

## **Study projecton**

“Impact of Self Defense Training on Women Empowerment”

### **Students participated**

- N.SIRI CHANDANA-B.A JOURNALISM FIRST YEAR
- ROSHNA PATWARI-B.A JOURNALISM FIRST YEAR
- PRIYANKA THAKUR-B.A JOURNALISM THIRD YEAR BHINDHYA  
RATHORE-B.SC THIRD YEAR
- SAI VARSHITHA –B.SC THIRD YEAR

## Studyproject

Statistical data of violence in India:

- Crimes against women from 2005-2014
- Crimes against women : top 5 states
- Both primary and secondary sources of data
- Questionnaire method and participant observation
- Data was collected from 50 students to assess the impact of self-defense training program.



## Researchfindings

- Participants' confidence increases after undergoing self- defense training program.
- Participants' confidence self-efficacy and self-esteem last for a considerable period of time.
- Though no difference in skill level recent trainees have a higher level of confidence than those who have not participated in a course for a while.

- Participants report improved assertiveness personal safety and self-perceptions.
- Participants report increased physical safety and a reduction in fear motivated avoidance behavior.
- Symptoms of anxiety and depression are significantly reduced.



Students participation in the Study Project