INTRODUCTION:

Women in India have made their mark in multiple fields like technology, literature, art, etc. There is hardly an industry or sector where women are not found. The women: men ratios are improving in all sectors in India. Several Indian women, like their counterparts in other countries, have made their mark in international business and politics too. The success of women is no longer limited to India.

Traditional role of women

The Women’s in the past were deprived of education. They were not given any active participation rights and neither any privilege. The society was male dominated and was ruled mainly by ethics and morals.

Women are trained to carry out the roles of birth, nurture, protection, gratification and giving comfort to children and men. In the life of woman, these functions are given priority over all other engagements. According to the traditional role expectations, she is oriented towards rearing capable children, helping her husband to achieve the goals of the family and being useful to the community in which she lives. But are all women satisfied with this role concept? Talented and ambitious women, in addition to these functions, want to develop their special aptitudes.

Changing role of women

Women have been able to uplift themselves by shedding their domestic tag. They have eventually managed to shake the brawny walls of social and economic exploitation. The modern woman of today is learning to break away from the shackles of the past. She is no more the traditional, timid, domesticated woman. The emerging new-age woman has the ability to equip herself with education thereby seeking her own identity, confidence and not compromising on her self respect at any cost.
In present scenario, these roles are changed to a great extent. Today Indian society is accepting woman as a as professionals, as earners in families and as independent individuals. Women have proved themselves through their talent and wise approaches that they are not behind men but equals to men in many professions or even better suited than men.

Today women can work independently and feel secure. Every woman has goal to get a good job, sufficient bank balance for future and desire to prove them efficient, skilled and strong. Today girls after education do not think for marriage. They seek better job to assist parents and their brother and sister. Their thinking is changed. Women are balancing between home and workplace and their elders also support because they have enhanced the status of women. Now Indian women are not feeble entity. This is the great revolution on the earth of Indian land. With this drastic change, India will move towards modern direction and prosper.

**Reasons for Role Changes**

The financial demands on the Indian families are becoming fiercer by day. The sky rocketing cost of living, increasing expenses on education of children, increasing cost of housing properties in India force every family in India to look for ways and means of increasing the household income. As a result, women in India who were mostly known as homemakers are forced to go for jobs and take up even careers that were considered only suitable for men such as working in night shifts in call centers or BPOs. They are left with no option but to fend for their families in all possible ways.

Today family roles are changing largely because they have become less appropriate for the social and economic realities of the modern world. Most of the families are small in size and more women are employed. We can see changes in the styles of femininity as well as masculinity. The man is not maintaining the image of the brave, strong, tough, aggressive male of the past. The gentle, passive, submissive female is a character of yesterday. Opportunities are open for both sexes in education, work and family life. So greater flexibility is required in the role expectations of husbands and wives.
Challenges faced by working women

Working women in India are faced with lot more challenges than their counterparts in the other parts of the world. In India men do not share on most of the household chores, it is women who have to cook, clean the house, do the dishes, wash clothes, get their children ready for school etc. Men just took care of few chores that are to be dealt outside the house. So the major burden of running the family is on the shoulders of women. It was alright for women to handle all the chores as long as they were homemakers. Now with their increasing need for getting some income for the family, they have to work all the more harder. They have to take up a 9 to 5 job plus handle all the household chores that they handled as a homemaker.

Women have started sleeping lesser than before because only when they wake up early they can cook for the family, get themselves ready for the job, get their children ready for the schools, so on an average, women lost 2 hours of sleep per day and up to 14 hours sleep per week.

If they happened to work in a highly pressurized environment, then they will bring home their work and that cuts few more hours of sleep. It is not just about the reduced sleep, but such a lifestyle builds stress. This stress is passed on to the family and frustration level builds up in family.

They have to handle harassment's at their work place, sometimes just over look things to ensure that their job is not jeopardized in anyway. Many Indian families are still living as joint families along with the parents and in-laws. This adds to their stress further because they have to please all the family members of her husband. Listen to their complaints that they make against her and turn deaf ears towards them and so on. Overall, majority of women in India look towards or live in the hope that things will change. Some of us have given up that hope and learnt to accept that nothing can be done about it. India has a long way to go before our women will be able to live their lives to the full.