights and justice. The negative would be that they will suffer from a high level of stress, societal pressure, and anxiety, which can have long-term effects if justice isn't served on time to both men and women. It may negatively affect them.

Limitations

- Sample size was small
- It doesn't include all the genders

Implications

The research can be helpful in the future in studying the differences between both men and women, how things are changing from time to time, and how the government can make changes in their system to remove these differences between men and women. It can also help them protect other genders too.

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