



# Challenges And Realities Of Single Women In Contemporary Society: A Review

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## Abstract

This review explores the multifaceted challenges faced by single women in both global and Indian contexts. Despite advancements in education and employment, societal norms, gender biases, and economic disparities continue to restrict women's independence. The paper examines the social, psychological, and professional struggles faced by single women, while also discussing coping mechanisms and emerging empowerment trends.

Key Words: Despite, Disparities, Multifaceted.

## **1. Introduction**

In recent decades, societal attitudes toward single women have gradually evolved. Nevertheless, deep-rooted stereotypes persist, particularly in patriarchal cultures where marriage remains central to a woman's identity (Desai, 2020). According to the 2011 Indian Census, the number of single women—unmarried, divorced, separated, or widowed—rose by 39% over the previous decade, amounting to over 71 million individuals (Census of India, 2011). This demographic shift demands attention toward the unique experiences and challenges of single women in modern society.

Single women in India protected from social prejudice though general constitutional rights and specific discrimination and violence. These laws ensure equality, dignity, and safety through the specific term single woman is not always the primary classification used in general legal frameworks.

Indian constitution provides fundamental rights to all citizens, including single women. Article 15 disallows discrimination on grounds of religion, caste, sex, or race and Article 14 ensure equality before the law. The protection of women from Domestic Violence Act, 2005 is a significant law that protects women from various abuses within house hold. It act can cover single women in live-in relationships or residing with family members where violence occurs.

The protection of rights of widows, single women and Abolishment of widowhood practices bill, 2022 has been introduced in the Lok Sabha to specifically address the unique challenges faced by widows and abandoned single women.

## **2. Societal Prejudice and Stigma**

Single women continue to face societal stigma. In many societies, being unmarried beyond a certain age is perceived negatively, with single women viewed as “incomplete” or “defective” (Ganong & Coleman, 2017). Parental and social pressure to marry remains prevalent, leading to emotional distress and diminished self-worth (Patel, 2022).

## **3. Economic and Financial Challenges**

Financial independence is both a necessity and a challenge for single women. Many face limited access to inheritance and property rights, particularly in traditional family's code in 1983. In 2005 Her protection of women from Domestic Violence Act was passed, which added to shield ladies from endowment provocation.

Single women can claim maintenance from their parents or relatives if they are unable to support themselves, under the maintenance and welfare of parents and senior citizens Act 2007. Single women may also be eligible for financial assistance or pensions under various states -specific welfare schemes for women, particularly if they are destitute or economically disadvantaged.

Single women have equal rights to own and inherit property under the Hindu Succession Act, 1956, and other personal laws applicable to their religion. The government of India has initiatives to provide affordable housing and priority in housing schemes for single women, especially those in vulnerable situations.

## **4. Workplace Discrimination**

Gender bias in the workplace continues to affect single women disproportionately. Studies show that single, career-oriented women are often perceived as threatening or overly ambitious (Gupta, 2020). Glass ceilings persist despite progress in female representation in corporate leadership roles. Issues such as sexual harassment, wage disparity, and limited maternity benefits further exacerbate professional inequality (UN Women, 2023). Sexual Harassment of Women at work place Act, 2013, protects all women including single women from sexual harassment at work place. Employers must establish internal complaints committees (ICCs) to address complaints.

## 5. Safety and Security Concerns

Safety remains a paramount concern. Even in developed nations, single women face heightened risks of harassment and assault. In India, safety concerns are compounded by inadequate legal enforcement and social blame directed at victims (Kumar, 2019).

The rise of nuclear families and urban migration has increased vulnerability among single women living alone. Deep-rooted societal attitudes often portray single women in a negative light, leading to social exclusion, character assassination (e.g., "slut-shaming"), and a general lack of respect. This social pressure makes it difficult for women to live with dignity and assert their rights

## 6. Psychological and Emotional Challenges

Loneliness, social isolation, and emotional strain are common among single women. The lack of a romantic partner, parental expectations, and workplace pressures contribute to stress and anxiety (Thompson, 2019). Single mothers, in particular, report high levels of financial stress and emotional exhaustion while balancing care giving and employment responsibilities (Verma, 2020).

Experts and governments recognize that legal provisions alone are insufficient; a fundamental change in societal mindsets and patriarchal norms is essential to ensure women's safety and dignity.

## 7. Single Motherhood

Single mothers face unique hardships. Studies reveal that 70% of single-parent households are headed by women (UNICEF, 2022). Financial instability, social stigma, and child-rearing burdens contribute to significant emotional and physical strain. Moreover, societal attitudes often penalize women for their single status, viewing them as "failed wives" rather than independent caregivers (Sen, 2021). Single women (including widows, divorcees, and never-married women) can be particularly vulnerable to harassment and exploitation by family members or others seeking to take advantage of their perceived lack of "protection" within a traditional family structure.

## 8. Coping Mechanisms and Empowerment

Despite challenges, many single women have embraced independence and self-sufficiency. Coping strategies include self-defense training, building supportive social networks, pursuing higher education, and engaging in self-care (Chopra, 2023). Furthermore, the increasing visibility of successful single women in media and public life serves as a catalyst for empowerment.

## 9. The Positive Aspects of Singlehood

Recent studies highlight that single women often experience better health, autonomy, and life satisfaction compared to those in unhappy marriages (DePaulo, 2019). Single individuals report improved sleep, lower stress levels, and greater personal freedom (Smith, 2020). The ability to focus on personal growth, hobbies, and friendships enhances emotional well-being and resilience.

## 10. Conclusion

Single women today represent an increasingly significant demographic whose experiences challenge traditional gender norms. While progress has been made toward gender equality, persistent cultural and institutional barriers continue to shape their realities. Addressing these challenges requires multi-level interventions—legal, economic, and societal—to ensure that women can thrive irrespective of their marital status.

While laws primarily address actionable offenses, social prejudices are indirectly combated through these legal frameworks and various government initiations. Training and sensitizing law enforcement, the judiciary, and other authorities to gender bias is crucial for fair and effective implementation of laws. Raising awareness among women about their rights and the legal protections available to them, combined with robust support systems (legal aid, shelters, counseling), is key to empowering them to seek justice.

International agreements like the UN's Convention on the Elimination of all Forms of Discrimination against Women (CEDAW) provide a framework for nations to work towards gender equality and eliminate such prejudices.

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