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## Plights And Predicaments Of Modern Women In Modern World

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### Abstract:

Although significant progress has been made in the pursuit of gender equality, women around the world still face persistent challenges that hinder their full participation in society. These challenges, ranging from economic inequality and cultural constraints to systemic violence, are present across different regions and cultures, albeit in varying forms. Women continue to experience a gender pay gap, underrepresentation in leadership positions, and a disproportionate share of unpaid domestic and caregiving work. Moreover, cultural practices such as child marriage and gender-based violence further exacerbate their struggles. Intersectionality adds another layer of complexity, as women from marginalized groups face compounded discrimination. Despite these barriers, efforts through global movements, policy changes, and educational initiatives offer pathways for progress. This article explores the ongoing predicaments faced by women today, emphasizing the need for comprehensive approaches that address systemic, cultural, and institutional inequalities, and calls for sustained efforts to empower women for a more inclusive and equitable future.

### Keywords:

Gender equality, economic inequality, gender pay gap, leadership representation, unpaid care work, gender-based violence, cultural constraints, child marriage, intersectionality, systemic discrimination, women empowerment, global movements, policy reforms, education, social inequality, women's rights, gender stereotypes, societal barriers, empowerment initiatives, gender parity, cultural practices.

Despite significant progress toward gender equality, women around the world continue to face numerous challenges that hinder their ability to fully participate in societal, economic, and political arenas. These challenges are not limited to any specific culture, nation, or socioeconomic status but manifest in different forms and intensities across regions. Women experience a combination of systemic, cultural, and institutional barriers that perpetuate inequality, often leaving them at a disadvantage in their pursuit of empowerment and independence. The concept of gender equality has gained momentum in modern discourse, with governments, organizations, and activists advocating for women's rights. Global initiatives such as the United Nations' Sustainable Development Goal which aims to achieve gender equality and empower all women and girls, underscore the urgency of addressing these issues. Yet, despite these efforts,

many societal structures continue to favor men, sidelining women in areas like education, employment, leadership, and health.

Women face significant economic challenges, even in the most developed nations. The gender pay gap is a stark example, where women earn less than men for performing the same work. This disparity persists despite legal frameworks designed to ensure equal pay, reflecting underlying systemic biases. Moreover, women are underrepresented in high-paying industries such as technology, engineering, and finance, while being overrepresented in low-wage sectors like caregiving and service work. Unpaid labor is another critical aspect of economic inequality. Globally, women spend significantly more time than men on unpaid household chores and caregiving, which restricts their ability to pursue full-time careers or higher education. According to UN Women, women perform about three times more unpaid care work than men, contributing to the economic undervaluation of their labor. Entrepreneurship, often seen as a pathway to financial independence, also remains a challenging avenue for women. Female entrepreneurs frequently encounter hurdles such as limited access to funding, biased perceptions about their capabilities, and a lack of mentorship opportunities. These obstacles make it harder for women to establish and grow businesses, further entrenching economic disparities.

Societal norms and cultural expectations continue to shape women's roles in ways that restrict their freedom and choices. In many communities, traditional gender roles confine women to the domestic sphere, leaving men to dominate public life. Women are often expected to prioritize family responsibilities over personal ambitions, which limit their participation in education, employment, and politics. Harmful cultural practices, such as child marriage, honor killings, and female genital mutilation (FGM), remain widespread in several parts of the world, violating women's basic human rights. For instance, the United Nations reports that 12 million girls are married before the age of 18 each year, cutting short their education and exposing them to early pregnancies and health risks. These practices are deeply rooted in patriarchal systems that view women as subordinate to men, perpetuating cycles of inequality. Even in societies that have made strides toward modernization, women face subtle forms of discrimination. Workplace cultures often reinforce stereotypes, with women being overlooked for promotions or assigned tasks based on gendered assumptions. Additionally, the media perpetuates unrealistic beauty standards and gender stereotypes, influencing how women perceive themselves and how they are perceived by others.

Violence against women is one of the most pervasive and underreported issues globally. Gender-based violence takes many forms, including domestic abuse, sexual harassment, trafficking, and online abuse. The World Health Organization (WHO) clearly states that one in three women worldwide experiences physical or sexual violence, often at the hands of intimate partners. In conflict zones, women are particularly vulnerable to violence, including rape being used as a weapon of war. Such acts not only devastate individuals but also tear apart families and communities. In urban areas, women frequently experience harassment in public spaces, limiting their mobility and sense of security. Moreover, societal stigmas surrounding gender-based violence often prevent survivors from seeking justice. Victims are frequently blamed for the violence they endure, creating a culture of silence and impunity. While legal frameworks to protect women exist in many countries, enforcement is often weak, and support services for survivors remain inadequate.

The struggles faced by women are further compounded by other forms of discrimination, such as race, class, ethnicity, sexual orientation, and disability. Women from marginalized communities often experience intersecting oppressions that amplify their disadvantages. For instance, a woman of color in a developed nation might face both gender and racial discrimination in the workplace, while a disabled woman in a

developing country might be excluded from educational opportunities altogether. Intersectionality highlights the complexity of gender inequality, emphasizing that not all women experience discrimination in the same way. Addressing these overlapping challenges requires tailored solutions that consider the unique needs and circumstances of different groups of women.

While the challenges are significant, progress has been made in many areas. Global movements such as: “Me Too” and “Time’s Up” have brought attention to issues like workplace harassment and sexual violence, empowering women to speak out and demand change. Governments and organizations are implementing policies to promote gender equality, including equal pay laws, maternity leave provisions, and initiatives to increase women’s representation in leadership roles. Education remains a powerful tool for breaking the cycle of inequality. When girls are educated, they are more likely to delay marriage, pursue careers, and participate in decision-making processes, leading to broader societal benefits. Programs that focus on educating girls, particularly in underserved regions, have shown promising results in reducing poverty and improving community well-being. Moreover, technology has opened new avenues for women to access information, connect with others, and advocate for their rights. Social media platforms, for instance, have become powerful tools for raising awareness and mobilizing support for gender equality initiatives.

### **Women are Traumatic Circumstantial Prisoners in Modern World:**

Women who experience abuse often face barriers in seeking help due to fear of judgment, shame, or lack of accessible resources. This can lead them to withdraw from family, friends, and support systems. Cultural norms, shame, or fear of not being believed can lead to victims keeping their experiences secret. This secrecy creates an isolation that makes it harder for women to escape their abusive situations. In cases where women are economically dependent on their abusers, leaving the relationship can seem impossible. This financial dependency often increases isolation, as it can cut them off from any avenues that might offer a way out.

Victims of abuse often experience post-traumatic stress disorder (PTSD), which can manifest as flashbacks, nightmares, hypervigilance, and severe anxiety. These psychological symptoms make it harder to trust others or feel safe in everyday situations. Constant exposure to violence, coupled with isolation, can lead to deep feelings of hopelessness, worthlessness, and depression. Women may feel trapped, with no way out of their circumstances, leading to a spiral of mental health struggles. Abuse often causes victims to internalize feelings of guilt and shame, leading to long-term damage to their self-esteem and self-worth. This can diminish their ability to seek help or make life changes.

Psychological trauma can make it harder for women to break free from abusive relationships or situations, sometimes leading them to remain in cycles of violence. Women who experience isolation and trauma may struggle to form healthy, trusting relationships in the future, either due to fear or because they’ve been conditioned to tolerate unhealthy dynamics. Children who witness abuse or experience trauma themselves may be affected by similar psychological issues, perpetuating the cycle of violence and isolation across generations. The isolation women experience can make it harder for them to escape or heal; creating a cycle that is difficult to break without external intervention. Addressing this issue requires not only providing support systems but also breaking the stigma and normalizing open conversations about abuse and trauma.

Gender-based violence is a complex issue that impacts all aspects of a woman’s life—from her physical health to her emotional stability, economic security, and opportunities for personal and professional growth. It creates cycles of trauma that are difficult to break without systemic change, societal support, and legal protections. To address these issues, societies must prioritize:

- Prevention programs to reduce the prevalence of violence.
- Support systems for victims, including shelters, counseling, and legal assistance.
- Legal reforms to better protect women and hold perpetrators accountable.
- Education to shift cultural attitudes and combat gender-based discrimination.

The article vividly delineate the outline of a formal research methodology, as it appears to be more of a review or discussion of existing literature and global issues related to gender inequality, rather than an empirical study with original data collection. However, based on the content and structure of the article, the article writer tries to show the plights and predicaments of modern women in modern or contemporary era.

**Literature Review:** The article synthesizes existing research, reports, and data from organizations such as the United Nations, the World Health Organization, and other global movements like “Me Too” and “Time’s up”. It also tries to draw on studies, statistical reports, and real-world examples from different regions and cultures to highlight the scope and diversity of challenges faced by women. This approach involves examining a wide range of academic papers, governmental and non-governmental reports, and case studies to identify patterns and trends. It discusses issues like intersectionality and the compounded discrimination faced by marginalized women, suggesting a nuanced, qualitative approach to understanding how different factors intersect to affect women’s lives.

### **Conclusion:**

The plight of women in the modern world underscores the urgent need for collective action to address systemic, cultural, and institutional barriers to equality. While progress has been made, the road to true gender parity is long and requires sustained effort from individuals, communities, and governments. By challenging discriminatory norms, implementing inclusive policies, and empowering women through education and economic opportunities, society can move closer to achieving a world where women can thrive equally and contribute fully to humanity's progress. In addressing these challenges, it is essential to remember that empowering women is not just a matter of fairness but a prerequisite for creating a just, prosperous, and sustainable future for all.