FEMALE INSECURITIES: TYPES AND EFFECTS

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Females don’t feel totally secure about every aspect of our life, whether it’s our body, our career, our intellect, our age, or our relationships. In our society today, we can become obsessive and feel more and more pressured to attain “perfection” (which we all know doesn’t actually exist). As a result, we can be left feeling inadequate and insecure, leading to poor self-esteem and low confidence. Remember: the mind is a powerful force, and we have the ability to change our outlook and beautifully embrace our uniqueness. There are two major types of female insecurities occurring in our society today that I would like to discuss, they include;

# The first is Gender inequality; I remember when I was little the things that men in my community said. "A woman has no country. A woman has no place". Their reasoning is that women get married and taken away to their husbands. They change their names and bear children for the families where the have been married into. So educating a girl child to them was like throwing all your wealth into a river. Sadly, that is the state women still are, in Nigeria. Security issue in Nigeria is a serious concern, and more of a human rights issue, when it comes to considering the insecurity women and girls still face in the country. The girl child grows up to meet this stereotype. Her parents' home isn't fashioned to be hers because she would grow up to get married into another man's home which would then become hers. This becomes reality when she eventually gets married. But more reality sets up when the husband and even his family on the other hand begin to show to her that the husband is the Head of the Home, even if she had suffered with him (sometimes she could out in more efforts than the man) to build the home from the scratch. Her dilemma here begins when the man begins to treat her like his "Property" instead of his “wife”, because he had paid a heavy sum if money as dowry before marrying her. He feels the dowry gives him all the right to treat her as he wants, decide what he wants to do with her, how he wants her to be, when he wants sex, the number of children he wants, and what kind of life he wants to give his children. The woman has no say, to the extent that he can beat her mercilessly, get her injured or even dead and expects nothing would happen.

Another is sexual violence in the form of Rape. This issue is now rampant in the country nowadays as both young female children and old women are victims of sexual violence and this affects the victim both physically and emotionally.It also brings fear to such individual especially if the victim was physically threatened during the assault

She may be fearful of reporting to the police because of been worried about what the outcome would be; such fellow may also feel reluctant to tell her friends and family for the fear of upsetting them. If the victim knows the rapist or the rapist knows where the victim lives she might be afraid of continuous violence.The victim might feel worried about becoming pregnant or contracting an STD or even been afraid about been able to be in an intimate or sexual relationship with brings very low self esteem to the victim .