EDGE IAS

(Please do not write anything except the question number in)

Girls are weighed down by restrictions, boys with demands - two equally harmful diciplines.

In today's society, gender roles and expectations continue to influence the lives of individuals, often imposing distinct sets of restrictions and demands on girls and boys, while it is true that both gender face different challenges, girls are often weighed down by stifling restrications, whereas boys face excessive demands. Gender norms and expectations have been ingrained in societies for centuries, influencing the roles and behaviour of both girls and boys, many individual facing restrications based on their gender. This essay explores the ways in which these restrications on girls and demands on boys affect them and the broader society ultimately arguging for a more inclusive and equitable approach to gender

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needs more innovation here

Good beginning (relevant)

Historical Background of Gender Expectations in India

In Ancient time India revered women, placing them on pedestals of worship, with goddesses like Saraswati and Durga symbolizing wisidom and strength respectively, historical records from the vedic period suggest that women had equal participation in social, educational and even in political realms, for instance the Rigveda mentions women sages and scholars, However over period time with the emerged of new societal structures and the establishment of certain dynasties the status of women began to decline. As India evolved

the status of women and men altered, largely society influenced by combinations of factors like political changes, invasions and foreign rule.

The British and Mughal era played a significant role in shaping gender norms. The victorian ideals of the British propagated the "cult of domesticity" for women, pushing them further into private spheres. On the other hand, the warrior ethic from the Mughal era left a lasting impact on the perception of masculinity in India.

Good

The Burden of Restrictions on Girls.

PHYSICAL RESTRICATION

Dress codes in India have always been a topic of discussion and debate, from the saree to the salwar kameez girls and women are often told what is appropriate for them to wear i.e In the rural areas the Khap Panchayat put such kind of restriction upon girls and women, It's about controlling a woman's autonomy and her right to express herself

Also their many significant constraint. "Don't go out after dark," or "always have a male companion. are commonly heard advisiates for girls. These limitations hinder their independence and keep them under a perpetual canopy of fear.

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EMOTIONAL and SOCIAL RESTRICATION

Society frequently places greater scrutiny on girls conduct in terms of modesty and propriety compared to her male counterparts. The social scrutiny is especially acute when it comes to friendship and relationships with many families frowning upon their daughters befriending the opposite sex.

Girls are traditionally taught to be soft spoken and submissive, creating an environment where they often feel their opinions are secondary or even linked invalid compared to those of men.

EDUCATIONAL AND CAREER RESTRICATIONS

Stereotypes persist in influencing the academic decisions made by girls, subjects like Engineering or Physics which fall within the STEM category are often suggested, both subtly and explicitly for boys rather than girls. Conversely Arts and Humanities are frequently perceived as more appropirate choices for girls

Even within the professional sphere, bias remains prevalent, women are frequently dissuaded from entering careers that require extensive time commitments or those that are labled as "too demanding" for them. Additionally, as unspoken assumption often compels many women to place family ahead of their careers resulting in numerous women relinquishing their professions.

The societal expecations and biases can influence

- Few data and facts related to the topic showed be utilised e.g. upto date employment data

- Issues like feminisation of labour, feminisation of poverty

- Harassment at work pl

women's career choices and often advancement in India leading them to make decisions that allign with traditional gender roles rather than their own ambitions and abilities

The Burden of Demands on Boys

PHYSICAL DEMANDS

From a young age, boys are conditioned to believe that they must embody strength and resilience. The adage "Boys don't cry" isn't just a saying; its strength societal command that suppresses emotional vulnerability. This demand for physical strength is not limited to emotional resilience. Boys also encourage, sometimes forced to partake in physical activities and sports even if their intrest lies somewhere else.

EMOTIONAL AND SOCIAL DEMANDS

The social expecations that boys must be remain stoic and emotionally reserved perpetuates a culture where they struggle to express their feelings. This emotional bottling not only leads to mental health issues but also fosters a society where understanding and emotional intelligence become secondary virtues.

Boys are additionally encumbered with the anti-cipation of assuming the role of the primary providers for their households. This not only

restricts their professionals options but also imposes excessive stress on them from an early age. Moreover they encounter peer pressure that stress the importance of appearing tough or authoritive compelling them to confirm to these expectations.

EDUCATIONAL AND CAREER DEMANDS

Educational biases tend to enforce the idea that boys inherently excel in subjects like mathematics and science guiding them toward STEM diciplines even if their true intrest lies elsewhere. This stereotype also diminished the accomplishment of boys who excel in the Arts making them susceptible to ridicule from their peers.

diminishes

In the relam of careers boys encounter expectations to choose professions traditionally associated with masculinity often seen as stable or financially rewarding. As a result career typically labled as "feminine" or those that don't align with the stereotype of male dominated roles such as nursing or primary education maybe overlooked as discouraged.

Social and Cultural Influences and Their Role

MEDIA AND REPRESENTATION

Media plays an enormous role in shaping societal perceptions. Indian movies, advertisment and televisions show often portray regressive gender roles. Men are typically represented as strong dominant figures, while women are often depicted as

submissive or as mere accessories to their male counterparts. Such representations not only reinforces sterotypes but also denies the younger generation the opportunity to witness diverse gender roles.

Religion and Traditions

Religious texts and their interpretations have, over time, been used to reinforce traditional gender roles. Although many ancient texts celebrated the power and intelligence of women, over time, selective interpretations have curtailed their significance. In cultural festivals and rituals in India often have predefined roles for women and men, for instance in many tradition, men are the primary body and women playing passive or supportive roles, reflecting and reinforcing societal hierarchies.

Economic factors

Economic disparities between genders can't ignored. The wage gap, where women earn less than men for the same job, perpetuates the notion that men are superior or more valuable. The economic structure not only diminishes women's role in society but also pressure men to adhere to their roles as primary earners

cite economic wage disparity

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Consequences of These Gender specific Diciplines

Mental Health Consequences

The constraints imposed on girls and the expectations placed on boys and not isolated phenomena, they have profound consequences on mental well-being. Girls, who endure consistent belittlement and constraint, frequency grapple with problems such as diminished self-esteem, anxiety and depression. At the same time, societal demands for boys to exhibit stoicism result in the suppression of emotions, resulting in stress, depression and in serve cases, potential substance abuse issues.

— Add one paragraph is suggested

In the conclusion, the words of Chimamanda Ngozi Adichie. "Culture does not make people, people make culture". If it is true that the full humanity of women is not our culture, then we can and must make it our culture" Upon contemplation of the limitations imposed on boys, it becomes clear that, for society to genuinely advance, these constraints must be dismantled. It is only by liberating both genders from the burden of long standing traditions that we can create a society characterized by equality, inclusivity and prosperity. The path ahead may be lengthy and marked by obstacles yet with a collective determination, change is not merely attainable it is inexorable.

— Relevant examples

— Bring concepts like "New India" — Amrit Kaal phase'

Good

P.T.O.

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60/125

— Keep up the good work

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PARAMETERS

	REMARKS
1. Relevance to the main argument	Yes.
2. Completeness / Multi dimension	Yes
3. Organization and planning	Structured and planned
4. Intro	
a. Relevance	Yes, relevant and engaging
b. Interesting/Captivating	Little innovation needed - yes
c. Encapsulating (all ideas of entire essay)	Yes.
5. Body	
a. Cohesiveness/idea arrangement	Logical
b. Flow of ideas	Good
c. Concise	Yes
d. Any vagueness/ ambiquity	Very few.
e. Presentation	Good
f. Selection of examples	relevant - need more contemporary egs.
g. Proportion of each theme	Balanced
h. Persuasiveness	Quite
6. Conclusion	
a. Did it answer the main theme?	Yes
b. Was it a repetition of intro?	No
c. Did it introduce a new concept (it should not)	No.
d. Creativity	Basic - can be improved with a punch line in closure.

60/125

- Overall good effort

Few Suggestions :

- write small paragraphs
- Make data, fact and quote file - which can be added in subsequent essays.
- Keep writing