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Special Issue On

WELLBEING 2017

Special Issue Editor-in-Chiefs

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A Peer Reviewed, Refereed & Quarterly Journal with Impact Factor

ROOTS

INTERNATIONAL JOURNAL OF
MULTIDISCIPLINARY RESEARCHES

VOL 4 | SPECIAL ISSUE **4**

NOV 2017 | ISSN: **2349-8684**

**JOURNAL WITH
IMPACT FACTOR 3.487**



ISSN 2349-8684



23498684



ROOTS

International Journal of Multidisciplinary Researches

A Peer Reviewed, Refereed & Quarterly Journal with Impact Factor

Vol : 4

Special Issue 4

November 2017

ISSN : 2349-8684

UGC approved Journal (J.No. 48991)



**CENTRE FOR RESOURCE, RESEARCH &
PUBLICATION SERVICES (CRRPS)**

www.crrps.in

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WOMEN EUGENICS IN MODERN ERA

R.Indra Mary Ezhiselvi

Assistant Professor of Psychology, St. Ignatius College of Education, Palayamkottai, Tirunelveli, Tamil Nadu, India

A.Nirmala Devi

Principal, St. Ignatius College of Education, Palayamkottai, Tirunelveli, Tamil Nadu, India



Abstract

Modernity has placed its paw in each and every aspect of our life. Basic ideas and outlook of life have changed much in the modern era. With the advent of global culture, consumerism and technological gadgets "SELF" has met a lot of changes. In this aspect, especially women are facing many challenges. The early remedy is the best possible solution, as adverse changes in women will create unfavorable consequences in the next generation as women are the "CITIZEN MAKERS". The emotional wellness of women affirms the formation of a healthy and happy society. To bring about positivity in the life of women and to sustain their emotional wellness, punitive measures have to be taken. In this context, to dispel the debilitating effects and to increase the occurrence of desirable effects and also to increase the occurrence of desirable heritable characteristics it is our right to apprise women of their emotional well-being. This eugenics leads to the resilience of the women of the modern era.

Keywords: *Women eugenics, self-awareness, emotional wellness.*

Introduction

Women are the pioneers of the society. The conception of a nation is a replica of the position of its women. To bring about emotional wellness in the world, we have to nourish and nurture the damsels to experience, regulate and express their emotions satisfactorily. But in reality, all furtherance has not brought about any upswing in the wellness of women. Women should be hale and healthy by realizing their strengths and weaknesses and by understanding their opportunities and threats (SWOT).

Women Eugenics

Eugenics deals with a set of actions to selectively breed lives with desirable characteristics. We have to accept the fact, though it is obnoxious, that most women lead a parasitic life. The pathetic condition is that a major portion of them haven't yet realized that they lead such a forlorn life. In political, legal, economic and social issues, they are deceived of their reality. Parenting responsibilities and property rights are not enough to change the reality. The younger generation must be enriched with all the humanistic ideals. It is said that, "To make the

best wine; take care of the grape wine". So, to uplift the entire humanity, women empowerment is inevitable. This necessity leads to the ideology of "Women Eugenics". Eugenicists such as Caleb Saleeby, Karl Pearson and Havelock Ellis view girls as potential mothers, and women as the bearers of the future of humanity (Esther Rosario 2017). Wellbeing of women means the wellbeing of the entire mankind.

Wellbeing is deep rooted in our emotions. It is a feeling of contentment and an optimistic approach to life. Inescapably life brings occasional disappointments and failures. It is our responsibility to be attentive of our thoughts and behaviors. Emotional wellness is not just handling stress. It is all about understanding ourselves and accepting ourselves. It is self-awareness which includes self-realization, self-exploration, self-motivation, self-esteem and self-control. Only when we are emotionally well we will be able to understand others.

Only when they are emotionally well, educational opportunities and economic independence uplift the life of woman. Considering these facts, we have to step on the