

## Women's Individuation

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### ABSTRACT

This article gives the depth insight on the women's individuation and provide the detail explanation on the different process involved in women's individuation. In this article, we have thoroughly explored the women's relationship with their bodies, stages of women's individuation, the problems faced by women during individuation. We have deeply explained the state of conscious and unconscious mind during the individuation process. This article consists of points that explain how women autonomy effects the individuation process. Indian women state of autonomy, their individuation, their contribution to the Indian society, challenges faced by Indian women and ways to overcome the challenges have been briefly explained in this article. We have provided the examples of notable Indian women like Sarojini Naidu, Marry Kom and their contribution to Indian society. In a real sense, Individuation is the process of becoming the whole well integrated person and it comes from one's inner being. And it is a process which we experience throughout life. Individuation that one may achieve throughout their life is dependent on the environment in which one lives, culture, upbringing of the person, their exposure to the world, their own conscious and unconscious mind. Individuation is unique self-identity that differs from other individual. The development of the individuation is crucial during the upbringing of the child. Individuation process in a child can be negatively impacted when the parents do not take care of the feelings, choices and identities for their children. Difficult in individuation process may leads to unhealthy relations with others, challenges in professional life, poor decision-making skills and one find difficult to identify their goal of life. If the individuation process in women positively goes well, it not only benefits their own life but is beneficial for the whole society, nation and mankind.

**Keywords:** *Individuation, Women, Identity, Wholeness, Autonomy, Psychology*

Individuation is a very important and prominent subject of modern psychology. Individuation means unique personal thoughts, which is different from each person's personality is involved in development. A person's behaviour can also be preconceived based on the study of Individuation. Every person has some special qualities or characteristics. Which are not in the other person. It is because of these qualities and characteristics that each person differs from each other. The set of these qualities of a person is called the Individuation of the person. Individuation is not a static state but a dynamic society. Which has an effect on the environment and for that reason it can change. A

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Received: December 22, 2021; Revision Received: March 02, 2022; Accepted: March 14, 2022

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person's Individuation is reflected in his / her behavior, thoughts, behaviors, actions and activities. The Individuation refers to the specific feelings, influences and abilities inherent in a person. The Individuation of any person is formed in his life journey, study practice and diversity of deeds. Individuation is identified on the basis of the role played during one's lifetime (childhood, youth, old age), the contribution made and the support rendered. In this sense, someone can be easily taken as a decent Individuation. The identity of any human life is of two kinds, external and internal. Powerful, decent, courageous, and unpretentious.

### *Primary & secondary objects*

Primary & Secondary objects means female & male respectively. One of the problems in attempting to analyze the irresolute and ambiguous relationship of primary and secondary objects which feminism with psychoanalysis is that we are not describing two static entities both feminism and psychoanalysis have undergone significant revision and interpretations over the past several decades. American psychoanalytic community which is largely populated by ego psychologists and those subscribing to object relationship theory and event within the contemporary psychoanalytic movement there is no clear and unified theoretical psychoanalytic approach no single object relations approach for example but rather a variety of theoretical approaches whose models frequently compare.

### *Oedipus complex*

A desire for sexual contact with a female parent and a concurrent sense of rivalry with a parent of the same sex, according to psychoanalytic theory, is a critical stage in the development of the child the standard development phase. The idea was first introduced by neurologist in his book Dream Interpretation. Because of the fear of displeasure, these emotions are largely suppressed (feeling unconscious) or punishment from a parent of the same sex. Despite the fact that psychoanalysts typically framed the Oedipus complex in a male dominated way, he claimed it manifests in both boys and girls. Freud proposed a unique phenomenon in girls known as "penis envy," in which girls blame their mothers for not providing them with a penis. Alternatively, Jung, a longtime collaborator of Freud to describe a girl's loyalty to her father and disdain for her mother, she coined the word "Electra complex." The Oedipus complex is criticised in several ways. Critics claim that the idea was founded on a shaky foundation, making it impossible to defend as a universal phenomenon that ignores cultural and social differences. Several of Sigmund Freud's detractors have based on the broader ramifications of his gender and sexuality theory - for example, his widely debated theory that homosexuality is caused by an irregular resolution of the oedipal complex. Interestingly, Sigmund Freud attributed the Oedipus complex to children aged three to five. According to him, the stage normally ends with the child being identified with a parent of the same sex and suppressed its sexual urges The stage is skillfully harmonious if previous relationships with the fogeys parents were reasonably caring and non-traumatic, and if parental behaviours were neither overly prohibitive nor excessively stimulating. The technique of solving the Oedipal complex also gave rise to the superego, the moral force that now rules the conscious adult mind. The reactions towards the complex, according to Freud, are the most significant social accomplishment of the human mind.

### *Anal - Sadistic Impulses of Women*

Under the classical psychoanalytic theory of psychoanalyst, the anal - sadistic urges process of girls is a period during which the child manifests violent and destructive tendencies. Anal - sadistic tendencies in women go through two stages: anal - expulsive and anal - retentive. Sadistic impulse is related to the destruction of the thing during the anal - expulsive process

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of the stage during which gratification is received by expelling faeces. Fixation at this point, according to the theory, results in anal retentive personality. The sadistic impulse is related to ownership and control of the item during the anal-retentive process, in which gratification is gained by maintaining faeces and thus defying the parent. The child exhibits violent and destructive tendencies during the anal sadistic process. Holding faeces in violation of parental urging is one manifestation of these tendencies, and is characterised by obstinacy, obstructionism, defiance, and nonviolence. Such characteristics are thought to have developed during the stage when the child asserted himself or herself by withholding faeces. Finally, according to Freud, the second step of the life ontogeny is when gratification is directed to the anal orifice and defecation (roughly 2-4 years of age). This process is divided into active and passive impulses: on the one hand, the impulse to mastery, which can quickly turn cruel, and on the other hand, the impulse to scopophilia. According to Sigmund Freud, a child's enjoyment of defecation is linked to his or her enjoyment of making something unique, a pleasure that for women is later transferred to child-bearing.

### *Freudian Theory of Women's Individuation*

Sigmund Freud's lecture on "Femininity" for instance, while discussing the "riddle of femininity" or that of biological/anatomical differentiation of the sexes, his rhetoric accuses women of being "the problem" & exempts members from the audience of this rebuke by offering a hopeful explanation that they're more "masculine than feminine". Feminists across the globe have condemned both these biases in his oratory & absurdly overt claims regarding his content.

### *Ego Separation in women*

Female personality development has been thoroughly refined & reformulated by studying Psychoanalytic advancements made throughout the history. Masochism; the desire to gain pleasure by intentionally hurting oneself was marked as a departing point to study women's psychology. Previous hypothesis of women indulging in masochism & regarding their psychic structures as inferior. Masochism is often treated as residual component of an unresolved conflict during infancy. It would be wrong to ascertain it to a mature, healthy & a well-developed female psyche & character, though through generations of social conditioning, females are more prone to masochism & by nature submissive. Still, there's no concrete evidence of particular pleasure involving females & enjoyed pain. It's essential to distinguish amongst masochism, suffering in an agenda itself tolerance for deprivation & discomfort in the service of a bruised, unhealthy ego or ego ideal. It's an obsolete thesis with zero proof, that that a diminished libido of a female can be accorded to tendencies of arrest, freeze or rigidity to relate & an inability to sublimate. Female development shouldn't be reduced to simple minded theories & generalisation. Female super ego, ID & ego's are vastly differ from that of their male counterparts but are in no way inferior. Female brain has more white matter, whereas the male brain has more grey matter. Femininity should not be derived from prime masculinity. Resignation, masochism, settle the score for a fantasised male neutering, sadism, or narcissistic injury. Penis envy is not & shouldn't be considered a determinant of femininity. Penis envy fosters & impedes femininity but is in close proximity with a woman's bisexual masculinity. Female oedipus complex is crucial to femininity & it's development. It has its important set of origins in primary & positive Identity formation & individuation of a female. Contemporary giveaways to women's psychology highlights concerts of sexual identity, gender, body image, psychosexual responses, self-representation, empathetic motherhood, so on & so forth. Female superego consists of an ideal female ego with feminine values & ideas & states feminine curiosities & interests. A maternal characteristic consolidates over determined attitudes, behaviours, lights up the foundations

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for maternal instincts such as development & achievements of “the ordinary devoted mother”. Classes among maternal ego characteristics & having infanticidal impulse is ubiquitous & clinically important. Current theories in circulation galvanise a mature female autonomy, self-respect, pride, & esteem. Capacity for sublimation & fostering it in offspring is a prerequisite for a normal & healthy motherhood. Femininity flourishes under influence of primary caretakers & culture, with complex development challenges in progress. A universal psychobiological core is liked to set roles & functions not be devalued nor idealised.

### *Women's Autonomy*

Women Autonomy can be defined as the ability of women in decision making of their own life for their own well being. From the beginning of the human civilisation, women have been suppressed in one or another way by men. They were not allowed to make the decisions of their own life. Women were not considered capable of taking decisions for their society or nation. They were considered so weak that they were not allowed for any work which would make them to step out of their home. These are the reasons that have negatively influences the demographics behaviour, increased poverty, fertility, affected the labor market and overall acts as hurdles in the development of overall human civilisation. The discrimination is the reason we hardly see many strong women personalities from the past. We could have been living in a different world with different developments, discoveries, inventions with the different possibilities if both men and women were treated equally years ago. In today's world, especially in developing countries, women are still treated no different from the past. They are still treated as the inferior species of the human race. These are some of the reasons these countries continue to remain under developed. We can consider the few south Asian countries like India, Pakistan, Nepal, Bhutan as an example of how these countries are still developing although they were discovered a long time ago, even before Colombus discovered America. Lack of women's autonomy can be the most important factors that has led to high poverty rates, low GDP, enormous population, women's discrimination. These countries have made some improvement in the past years but are still far from to giving their women full autonomy & independence as that of a man. Women's autonomy is highly practiced in almost all the developed countries. And this has been the reason they have a low poverty rate, high GDP, controlled number of population. The socioeconomic, cultural, religious development of the society is not possible without the women's safety, independence & autonomy. And this is only possible when society brings no hurdles for women to take all the decisions for themselves.

### *Pre oedipal mother*

Pre oedipal is the first stages of psychosexual development in classical psychoanalytic theory, during this phase, the infant experience everyone as an object. Both of the sexes consider mother as a love object but the father may be considered as a rival or object. The pre-oedipal situation is a two-person psychology between mother and child. Only during this time period and within this relationship, there are certain development tasks that take place inside the child. But in this stage the child does not conceptualise itself as a child, nor does it conceptualise the mother as a mother. Indeed, the child conceptualises the mother as part of itself but not to father. Then there comes another factor, post oedipal situation, which is a three-person psychology between child and mother-father. There are certain developments that take place here too within this period of maturation and the context of this triangulated position.

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### *Psychosexual Development*

Sigmund Freud suggested that psychosexual Development happens in 5 stages, as mentioned below. According to the children's pleasures by their age, the happiness they seek is focused on different areas of the body mentioned as an erogenous zone. The oral, i.e., pertaining to the mouth, the anal, i.e., pertaining to the anus, the phallic, i.e., pertaining to the genitals, the latency, i.e., during retrogression to the sexual development are the discussed five stages. If there is improper parenting or lack of something, we may get stuck in that stage, and it might be challenging to come out of it.

- Oral stage: The oral stage is the stage from birth to 1 year old. In the Oral stage, the mouth of the baby is the central part. In this stage, the baby takes pleasure from his/her mouth. The baby takes milk from the mammary gland and gets pleasure. Even if the baby isn't hungry, the baby will still have the milk because he/she gets satisfied with it. Sometimes if the mother is not there, the baby will try to lick his finger. Oral stages finish when the baby stops having milk from the mother's mammary gland.
- Anal Stage: This stage begins when the child is 18 months to 3 years. In this stage, the child gets satisfied by deriving pleasure from controlling vesica and a bowel movement. The baby receives satisfaction from an anal mucus membrane.
- Phallic stage. The child, when becomes the age of 4 the child enters the Phallic stage. According to Freud, the child, when becomes four years of age, the Oedipus gland arises. The baby boy gets sexually attracted to the mother. Electra complex happens when the girl child gets attracted to their father.
- Latency stage: This stage occurs from the age of 6 to 12. In this stage, the sexual feelings of the child are still. In this stage, the child's sexual feelings toward their parents fade away.
- Genital stage: This stage begins from the adolescent period. In this stage, the genital parts get matured. In this stage, the children get attracted to opposite genders. Now, the child is searching for love with the opposite gender.

### *Women's psychosexual Development*

Freud's opinion on women is still a matter of controversy today." Sigmond Freud's Psychosexual Development Assumption He stated that during the phallic stage, which occurs between the ages of 3 and 6, females become estranged from their mothers and dedicate themselves to their fathers. This occurs, according to Freud, when the girl perceives that she lacks the man's genital portion. Sigmund Freud considered his theory of the Oedipal complex, as well as related concepts such as penis envy and castration fear, to be among his most significant contributions during his lifetime. Despite this, many feminists and psychoanalysts, such as Karen Horney, have criticised Freud's thesis. The Electra complex is a dilemma that affects young girls. She takes a romantic interest in her father. She is afraid of losing her mother, therefore she must choose between her father's burning yearning and losing her mother's affection.

## **INDIAN WOMEN & THEIR INDIVIDUATION**

### *Women's state of autonomy, independence, contributions to Society in India*

Autonomy of women is defined as the capability of women to take decisions related to themselves, their kith & kin, capacity to manipulate Financial & information outlets, freedom to move around freely. The Constitution of India gives equal rights to all its citizens under article 14 and also it doesn't distinguish between men or women. Article 15 gave women the right to engage in all cultural, religious, economic, and political activities. Many women have contributed to India's development. For example: Asima Chatterjee was a great

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Indian chemist. She was born on Sep 23, 1917. Being the first female recipient of the Doctor of Science degree from an Indian College, this scientist researched vinca alkaloids, & also aided the formation of anti-epileptic & anti-malarial drugs.

### *Challenges faced by Indian women*

Women in India still face so many challenges like sexual abuse, gender discrimination, Dual Responsibility, and so on. Sexual abuse is still there in many cities in India. We see many rape cases news in the news frequently. Gender discrimination is less in the developed cities but still many women face this issue. Some women also face gender discrimination in the workplace where they are exploited by men and some don't even feel safe working in that kind of environment. It's very difficult for women to face issues. It's not as simple as we look from the outside. These days women are also educated and they also know their rights but still many women even if they are educated, they remain silent because of the mentality they bring on from before. Women these days also face Dual Responsibility issues. In this woman has the responsibility of family, children and also work from the office. It also creates psychic-socio problems both in the family and office. In previous days men used to work and women use to stay home look after the children, but these days women are also working in various sector and fields and it makes them difficult to manage both. There are so many challenges to face to this day.

### *How to overcome it*

To overcome the challenges which Indian women face. More women should be literate. Women should be empowered. They should also join some women empowerment classes if necessary. They should think that they are as capable as men and also have equal rights. They should realise they are not alone, help is readily available when sought. Women in India should know all the rights the Government has given and if they face some situations, they should immediately complain about it. Women should have their group where all can give strength and communicate with each other because many women feel comfortable talking to each other. Women should come front and raise their voices in any sector. If necessary one can visit a therapist for good mental peace and confidence.

### *How can women be autonomous & Independent in an Indian society?*

These days many women even in the context of India are being literate, being independent and want to live freely. As we see in the big cities we can see many women working in the office sector or in other jobs. Even after getting married most women try to do their jobs and become independent. Even though in some cases the family just wants the women to stay at home cook food and look after the children. But that is not what most women in our country want now. If they say so women should fight again. Leadership quality is also rarely given to women in the house. Women also should have the equality, they can also raise their voices and have the same rights as the men. They should have the fully responsibility to make their own decisions. Even till today in Indian Society it is difficult to find women's autonomy but still it has increased as compared to before. Indian society will be more liberal in the coming days as we see so much improvement now and women should be totally independent if we can see their true beauty. More beauty will be seen in every work they will do.

## **NOTABLE INDIAN WOMEN & THEIR CONTRIBUTIONS TO SOCIETY**

### *Sarojini Naidu*

Sarojini Naidu was a poetess, political activist, and freedom fighter who lived in India. Sarojini Naidu was a strong supporter of human rights, women's liberation, and anti-

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imperialism. Naidu was given the title of Nightingale of India for her nationalistic work as a poet. She was a leading figure in India's struggle for freedom from British rule. How did she make the freedom moment possible? Sarojini Naidu was a child prodigy and a freedom fighter who was also a gifted orator and administrator. She was a leader of the women's liberation movement and a draw for other women to follow in her footsteps. Sarojini Naidu, known around the world for her fruit and determination, went on to have a successful political career, serving as the first governor of the United Provinces of Independent India from 1947 to 1949. She was also the second woman to be elected president of the national congress. In India, she gave speeches on social justice, women's empowerment, and nationalism in a variety of regions and areas. She founded the Women's Indian Association in 1917. She advocated for women's equality. More women should join the freedom movement and "play a role," she says. In 1925, she was elected president of the Indian National Congress, and in 1930, she entered the Salt Satyagraha. She also headed the East African Indian Congress in South Africa. Her work during the plague epidemic in India earned her the Kaisar-i-Hind medal from the British government. She was a key figure in the Quit India movement. During this time, the British government detained her and imprisoned her. *Life Lessons for Women's and Indian's*: Naidu continues to encourage every generation of women to pursue their dreams with zeal and vigour in whatever field they choose. When she married the man she chose, she spoke out for the cause she believed in and followed all traditional customs. We remember her because she left behind some of the most precious literary gems. Her fight for women's liberation and empowerment is particularly relevant in these times.

### *Mary Kom*

Chungneijang Mary Kom Hmangte also known as Mary Mom, is the only woman to have won the World Amateur Boxing Championship six times. She is the only female boxer to have won a gold in each of the seven world championships she has competed in. MS Mary Kom did not have the idyllic childhood that most people wish for. She came from a poor family and grew up in it. Both of her parents worked in the jhum fields as farmers. She also assisted her parents in the field of farming and with household chores as she grew up. She was, after all, the oldest of three sisters. Loktak Christian Model High School was where she finished her sixth grade education. She transferred to Saint Xavier's Catholic school shortly after that. Yes, she studied until the eighth grade and developed a strong passion for sports. Mary Kom used to compete in a variety of sports, including javelin and 400-meter running. She also transferred to a new school after standard 8, but was unable to pass the class 10 test. She chose to focus on sports and relocate to NOIS for the test, which she aced. When Dingko Singh returned from the Asian Games in Bangkok with a gold medal, he became an inspiration to her dreams of boxing. She began boxing when she was 15 years old and has since received some of the best training from K Kosana Meitei. Starting at a young age has little effect on her preparation since she picked up each move quickly and has been honoured ever since. Mary Kom is the only female boxer to have won a gold in each of the seven world championships. She is also the first Indian boxer to win a gold medal at the Asian Games in South Korea in 2014.

### *Rani Lakshmbai*

The celebrated "Rani of Jhansi needs no introduction. A leading figure in the Indian Rebellion of the British in 1857, she is a major symbol of resistance to the imperial rule till date. Born to Maharashtrian parents of royalty, she was named Manikarnika Tambe. She was home schooled, read & wrote, far more Independent & autonomous compared two women of her time burdened by the shackles of rigid patriarchal structure & culture of

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Society back then. Besides studies, she hunted game, was a good shot, rode the horse better than any man or woman in the kingdom, & fenced. Post her marriage to Gangadhar Rao Newalkar, Maharaja of Jhansi, which resulted in the birth of a son, Damodar Rao who died four months post birth. The Maharaja then adopted another male child & named him the same in his deceased son's honour. On his deathbed, in the presence of a British official, he signed a will explicitly stating to treat his adoptive son with due respect & to handover the kingdom to his widow after his demise to rule for her lifetime, to be succeeded by the adopted son, as he came of age & was fit to be a king. Fate however, had other cruel plans in store for Rani Lakshmbai. According to the British doctrine of lapse, any kingdom without a male heir of the bloodline of the previous king; would automatically fall under the British Empire governed by Queen Victoria. The hypocrisy of this doctrine was very alarming. The British were themselves governed by an able queen, yet applied a baseless doctrine to divide & rule a country, this time in particular a state, which was led by an excellent ruler, who's only fault was that she was a female. The Rani, being a noble & dauntless woman, refused to surrender Jhansi. She geared up for war by weightlifting, wrestled & steeple chased before breakfast. She was an intelligent & simply dressed woman, ruled in a businesslike fashion & was determined to give up her life rather than her honour & defended her motherland until her very last breath.

### *New Findings*

In the past two decade the work of planting paddy, cutting, planting potatoes, digging and digging along with male laborers. They also get paid together. However, the wage amount is different. The woman gets four hundred rupees a day. A male co-worker who works with him gets a six hundred rupees. That's the job, women work with men, that's what woman does, Women across the country are facing inequality in wages. But now not only did women have fewer employment opportunities than men, but working as men earned women 30 percent less than men. But today India's perspective, women's employment has improved more than ever. There is an idea of equality between men and women. The International Labor Organization (ILO) is currently holding discussions on the barriers to good employment for women and is expected to help achieve the changes outlined in the UN Sustainable Development Agenda. Good employment and gender equality are key components of the 2030 Agenda, and it is believed that good employment for women provides good employment for all. However, in East Asian developing country despite equal pay for men and women in the public sector, there is still inequality in the private sector. The government has set a minimum wage. However, that has not been implemented. Women do not get the wages, rewards and motivations they deserve. Some women workers are not even included in the census. Their work is not respected. Women are being exploited a lot. It is hoped that the employment situation for women will improve in the coming days in the world.

## **CONCLUSION**

Women & men are an equal part of society. Women & men differ biologically, in ways of thinking & fine motor capabilities. Women's potential has been duly suppressed through the course of history to be submissive & caring, while men are groomed to be dominant & independent. Education, awareness & literacy are helping change these stereotypical gender norms, women are taking on Professional roles & are rising up to important ranks, growing autonomous & independent. It is only a matter of time when both women & men are paid equally & will have no gender gap or discrimination amongst them, resulting in a balanced and fair society.



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### ***Acknowledgement***

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### ***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Pandey S. (2022). Women's Individuation. *International Journal of Indian Psychology*, 10(1), 803-811. DIP:18.01.083.20221001, DOI:10.25215/1001.083