

GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET  
HYDERABAD-500016  
(Autonomous Affiliated to Osmania University)

## **Study Project On Impact Of Self Defence 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

### **Study Project**

- 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
- sample of 50 students is taken to assess the impact of self-defence training program.

## Research Findings

- Participants' confidence increases after undergoing self defence 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 Study Project**