

Appendix C

Case Profile of 'Double-bind' Woman

Surabhi

Surabhi shared a very cordial relation with her father. She lost her mother early in life. Her father encouraged her to pursue education of her choice when she decided to graduate in advertising. At the age of 25, Surabhi got married to her classmate Abhimanyu. She was not very ambitious, nevertheless, wanted to continue to remain professionally employed after marriage. She was into advertising. Her husband supported her aspirations. However, the expectations of the parents-in-law centered around the household and social duties. They did not appreciate her working outside home. She explained, "Basically there's is a business class family and not many *bahus* (*daughter-in-law*) work. In their family circle, they are a bit embarrassed about the fact that their *bahu* (*daughter-in-law*) is working. Sometimes they feel very proud of it. It's a mixed reaction." Ironically her mother-in-law was also working as a school teacher in a government school. She wanted to shift from a full time to a part time job to meet the family expectations. She said, "Till now I was working full day. But now I need to change because I just can't cope with family and professional life. By the end of the day I am very tired. I don't have any stamina left in me. Emotionally, physically, mentally, I am really exhausted."

The process of higher education had made her thinking more logical, rational and practical. It developed a better understanding of the world and the skills of time management. In addition, education taught her to 'see things the way they are'. After marriage she felt angry and helpless when she could not raise her voice against issues that she did not agree with. She felt more irritated and suffocated when she could not be her

real self. Surabhi was disappointed with myriad expectations of her mother-in-law when she said, “she (mother-in-law) wants me to cook well, go out with them, give them time basically. Sometimes you don’t feel like cooking but you have to do it. Sometimes you don’t feel like entertaining anybody but you have to do it. I think they expect many things. They want everything nice from me. They don’t want the nastiest part of me. Its frustrating.” She shared some of her problems with friends but did not express her anger in front of the in-laws.

Surabhi appeared to be befuddled about her relationships with in-laws. On one hand she felt that they loved her, cared for her and were concerned about her. Yet she did not feel close to them. To her, clear communication was missing between her and the parents-in-law. Her husband cared for his parents and wanted to stay with them. Therefore Surabhi was willing to accommodate the interests of her parents-in-law.

Case Profile of 'Acceded'

Abhilasha

Abhilasha, a graduate in liberal arts from Delhi University, completed diploma in Journalism and Mass Communication. She started her first job with a Media Company but because of erratic working hours she was discouraged by her parents to continue and was advised to change the field. She was told that in their *Baniya* community daughters-in-law were not allowed to work at odd hours and that she should opt for a profession that was suitable for married women. Then she decided to pursue Interior Decoration as her career. Her parents and the members of the extended family socialized her for marital roles and relationships. She was often asked to learn cooking and participate in other housework. Abhilasha had witnessed the marital life of her two elder sisters and an elder brother. During the course of her study, Abhilasha 'fell in love' with Rajat and soon got married to him. After marriage, her mother-in-law asked her to wear flashy clothes, jewellery, sindoor, bangles. Abhilasha was comfortable with her expectations. She only missed wearing jeans which she wore whenever she visited her parents.

After marriage, she continued her profession as interior decorator. Her in-laws and husband supported her, however, expected her to perform domestic duties. The other expectations of husband and in-laws included maintaining social relations, attending guests, clean house. Abhilasha accepted these roles comfortably. The attitude of husband was the only aspect that turned surprising for her as she said, "After marriage, my husband has changed. Earlier he would like everything that I did but now there are more restrictions. He would often say that we are married now and you should not take my name any more. You should speak less but softly and with respect." Her husband even

discouraged her to express her opinion in the family. Gradually she changed herself but neither answered back to her husband nor made efforts to negotiate about her preferences. For Abhilasha, being professionally employed was more important than the education. For her Rajat is the priority of her life as she lovingly said, “*Meri zindagi to Rajat se shuru ho kar Rajat par hi khatam ho jati hai (My life starts and ends with Rajat).*”