

BOOK REVIEW

**PAKISTANI WOMEN: PSYCHOLOGICAL AND SOCIAL
ISSUES: SELECTED RESEARCH PAPERS**

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The book “Pakistani Women: Psychological and Social Issues: Selected Research Papers” with ISBN-978-969-8883-02-7, is edited by Professor Seema Munaf (PhD), former director of Institute of Clinical Psychology, University of Karachi. It is published by the same institute and is printed at BCC & T at Karachi University in 2010. It is a paper back book and contains 181 pages plus 18 pages including title, contents, preface, foreword and reviews. The price of the book is 150 rupees only or 15 US \$. The book is easily available from the Institute of Clinical Psychology, University of Karachi.

The book has two parts. The Title of part-1, is “*Women’s education, awareness, marital and family issues*” this part contains six excellent research papers. An overview of women’s education: movements, policies and literacy rate by Zareen Ilyas is a brilliant piece of work focusing on history of educational movements, policy making and entering women in university education and different professions. A study, awareness, practices and benefits of breast feeding by Ayesha Baig and her colleagues, is related to opinions of mothers regarding breast feeding . Paper on Marital satisfaction and its contributing factors by Azra Shaheen and colleagues, depict that educational level of partner and financial stability are most important factors in marital satisfaction. Maltreatment of women: How and why? By Rashida Valika, very well documented how and why women are maltreated , whereas research on effect of domestic violence on self esteem of women by Khalida Rauf, indicate very interesting results that

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domestic violence does not negatively effect Pakistani middle class females. For finding out reasons of similar level of self esteem of those who have and have not experienced domestic violence, another piece of research is recommended. Finally last paper of part-1, social support, self esteem and life satisfaction of old age parents residing in joint and nuclear families by Seema Munaf and Asia Perveen is a well designed research signifying that general life satisfaction of old age mothers and fathers is more while they reside in joint family as compared to nuclear family.

In part-II which is titled as "*Women away from home*", includes another six research papers, written by eminent psychologists of Pakistan. Depression and suicide probability in married, divorced and single women residing in shelter homes by Uzma Ali and Hina Hussain, focus upon feeling of isolation and rejection resulting in depression and suicidal ideation in women residing in shelter homes and are away from home. Paper titled personality characteristics and psychosocial adjustment problems of women prisoners in Pakistan by Rukhsana Kausar and Shumaila Sharaf highlights personality and adjustment problems of female prisoners with possible reasons. This type of research is very difficult to conduct .It shows how both researchers have worked hard in collecting data from prisoners. Another paper on work-family conflict as moderated by social support, job timings and family setup in dual career women is written by the authority of Psychology in Pakistan. Prof. Dr.Mah Nazir Riaz and her colleague Nabila Akhtar. This paper clarifies that when there is more social support then there is less work family conflict while where job timings are more then there is more work-family conflict. Hence this paper gives clear picture of probl ems faced by working women. Similar to it is the paper of female's perception of workplace sexual harassment experience and its relation with job satisfaction by Shazia Hassan, Erum Moosa and Nagina Parveen, which depicts that where there is less sexual harassment at work then

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there is more job satisfaction. Another important paper, the portrayal of women and its impact on their performance by Fouzia Naeem Khan and Shehla Najib Sidiki is an outstanding paper describing false picture of women in our society which can deteriorate their work performance. Fortunately, Pakistani women are strong enough and do not try to allow others to effect their performance. Finally the paper, prevalence of refractive error in female medical students and its associated psychological symptoms by Sajida Agha and her students make it obvious that the psychological problems like irritability, helplessness and difficulty to work efficiently, are problems being faced by the female medical students. The study is informative.

On the whole twelve research papers are wonderfully compiled. Each paper though separate but casts an impression that it is related to other papers. Graphs and tables are beautifully drawn and show dedication of the editor in collecting and editing it. By following particular impressive style and trying to make her book unique while not including male scholars' contributions as authors; possibly this has limited the scope of her book. It is suggested that if ever editor tries editing another book on women issues then she should also include papers written by male scholars. This would make the book under review more interesting and valuable.