ISSN E: 3006-1466
ISSN P: 3006-1458
CONTEMPORARY JOURNAL OF SOCIAL SCIENCE REVIEW
CJSSR

CONTEMPORARY JOURNAL OF SOCIAL SCIENCE REVIEW

Vol.03 No.02 (2025)

PEOPLE'S ATTITUDE AND PERSPECTIVE ON WOMEN SELF-DEFENSE IN PUBLIC SPACES

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Abstract

Worldwide, violence against women approximately 736 million women faced gender-based violence while as per a news report, in Pakistan 85% of women facing harassment mostly in public places in the term of verbal-abuse, threats, mental torture and inappropriate gesture, particularly in public-transport. Therefore, using Self-defense skills or training in the above-mentioned harassments scenario can reduce or eliminate the consequences and likelihood of unwanted physically and mentally harm, as well as empower women politically and mentally for the struggles they will face in public and private domains. Laterally, public opinion is useful voice in the movement for legal reform. Thus, the purpose of this survey was to capture public attitudes and perceptions about women's self-defense strategies. Total 501 questionnaires were sent out and returned. Among these 501 participants, of whom 360 (71.85%) were female and 141 (28.14%) were male. The findings of this study, women are frequently exposed to public spaces and more likely to be attacked. Moreover, those women who receive self-defense training have superior physical and mental skills that enable them to protect themselves from attackers compared to those who do not and improved self-efficiency in women can lower their risk of becoming victims. Surprisingly, self-defense training or skills especially for women can reduce violence against them but unfortunately mostly individuals didn't aware of self-defense training and mostly women don't carry any safety equipment's e.g. knife. Interestingly highest number of responses were in favor of to seek self-defense training, courses or skills by attending 1–2-hour class per weeks or short courses 1-2 weeks.

Keywords: Self-defense, Gender-based violence, Women empowerment, Safety strategies, Public perception

Introduction

Still in the modern era, women in public places remain a vulnerable spot despite the fact that they have made progress in almost every aspect of their lives (Pulungan, et al., 2024). Public places are sometimes challenging for women, since they have no idea when and where men make them feel harmed and impeded (Loukaitou-Sideris, et al., 2024). A major threat to both public and individual health, violence against women and girls (VAWG) can have long-term negative impacts and act as a host of physical and mental health problems, as well as societal and economic repercussions. Several strategies for women's self-defense have been put forward to lower the likelihood of victimization (Bansal, 2024; Johnson, and Cole, 2024). There are many training techniques and tools that are encouraged for women's self-defense. The most important functions of a self-defense tool must fall into three categories: alarming, defending/shielding, and counterattacking or immobilizing (Hollander, and Beaujolais, 2024; Nithyashree, and Leena, 2024; Runyan, et al., 2007). Making a loud noise to alert nearby individuals is the purpose of the alarming self-defense device (Prathyusha, et al., 2024).

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CONTEMPORARY JOURNAL OF SOCIAL SCIENCE REVIEW
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Furthermore, adding alarms to self-defense equipment could be used in conjunction with a deterrent to extend the amount of time a user has to escape and get help. In contrast, defending/shielding works in a different way. The person can defend themselves against any threat or attack by using this self-defense technique (Reinhold, et al., 2024; Gunawan, 2024; Ozdaeva, 2024; Borres, et al., 2023). However, women are often seen as susceptible, submissive, and victims of male cruelty (Alsager, et al, 2024). As a result of stereotypical roles, women have overlooked opportunities to train physically, especially to participate in sports (Mann, and Hacker, 2024). Additionally, they have been discouraged from learning self-defense strategies because it may not be appropriate for them in their roles as women (Parveen, et al, 2024). The majority of the victims of domestic and street violence in Pakistan were women. They were victims of honor killing, murder, acid-throwing, intimate-partner violence, sexual harassment, abduction, and verbal abuse (Parveen, et al, 2024; Azhar, et al., 2024).

Therefore, self-defense training and awareness in young women and girls may impose an elevated sense of security in women. A recent study conducted in Australia revealed that higher number of women are subjected to violence as compared to men because they are not confident enough to face such situations and a 10-hour SSC was conducted that boosted women's morale and self-confidence regarding violence and any alarming situation (Admassu, et al., 2024; Pocecco, and Bichler, 2024). Self-defense training, by making women more confident, can also lower the crime ratio in society. Therefore, the research goal suggests that measures should be taken to stop crimes against women, starting with recognizing that women need to be able to defend themselves by learning self-defense techniques (Nithyashree, and Leena, 2024; Hanifah, et al., 2021).

Significance of the Study

The research is relevant to fill a serious gap in the gendered-public safety research in Pakistan by examining attitudes and awareness about women self-defense in a densely populated urban center. Where cases of gender-based violence are highly prevalent and little has been said on the preventive measures, this study offers empirical evidence that can be used to shape the responses of education institutions, government and the society. The results of the research provide a useful perspective on the development of inclusion safety programs and self-defense curriculum in schools and the workplace by investigating the common perception of the population and pointing out the obstacles to accessing training. The research also highlights the necessity of making women empowerment via self-defense a norm and will add to the wider debates on gender equity, urban safety, and social transformation. Its value is not limited to the academic sphere, as it can be used as a seminal paper in the further creation of policies and advocacy campaigns targeting the decrease of violence against women in South Asian countries.

Literature Review

The problem of violence against women is international, and one third of all women around the world has been impacted by this issue (UN Women, 2022). Women in Pakistan face a greater risk of physical, emotional and sexual abuse in both public and intimate areas. A study conducted by Hollander (2009) stressed that feminist self-defense classes are preventive of assault as well as psychologically empowering. The social norm that women are physically vulnerable keeps most of them away to engage in physical training and self-defense classes (Alsager, et al., 2024). The Pakistani society does not encourage women to participate in self-defense and it looks down on women who make efforts to defend themselves. Trying to take a self-defense approach, women in a conservative society experience a backlash, as noticed by Parveen et al. (2024). More often than not, such women become victims of criminal activities, including honor killings, domestic abuse,

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and street harassment (Azhar, et al., 2024). Stun jackets and alarms with GPS location are technological advances that partialy solve the problem, however, they are very expensive and not readily available (Prabhu, et al., 2024; Ponnusamy, et al., 2024). Therefore, physical training that is cheap is an option that is available and vital. It is demonstrated that programs such as short courses and weekly training can help to gain confidence and give practical defensive skills (Admassu, et al., 2024; Pocecco, and Bichler, 2024). Research also indicates that stereotypes associated with gender are discouraging factors that women are likely to take up self-defense since it is considered to be unfeminine or improper (Mann and Hacker, 2024). This gender discrimination is one of the causes of not being exposed to safety training early. Nevertheless, women, given a chance, express high interest and favorable attitudes towards the education of self-defense. Hence, it is strongly indicated that self-defense training must become socially acceptable, cheap, and available, starting with education, local campaigns, and media activism.

Methodology

The study was conducted at University of Punjab, Lahore where 15000 students are enrolled currently. The data was collected using a questionnaire, the questionnaire was developed in English language and it comprised of open ended and close ended questions. The questionnaire consists of 4 sections (A, B, C, and D) with 29 statements. Section A consists of socio-demographic characteristics of the respondents. B containing agree and disagree section. C section contains yes or no portion while D portion contain multiple choices. The educations level of respondents was matriculation to PhD level. An ethical approval was obtained from the Institute of Microbiology and Molecular Genetics. Verbal consent was obtained from the respondents before administering the questionnaire. All respondents were informed that the information collected will be treated confidentially and that participation in the study is voluntary It was assured that the participant's privacy must be maintained.

Method of Data Analysis

Each completed questionnaire was checked manually through MS. Excel to ensure that there was no missing information. Analyzed survey data for strongly Agree, Agree, Neutral, Disagree and Strongly Disagree by using Descriptive Statistics. The data was analyzed using Origin Pro version 2024b and responses to Yes, No and Maybe statements shown by using Likert-Scale method. The results were presented using tables, and figures.

Results

Total 501 questionnaires were sent out; all were completed and returned, of whom 360 (71.85%) were female and 141 (28.14%) were male.

Male respondents and female respondent's opinions on the value of women's self-defense based on Strongly Agree, Agree, Neutral, Disagree and Strongly Disagree are highlighted in **Table 1.** A thorough analysis of the findings for each statement is provided below. Response to 1st statement "Self-defense is a crucial skill for women in today's society" shown in **Table 1**. Male respondents, (SD 1.55 ± 0.738) indicates strong agreement that they recognize the importance of self-defense while Female respondents, (SD 1.31 ± 0.557) are less variable and they exhibit strong agreement. Self-defense is viewed as an essential ability by both sexes. However, women's opinions are somewhat more in agreement. Furthermore, it reveals that self-defense is helpful tool for women safety and make them empower. Response to 2nd statement placed in **Table 1** "by having self-defense training women can cope with worst situation" both male and female has less variability, (SD 1.88 ± 0.876 and 1.65 ± 0.793) showed strong agreement that mean, self-defense training is powerful tool for women to avoid any type of physical and mental damage during violence

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scenario. Male and female respondent's opinion to the statement "It is important for society to prioritize women's self-defense training" mentioned in **Table 1.** As compared, (SD of male 1.37 ± 0.645 to female 1.57 ± 0.734), female shows less variability that shows they need awareness and education regarding self-defense in society while male responses fall in strongly agreement, means that the self-defense training should be prioritize in society for women self-safety. Furthermore, male and female respondents, (SD 1.51 ± 0.744 and 1.38 ± 0.693±) in **Table 1** to "Teaching younger girls self-defense as part of growing up with safety awareness". Both respondents have less variability, demonstrate the view is widely supported by both genders in reflecting its alignment with societal values that motivate female role models and mentors to support teaching self-defense to young females. Moreover, male (SD 1.81 ± 1.005) and female (SD 1.50 ± 0.773) have high variability to the statement "Media should promote awareness about women's self-defense training" it has been presented in **Table 1.** Men exhibit less unity in supporting self-defense, but women anticipate greater media presence. Female are more likely to raise knowledge and support awareness about women's self-defense through media. Additionally, in the response of statement "It is necessary to conduct self-defense training for female employees" male (SD 1.64 ± 0.797) and female (SD 1.47 ± 0.689) indicating strong agreement with lower variation mentioned in **Table 1**. Men are scarcely supportive, but female employees are more unified in acknowledging the need for self-defense training. So, for that employers should include self-defense in their wellness initiatives and allow both genders to participate. In addition, both male (SD 1.61 ± 0.754) and female (SD 1.46 ± 0.708) comment on statement "It is compulsory for women to obtain self-defense training/education once in their life" showed in **Table 1** having moderately variable agreement between both genders. Given its perceived significance, both genders are in favor of requiring women to practice self-defense to make self-defense more accessible and effective. People view on statement "Self-defense training is effective in preventing violence" male (SD 1.94 ± 0.872) and female (SD 1.66 ± 0.777). Female has strong belief in effectiveness. Thus, females are more assured of self-defense as a preventive tool, while men exhibit less certainty. As compared female response (SD 1.46 ± 0.679) to male responses (SD 1.62 ± 0.785) to the statement "Parents/Guardians should provide self-defense training to children during childhood" written in **Table 1**. Stronger agreement among females. Females support early self-defense training, because they believe it will help them in the long run. So, Schools and communities should work together to incorporate self-defense into children's extracurricular activities. Both gender male (SD 2.33 ± 0.937) and female (SD 2.44 ± 0.936) in **Table 1** showed neutrality to statement "Women are often judged for taking self-defense training" Both genders accept that society judges them, but women are marginally more affected by it so they should run campaigns to normalize training for women. The last statement "One or two hours of classes per week is flexible" male (SD 2.03 ± 0.879) and female (SD 1.81 ± 0.661) showed agreement with less variation mentioned in **Table 1**. As a result of this interpretation Self-defense programs should provide flexible scheduling to cater to varying preferences.

Table 1: The frequencies, mean, and standard deviation for each statement based on male and female respondents.

Statement	***Gender***	***Strongly Agree***	***Agree***	***Neutral***	***Disagree***	***Strongly Disagree***	***Mean***
	Male	81	45	12	3	0	1.55 ± 0.738

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In your opinion, self-defense is a crucial skill for women in today's society	Female	274	71	10	4	1	1.31 ± 0.557
Women can cope with worst situations in public places by having self-defense trainings/strategies.	Male	56	63	15	6	1	1.88 ± 0.876
	Female	183	143	28	4	2	1.65 ± 0.793
It is important for society to prioritize women's self-defense training	Male	74	53	14	0	0	1.57 ± 0.734
	Female	260	89	10	0	1	1.37 ± 0.645
Do you think it's important for women to teach younger girls self-defense as a part of growing up with safety awareness	Male	80	53	5	2	1	1.51 ± 0.744
	Female	270	77	10	1	2	1.38 ± 0.693
Media should promote awareness about women self-defense training	Male	74	51	8	6	2	1.81 ± 1.005
	Female	241	100	14	2	3	1.50 ± 0.773±
It is necessary to conduct self-defense training for female employees	Male	72	53	9	2	1	1.64 ± 0.797
	Female	241	105	11	1	2	1.47 ± 0.689
For women, it is compulsory to obtain self-defense training/education once in their life	Male	74	57	7	3	0	1.61 ± 0.754
	Female	243	104	10	0	3	1.46 ± 0.708
Self-defense training is effective in preventing violence	Male	52	64	18	5	2	1.94 ± 0.872
	Female	179	140	31	9	1	1.66 ± 0.777
Parents/Guardians should provide self-defense training to their	Male	78	52	8	2	1	1.62 ± 0.785
	Female	235	107	17	0	1	1.46 ± 0.679

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children during childhood							
Women are often judged for taking self-defense training	Male Female	38 119	57 147	36 67	8 22	2 5	2.33 ± 0.937 2.44 ± 0.936
Do you think one or two hours of classes per week is flexible	Male Female	33 120	76 195	26 41	5 1	1 3	2.03 ± 0.879 1.81 ± 0.661

Expressions of male and female respondents to different statements based on Yes/No/Maybe shown in **Figure 1 (a)** and **Figure 1 (b)**, it is briefly elaborated below.

Female and male response to the statement “Preference for cheap or free self-defense classes” If the cost is low, 56.49% of female respondents said "Yes" showed in **Figure 1 (a)** and **Figure 1 (b)**, indicating great interest whereas just 19.76% of male respondents indicated "Yes" showing lower interest. It implies that one of the main reasons why women choose to learn self-defense is cost as compared to males who appear to be less motivated by cost. Male and female showed different variability to the statement “Making emergency contacts with local authorities” Of those surveyed, 34.55% of females replied "Yes" while 23.35% said "Maybe” in **Figure 1 (a)** while 20.56% of males said "Yes" with a smaller "Maybe" of about 4.99% than females plotted in **Figure 1 (b)**. It indicates that women are uncertain and have a moderate reliance on authority in times of emergency compared to males who are less dependent on authority. Following that, “Selecting course as one-on-one self-defense” 32.03% of female respondents said “Yes" in **Figure 1 (a)** indicating a limited preference for personal training whereas 11.38% of male respondents selected "Yes" in **Figure 1 (b)** indicating a low desire for one-on-one training. Both genders prefer group training. Thereafter, “Would it bother you to do some physical exercises practice in self-defense.” According to data in **Figure 1 (a)** female response to “No” was highest 36.13% that possess self-defense training don’t bother them when practice it. Therefore, they are interested to learn self-defense training without any hesitation. Next, then “Interested in attending training in the future for women's self-defense” notably 62.28% of female respondents said "Yes" indicating a high level of interest in these programs as shown in **Figure 1 (a).** 14.97% of male respondents said "Yes" as mentioned in **Figure 1 (b)** indicating significantly less interest. Compared to females, men are less interested in learning self-defense techniques. Subsequent to that “The impact of flexible class scheduling on registration.” 54.29% of females said "Yes" as indicated in **Figure 1 (a)** highlighting how crucial scheduling flexibility is whereas, 18.56% males said "Yes" as mentioned in **Figure 1 (b)** while the majority said "Maybe" or "No." It demonstrates how flexibility can raise the rate of participation in females as compared to Males who seem to place less value on flexible timing. Additionally, to the statement “Knowledge about self-defense courses” Just 14.17% of females selected "Yes” as shown in **Figure 1 (a)** “only 10.38% males responded "Yes" plotted in **Figure 1 (b)** suggesting that they had little experience with self-defense instruction so now that more outreach is required. Furthermore, “Significance of self-defense for specific demographics” notably, 57.49% of female respondents answered "Yes" in **Figure 1 (a)** indicating that they thought it was relevant for particular groups. According to **Figure 1 (b)** only 22.95% males said "Yes" which is significantly less than women. Females are likely to be concerned about one's own safety

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CONTEMPORARY JOURNAL OF SOCIAL SCIENCE REVIEW
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whereas self-defense may be seen as less demographically distinctive by men. After that, “Carrying personal safety equipment’s” About 22.36% of females said "Yes" while 42.11% replied "No." as plotted in **Figure 1 (a)** As for males 6.59% of respondents answered "Yes" while the majority 16.17% responded "No." mentioned in **Figure 1 (b),** overall result shows that a large number of respondents do not depend on tools for protection. Next to that, “Concern about getting injured during training” 43.11% of females shown in **Figure 1 (a)** and 14.37% of male respondents said "No" mentioned in **Figure 1 (b)** indicating that they are not worried about getting injured. While 13.71% of females and 9.39% of male voiced concerns. Finally, “Confidence in navigating public spaces alone” As only 23.35% of females replied "Yes" indicating that female respondents lacked confidence as compared to 19.76% males responded "Yes" indicating a marginally higher level of confidence than women. This draws attention to the necessity of highlighting safety precautions and empowerment.

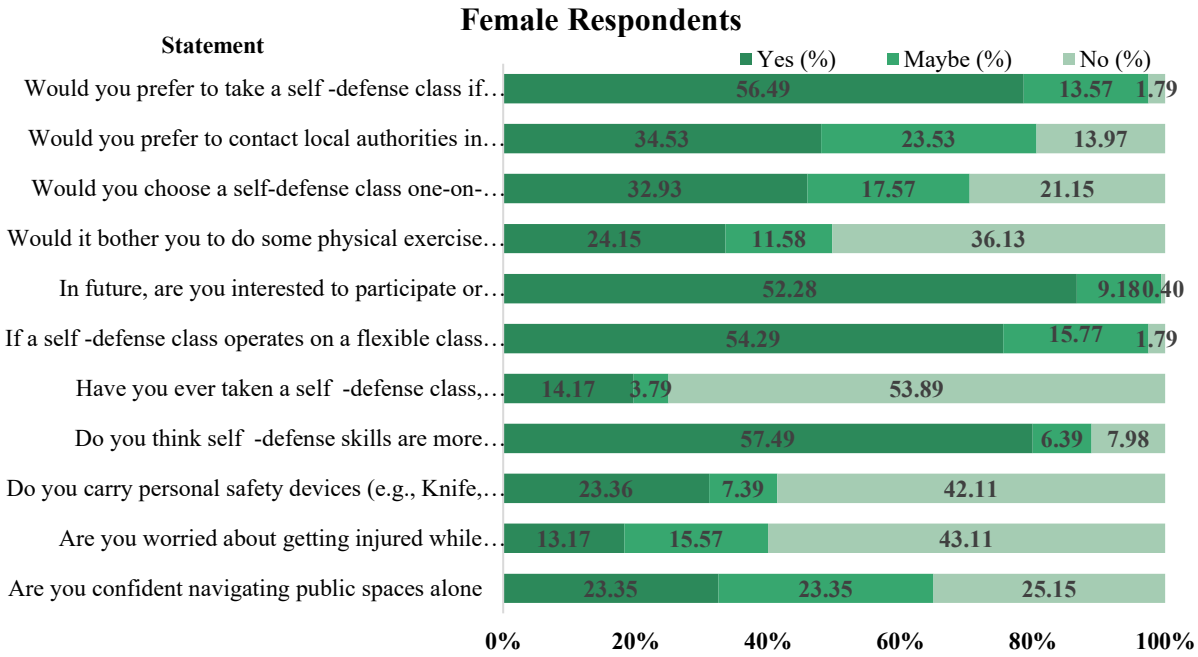


Figure 1 (a): Likert Scale measurement of Female Respondents to Yes/No/Maybe statements.

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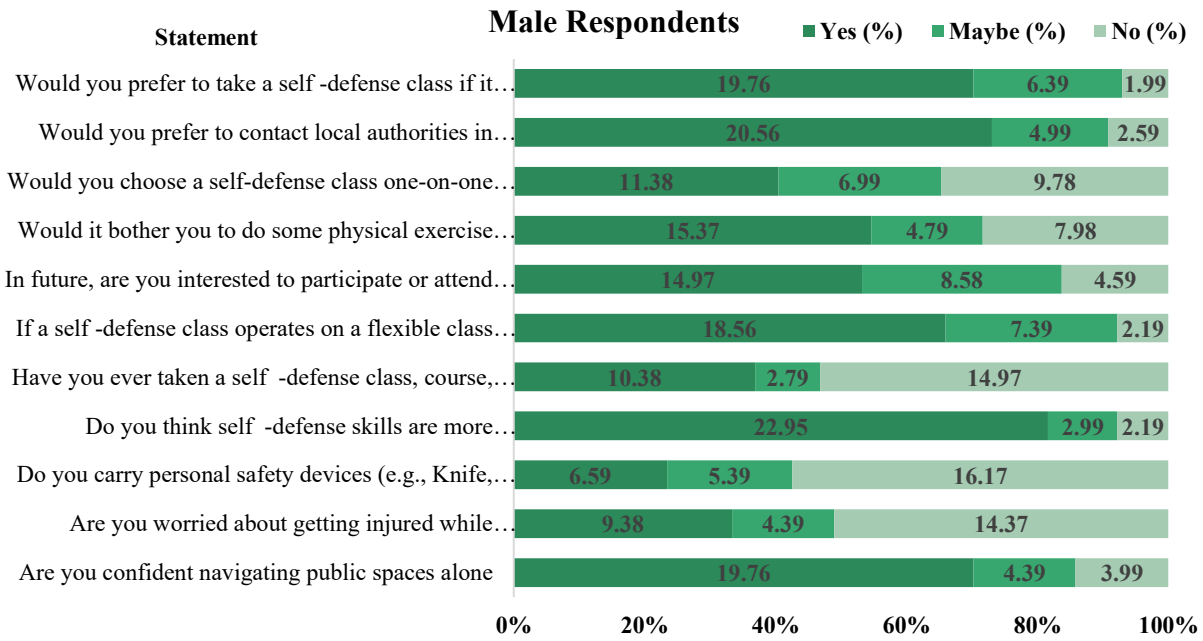
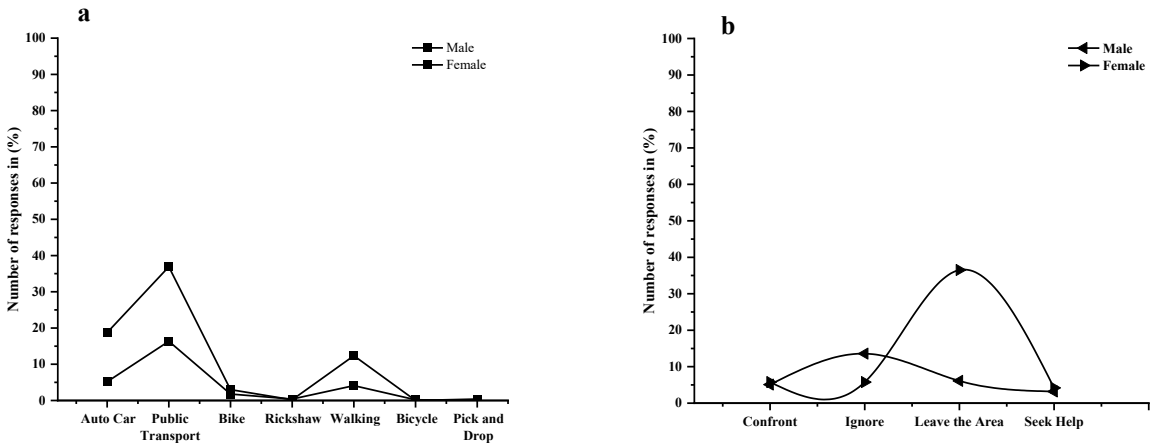


Figure 1 (b): Likert Scale measurement of male Respondents to Yes/No/Maybe statements.

Transport is the most common mode of travel for females and male, the **Figure 2 (a).** shows how males and females usually travel, with the percentage of responses shown on the y-axis. The highest percentage of responses (around 36%), while males show a lower percentage for public transport (about 16%). For bikes, males report the highest percentage of responses (around 30%), whereas females have almost no responses for this category. Walking is another mode used by both genders, with males and females reporting percentages (around 4% and 12%). Other modes, such as auto cars, bicycles, pick-and-drop services, and rickshaws, have very low percentages for both genders, indicating they are less commonly used. Overall, the data highlights a clear preference for public transport among females and a higher reliance on bikes among males.



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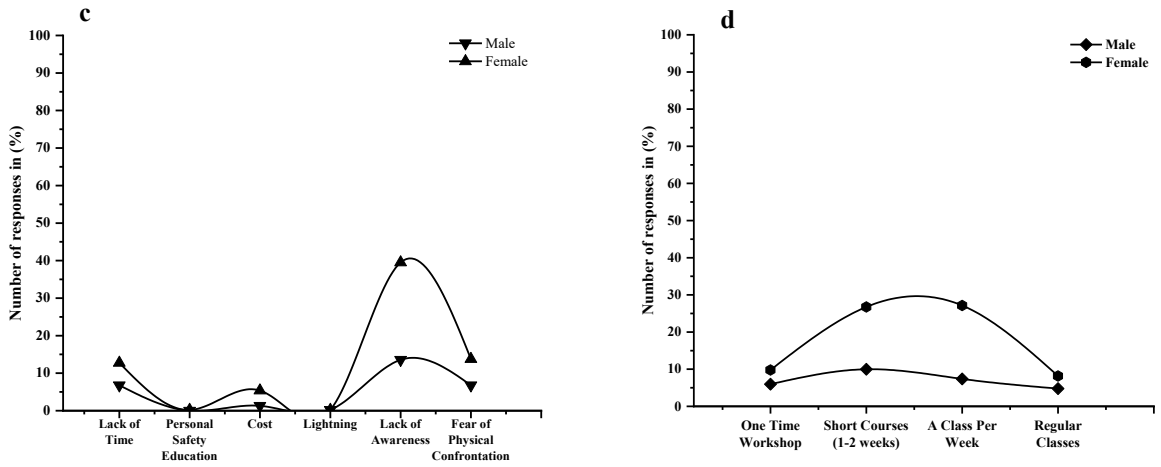


Figure 2: (a) How do you usually travel around. **(b)** How do you handle unwanted attention. **(c)** What do you think is the most common reason people choose not to take self-defense classes? **(d)** Which of them do you consider more effective for self-defense training.

According to the data shown in **Figure 2 (b)**, illustrates how males and females handle unwanted attention, with four response options: confronting, ignoring, leaving the area, and seeking help. the most common response for females is leaving the area, with about 36% choosing this option. Females are also more likely to seek help compared to males. In contrast, males most often choose to ignore unwanted attention, with around 13.5% responding this way. Both genders are least likely to confront the situation directly. Overall, the graph suggests that females tend to take more active measures, such as leaving or seeking help, while males are more likely to ignore the situation.

Figure 2 (c), determines possible motivations for no-violence, the analysis of the difference between males and females. About 6.5% males attribute their decision to lack of time while this reason was nonexistent among females. Others like personal safety education and cost are less so important since only a proportion of below 10% of both male and female participants pointed toward the aspects. Issues as lighting go completely unnoticed: only 4% of all the participants consider it as one of the factors. The least of choices by females is the lack of awareness and this goes a long way to account for 39.5% of the total numbers while a mere 13.5% of males. As for physical fight phobia, it is registered among females to be 13.77% and among males 6.7%. In conclusion, ignorance and hunch are seen to be the primary causes of non-enrollment to the self-defense classes due to the dual roles of many females, and the other reasons such as time availability, and monetary issues have been seen to contribute a inhibit impact.

Figure 2 (d), shows the responses of males and females regarding the most effective methods for self-defense training. The option is short courses (1–2 weeks), with a 10% rating among males and a 26% rating among females. The second preferred choice is one class a week with 26.7% of female participants choosing this option and 7.3% of male participants. Thus, 4% of males and 8% of females preferred one-time classes and I–VII, or special classes and seminars that are delivered in one instance. In general, it is seen that the short courses and weekly classes are considered superior to the single workshop greatly, single regular class slightly; there is a slight variation of response in case of gender

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CONTEMPORARY JOURNAL OF SOCIAL SCIENCE REVIEW
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Figure 3 (a), indicates perceptions of who is at a higher risk of being attacked, based on responses from males and females. The categories are "Anyone," "Children," "Elderly," and "Women." A higher percentage of females believe that "Anyone" is at risk (around 35.5%), compared to males (around 12%). For the "Women" category, both males and females identify it as a significant risk group, with females reporting a higher percentage (about 27.5%) than males (around 11.5%). The "Children" and "Elderly" categories receive very few responses from both genders, indicating they are less commonly perceived as at high risk. Overall, the graph shows that females tend to perceive a broader risk, especially for "Anyone" and "Women," while males show lower overall concern in these categories.

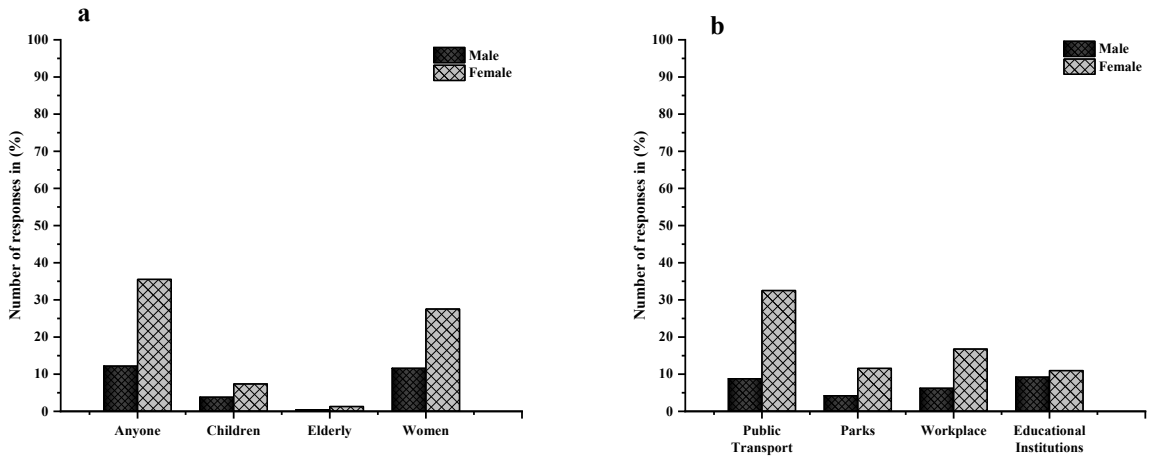


Figure 3 (a) who is at a higher risk of being attacked **(b)** Where are women most likely to experience violence or harassment.

Figure 3 (b), reveals places where women feel insecure and vulnerable to be verbally or physically assaulted, or harassed with males and females. The most frequent response given for any of the transport modes is 'public transport' which has been endorsed by 32.5% of females and 8.7 % of male participants. Others are parks where a few males and females (about 7%) indicated having such incidences. The workplace is another distinct sphere; thereby 15.9% of females and 6.1% of male respondents named workplace as the place, where harassment can occur. Education has the lowest percentage means less than 10 percent of both males and females believe education institutions are dangerous or unsafe for violence or harassment. Therefore, addressing the issue of harassment, public transport is most likely the venue where women will be harassed followed by the workplace and the park while going to school is ranked as the safest place to be.

Discussion

Women safety is a big concern nowadays they cannot go out of their house at any time because of the chances of getting abused physically and sexually or maybe being a victim of violence. In the 21st century with growing advancement in technology, with new inventions of gadgets in the market but still women and girls did not get freedom from such issues (Gumladu, *et al*., 2024; Nguindip, 2024). Violence against women and girls is a global concern, with approximately 736 million women, that is one in three having experienced gender-based violence (UN Women, 2022). Specifically, one in four aged 15–19 experience intimate partner violence. In addition, one in three students aged 11–15 has been bullied at least once. The risk of violence within a younger

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population is evident (Follo, 2024). In Pakistan & India, woman cannot go out at night in deserted area and even during day time in crowded areas hundreds & thousands of rape/sexual abuse cases occur with daily basis with women in this country (Behera, 2014; Kumar, 2023). Other crimes include: rape, which is the most widespread crime and the fastest growing crime in the country now a days (Finkelhor, 2008). Any society in which many women are violated through harassment or rape, or domestic violence for cultural reasons must prioritize the safety of women. Self-defense as an essential skill that women should acquire to protect themselves (Ukey, and Mane, 2024; Johnson, and Cole, 2024). Nikolovska, 2024, reported that Women self-defense is a form of victim prevention training with a plethora of positive physical, mental, and social outcomes (Nikolovska, 2024). Furthermore, Hollander, 2009 stated that, the feminist self-defense classes I have taken, taught, and observed focus especially on preventing sexual assault and rape committed by acquaintances or strangers, both male and female. It is helpful in implied critical situations. For instance, analyzing the results based on gender, an improved mean score was observed for the statement ‘‘Self-defense is a crucial skill for women’’; lower SD also points to reduced response variability among females revealing better union of gender on the need for the skill. This agrees with earlier research that indicates women’s reason for considering personal protection as crucial since they are more susceptible to danger in the community. There is developing experimental support for the fact that personal self-defense reduces violence.

The findings therefore agree with the hypothesis that a woman who has taken a self-defense training has a better ability of physical and mental trappings with which she can handle an attacker than a woman who has not. The technique in self-defense, confidence level, self-sufficiency in woman minimize the possibility of getting attacked. Better, self-defense should be recognized as a promising practice and should be promoted and supported more. It needs more room in policy, funding, and scholarship. Majority of participants and observers addressed the topic of women’s self-defense with hopefulness that it is empowering way to improve women’s safety and confidence in public spaces. This is why several participants mentioned near-street fight training is not only useful but convenient; it is about women reclaiming the right to defend themselves in spaces which make them feel endangered. Nonetheless, the studies also expressed concerns or doubt about the applicability of self-defense training and a belief that it might lead to the worsening of actual violent situations. This shows the need to correct such perceptions and ensure that proof of correct value of self-defense programs is well demonstrated. This research highlights the significance of providing insights into the perception of the public towards the idea of women’s self-defense as a basis of developing culturally appropriate prevention and education campaigns on this concept. Despite the encouraging increase in such supports, culture and misconceptions are some major impediments, which should be confronted to allow all women feel empowered enough to protect themselves in the social circles.

Conclusion

One of third women are experienced into violation throughout the world. Self-defense is a crucial skill for women in today's society because women are still vulnerable in public places and by this skill, women can ensure their safety and reduce consequences of unwanted events. In this survey, 501 questionnaires were distributed, in which 360 (71.85%) were females and 141 (28.14%) were filled out by men. According to result, Self-defense training or skills it is very important and can reduce violence against women but unfortunately mostly individuals didn’t aware of self-defense training. In addition, a lot of females don’t carry any defensive items.

However, the highest number of responses were in favor of to participate in self-defense training, courses or skills therefore there are many recommendations mentioned:
Policy Advocacy and Media Engagement: Advocate for mandatory self-defense training in schools, workplaces, and community centers and design media campaigns to address stigmas and promote the benefits of self-defense training.

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ISSN E: 3006-1466
ISSN P: 3006-1458
CONTEMPORARY JOURNAL OF SOCIAL SCIENCE REVIEW
CJSSR
CONTEMPORARY JOURNAL OF SOCIAL SCIENCE REVIEW
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