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Gender Roles in Esmeralda Santiago's novel *When I Was Puerto Rican*

- S. Rajesh Kumar, Ph.D. Scholar, Department of English, Osmania University, Hyderabad

Abstract :

In her memoir, *When I Was Puerto Rican*, one of the trilogies, Santiago narrates her own experiences. She challenges her native cultural expectations, and gender stereotypes and writes in defiance of Puerto Rican cultural expectations. The aim of the paper is to analyze gender roles in Esmeralda Santiago's first memoir, which is about her transition from childhood to adulthood. Esmeralda sees her parents' poverty, problematic marital relationships, traditional gender roles in the family, and gender disparity in her society. Mami's perseverance, self-reliance, and breaking of a taboo by joining a garment factory to support her family financially, all helped Negi to form an identity.

Keywords : Gender roles, machismo, stereotypes, common-law marriage.

Puerto Rico is one of the Hispanophone Caribbean islands. It is now a U.S. territory, and its culture is largely traditional, which is shaped by the history of slavery, Tainos natives, Spanish colonization, and American invasion. There is gender-based stereotypes in all societies. The traditional culture assigns different duties to men and women and gender disparity is evident in the world. Men are usually breadwinners, financial supporters, and heads of households. For centuries, women have been considered subservient to men, and their role is mostly limited to home, child rearing, household chores, and family care. These gender roles are assigned irrespective of social class.

Culture, tradition, and social norms all play a part in establishing the appropriate roles for men and women. Anselmi and Law define Gender roles as "socially and culturally defined prescriptions and beliefs about the behavior and emotions of men and women" (Anselmi 195).

This research paper analyses the gender roles represented in Esmeralda Santiago's first autobiographical narrative, *When I Was Puerto Rican* (1993). Puerto Rican-born Esmeralda Santiago's memoir *When I Was Puerto Rican* is set in the 1950s and chronicles her transition from childhood to womanhood. She grew up in a strongly patriarchal and phallogocentric Puerto Rican society. She recognized in her childhood that gender disparity was evident and questioned the specific gender roles of men and women and the allocation of power in the family. Santiago's writing is an act of defiance against patriarchal assumptions. By putting together pieces of her past, she creates a story more feminine and breaks down the way usually write autobiographies. She explores man-woman relationships and gender disparity in her memoirs *When I Was Puerto Rican* (1993), *Almost a Woman* (1998) and *The Turkish Lover* (2005). These autobiographical trilogies, "serve to create a discourse that counteracts established patriarchal expectations of and for women" (Morales-Diaz 134). Initially, a child learns his or her role from the family. The family institution reinforces gender disparity and cultural values impose patri-

The Effect of Yogasana on Hb Factor**Dr. T. Kalyani¹**¹Physica Director, ABV Govt. Degree College, Jangon, Telangana.**Abstract:**

The purpose of this study was to find out the effect of "Yogasana" on selected psychological factors such as anxiety. To achieve this purpose, 80 students studying in the Govt Degree college Jangon, were randomly selected as subjects. They were divided into two equal groups, group 1 underwent Yogasana training for 24 weeks and group 2 acted as control group, that did not undergo any special training program apart from their regular program. All subjects of both groups were tested on selected dependent variables for a period of 3 months before and immediately after the training program. The analysis of covariance was used to analyze the significant difference, if any among the group. "T- Test for Equality of Means" and "Levene's Test for Equality of Variances" was carried out on both the group. The results of this study showed that there was a significant difference between Yogasana group subjects and control group subjects for selected variables such as anxiety. And also it was found that there was a significant improvement on selected criterion variables due to Yogasana.

Key Word: Yogasana, Selected Psychology factor & Students.**Introduction:**

Yoga has a complete message for humanity. It has a message for the human mind and it has also message for the human soul with intelligence and capable youth came fourth carry this message to every individual not only in India, but also in every part of the world. Yogasana are simple action for keeping the internal and external part of the body in good health. No activity can be performed well so long as the internal and external part of the body is not in the good health. The body and mind are closely interred related.

Objective of the Study:

The objective of the study was to know the effect of Yogasana on some selected psychological factor.

Methodology:

The purpose of the study was to find out the effect of the Yogasana on selected psychological factor such as anxiety. To achieve this purpose of the study 80 student Studying in Govt Degree College were selected on the basis of random sampling method. They were divided in two equal groups. Each group consisted of the 40 subject. Group I underwent Yogasana per week for 24 weeks. Group II acted as control that did not undergo any special training program apart from their regular program me. The following variable namely anxiety criterion variables all the subject of two groups were tested on selected dependent variable at prior to immediately after training program. The analysis of covariance was used to analyses significant difference, if any among the group. The 0.05 level of

confidence was fixed as the level of significance to test the „F” ratio obtained by the analysis of covariance, which was considerate as an appropriate.

Statistical Analysis of the Data:

Anxiety:

The analysis of covariance on Anxiety of the pre and post test score of Yogasana group and control have been analyzed and presented Table 1

Table No. 1: Analysis of Covariance of the Data on Anxiety of Pre and Post Test Scores of Yogasana and control groups

Test	Yogasana Group	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F Ratio
Pre Test							
Mean	18.2	17.9	Between	0.01	1	0.01	0.02
S.D	0.21	0.24	Within	11.51	28	0.41	
Post Test							
Mean	25.7	18.2	Between	119.64	1	119.64	291.80
S D	0.13	0.22	Within	11.41	28	0.41	
Adjusted Post Test							
Mean	24.9	18.1	Between	119.67	1	119.67	221.61
			Within	14.68	27	0.54	

* Significant at 0.05 level of confidence

(The table value required for significance at .05 level of confidence with df 1 and 28, 1 and 27 were 4.20 and 4.215 respectively). The table 1 show that the adjusted post –test mean values of Yogasana group and control group are 25.7 and 18.2 respectively. The obtained “F” ratio of 37.48 for adjusted post-test means is greater than the required table value of 4.215 for df 1 and 27 required for significance at .05 level of confidence on flexibility

The results of the study indicated that there was a significant difference between the adjusted post-test means of Yogasana group and control group on Anxiety.

Conclusion:

On the basis of the analysis following conclusion drawn: There was a significant difference between Yogasana group and control group on selected criterion variables such as long term memory and anxiety.

There was a significant improvement on selected criterion variable namely anxiety due to Yogasana.

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B.Sc.

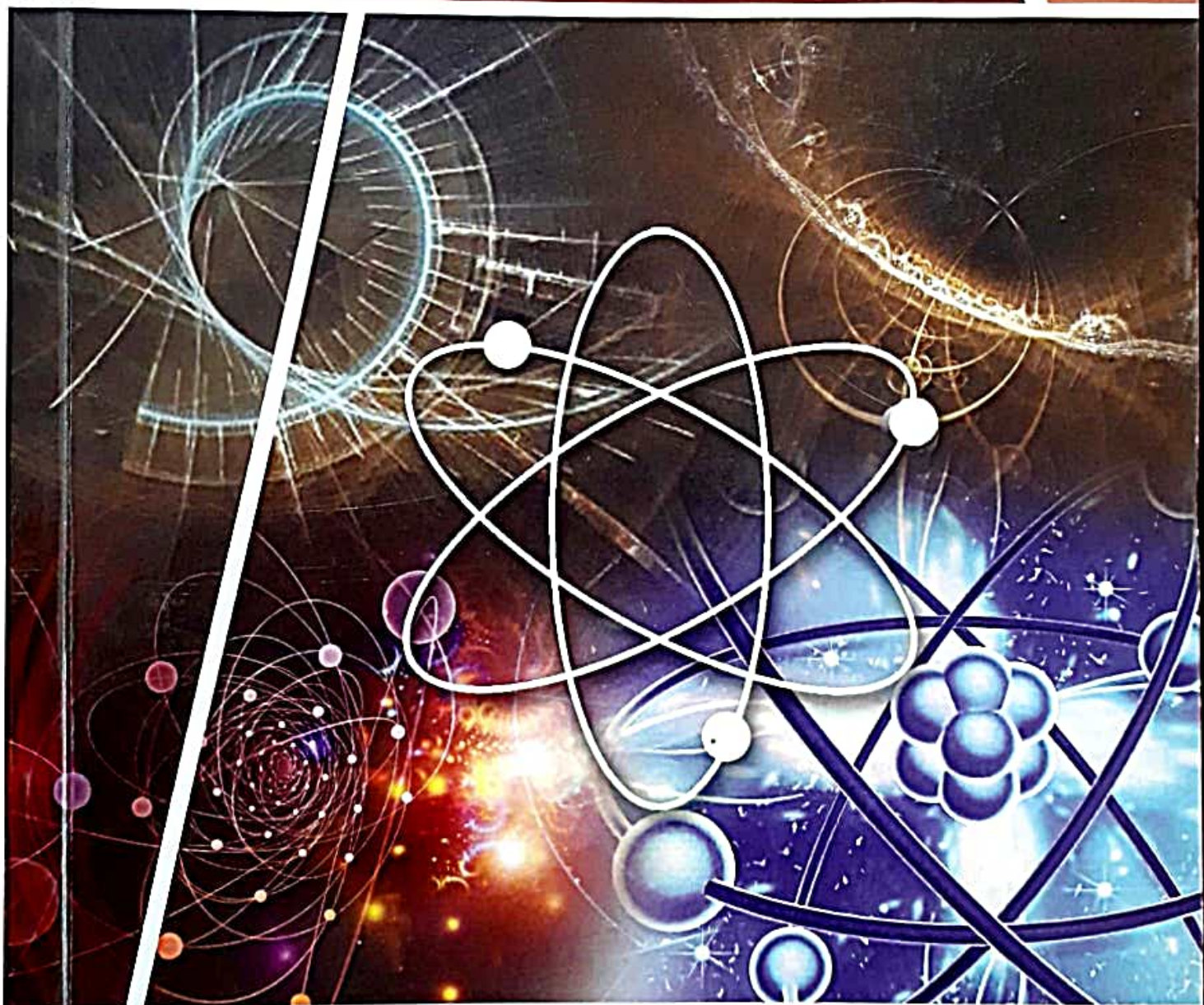
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Photoluminescence and photocatalytic studies of rice water and papaya fruit extract-encapsulated cadmium sulfide nanoparticles

Srinivasa Goud Bandaru^{1,2} · Suresh Yathapu² · Annapurna Sathiraju³ · Bhikshamalah Ganghishetti⁴ · Tarun Babu Mangalarapu⁵ · A. K. Singh^{1,6}

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Abstract

Natural extracts can act as potential sources for the synthesis of nanoparticles in non-hazardous ways. The stabilization of nanoparticles can be done by any sufficiently large, quasi-polar, organic molecule. In the present study, cadmium sulfide nanoparticles (CdSNPs) encapsulated by natural extract have been synthesized via green chemical reduction route that uses natural stabilizers such as rice water, papaya fruit extracts and precursors such as cadmium chloride, cadmium nitrate, and cadmium sulfate. Different experimental techniques such as X-ray Diffraction (XRD), UV Visible Absorption Spectroscopy, Fourier Transform Infrared Spectroscopy (FTIR), Scanning Electron Microscopy (SEM), Energy-Dispersive Spectroscopy (EDS), Small Angle X-ray Spectroscopy (SAXS), and Transmission Electron Microscopy (TEM) are used to confirm that the as-prepared samples contain cubic crystalline CdSNPs with average size less than 20 nm and a thin natural molecule layer developed on their surface. The luminescence properties of as-prepared CdSNPs are studied through photoluminescence measurements. The photoluminescence spectra of the CdSNPs have exhibited one broad peak along with shoulders on either side of it. Cadmium sulfide nanomaterials that belong to the II–VI group are known for their photocatalytic applications due to their efficient physical properties along with wide bandgap energy. Further, the as-prepared CdSNPs have exhibited their potentiality in degrading Methylene Blue (MB), and Rhodamine B (RhB) which can be attributed to their mixed phase.

Keywords Green synthesis · Cadmium sulfide · Nanoparticles · Natural extracts · Methylene blue (MB) · Rhodamine B (RhB) · Photocatalysis · Photoluminescence

Abbreviations

CdS	Cadmium sulfide
CdSNPs	Cadmium sulfide nanoparticles
XRD	X-ray diffraction

FTIR	Fourier Transform Infrared Spectroscopy
UV	Ultraviolet
SEM	Scanning Electron Microscopy
EDS	Energy-Dispersive Spectroscopy
SAXS	Small Angle X-ray Spectroscopy
TEM	Transmission Electron Microscopy
MB	Methylene blue
RhB	Rhodamine B
NPs	Nanoparticles
FWHM	Full width at half maximum
IRENA	A data manipulations and analysis tool box for SAXS
SAED	Selected area electron diffraction

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1 Introduction

Synthesis and characterization of nanoparticles is always an exciting field of material research. The most demanding issue in nanotechnology is the development of authentic and

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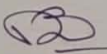
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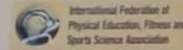
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on the topic The Effect of Yogasana On Hb Factor.


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