

Research Paper

Stress Experienced In Late Spinsterhood: A Study among Selected Late Spinsters in Tamenglong District, Manipur

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Abstract— This study aims to investigate various problems and expose various stresses experienced by late spinsterhood. How spinsterhood perceives itself and several stressful experiences of spinsterhood in the family and society are intended to be explored, along with what can be contributed by us as a part of society to create a better society for them to live in. The method employed in this research is purely descriptive, with data collected from a sample of unmarried women aged 35 and above. The fieldwork is conducted through interviews with 10 spinster representative questionnaires. The methodology used in this research proposal encompasses the study's design adaptation, the study area, sample and sampling techniques, study methods, data collection tools, reliability, and validity.

Keywords— Spinster, Stress, Counseling, Challenges, Corporation, and Psychological Effect

1. Introduction

The study of stress experienced by late spinsterhood is considered highly significant in day-to-day life due to the myriad of challenges faced by many spinsters [5], [6]. The present study represents an endeavor to investigate the factors contributing to spinsterhood by analyzing the challenges faced and to provide meaningful measures for addressing these issues in the Tamenglong district. The primary determinants of spinsterhood, as discerned from stress, encompass emotional and various factors within the internal, social, emotional, friends, family, and personal domains. Spinsterhood, particularly for women who did not intentionally choose to remain single, is regarded as problematic within society [4]. The associated negative social identity has an adverse impact on the cultivation of positive self-identity among single women, and social isolation leads to negative emotional states. Furthermore, shame and social demotion continue to be prevalent stigmas associated with singlehood in many societies; other challenges faced by spinsters include pressure from family, friends, and society to enter into matrimony [1]. In the current context of Tamenglong District, there is a significant impact on society, family, friends, and emotional stress experienced by spinsters. Numerous issues related to the stress experienced by spinsters warrant attention; however, this research highlights some of the crucial problems currently encountered by spinsters in Tamenglong District. One persistent issue is the escalating stress levels experienced by spinsters [2]. When discussing stress, several sources of stress for spinsters come to the fore,

including familial pressure, peer pressure, societal expectations, and internal pressure to marry. These stressors often result in emotional and mental health challenges for spinsters [3]. Furthermore, these health symptoms are exacerbated by prolonged exposure to stress. Thus, it is apparent that spinsterhood continues to be characterized by enduring stress throughout one's life.

1.1 Scope of the Study

The problem and challenges faced by spinsterhood are brought out by this study, and a certain measure to overcome the problem is provided. Society, friends, and family will be aided in understanding the stress experienced by late spinsterhood in the Tamenglong district through this study. Counselors will find assistance in the process of counseling spinsterhood, and the development of the lifestyle and behavior pattern of spinsterhood will be facilitated by this study.

1.2 Objectives

The main objectives of the study are to understand the stress problems faced by the late spinsterhood in society and how the society can improve. The study consists of two objectives:

- To analyze the interpersonal challenges faced by spinsters in family
- To examine various coping mechanisms of a spinster

2. Related Work

Table 1.1 Reason, Challenges, and Effects for Being Spinsterhood

Spinster		
Reasons	Challenges	Psychological Effects
Choice Voluntary Trauma Effects Sex	Social Discriminations Emotion Inadequate Finance Identity Pressure Psychological Issues	Loneliness Stress Shame Insecurity Frustration Inferiority Complex Fear Depression Self-Low Esteem

2.1 Reasons

Singleness, often misjudged by stereotypes, is revealed as a multifaceted choice for women. The misconceptions that single women are solely labeled as "old maids" or perceived as urbanites uninterested in partnerships are challenged. Singleness is consciously embraced by many women, whether through deliberate decisions or a series of smaller choices. It should be noted that not all single women find themselves in this state involuntarily. This distinction introduces the concept of "voluntary" singles, encompassing both younger individuals who have never married and those who have actively chosen solitude. Singleness is viewed by some as a preferable alternative to relationships, while others grapple with a "mismatch problem," struggling to find the right partner. Past relationship trauma can also contribute to this state, breeding fear, mistrust, and emotional scars that hinder the formation of new connections. The roles of sex and age play a pivotal role, with some women prioritizing freedom in their sexual encounters or focusing on education and careers. Older women may confront singleness due to health concerns and caregiving responsibilities. In essence, singleness is a diverse landscape, shaped by personal choices, past experiences, societal norms, and unique motivations across different age groups and genders.

2.2 Challenges

A myriad of complex challenges is faced by single women, encompassing internal conflicts arising from commitment dilemmas, societal perceptions, and the struggle to balance work and home responsibilities. Socially, they are often viewed as outsiders, subject to cultural pressures to marry, and endure insensitive comments about their single status, leading to feelings of insecurity and isolation. Discrimination in the workplace and social settings is often perpetuated, furthering stereotypes of single women as either opportunistic professionals or resentful spinsters, undermining their femininity and humanity. Emotional distress, including persistent sadness and loneliness, is experienced by unmarried women, affecting their daily lives, self-confidence, and decision-making abilities. Financial constraints are commonly encountered, as many rely on family support and contend with significant expenses. The challenge of constructing a positive self-image amidst societal

expectations of marriage and motherhood is an enduring struggle, leading to identity crises. Family pressures, especially in caring for aging parents, intensify, and psychological issues, such as depression and loneliness, further compound the struggles faced by single women in their quest for fulfillment and acceptance in a society that often overlooks their unique challenges.

2.3 Psychological Effects

The brunt of societal pressures is often borne by single women, resulting in various psychological challenges such as emotional insecurity, loneliness, and an inferiority complex. Loneliness, in particular, is seen as a formidable adversary by them, as they lack the companionship enjoyed by their married friends. Stress is another major factor in their lives, arising from living alone and the absence of domestic and emotional support. The stigma attached to unmarried women adds a sense of shame, making them feel like outsiders in society. Financial insecurity plagues economically dependent single women, leading to feelings of inadequacy. Frustration is generated by societal judgments, awkwardness, and constant inquiries about their marital status. This complex of psychological issues can lead to isolation and withdrawal from society, further exacerbating their sense of inferiority. Additionally, the fear of permanent singleness looms large, causing anxiety and negative emotions. Low self-esteem compounds their challenges, making them feel unworthy and apprehensive about relationships. Depression often ensues, stemming from a lack of social support and feelings of rejection. In essence, a multitude of psychological hurdles is grappled with by single women, impacting their mental and emotional well-being, necessitating the recognition and addressing of these issues by society.

Spinster women often lack familial support, facing financial struggles, opposition from in-laws, and loneliness. Parents may express concern about their daughters' future well-being. Gender-neutral parental support, though initially resisted, exists. Single women often grapple with emotional conflicts, societal pressure to wed, and stereotypes about their lifestyles. Aging brings prolonged loneliness and social exclusion. Discrimination, from both society and families, causes psychological distress. Experiences vary based on socioeconomic factors and location. Society should address spinsters' needs as a social concern, offering support and opportunities through initiatives like motivational speeches, specialized institutions, and employment programs.

3. Methodology

The qualitative research method will be employed for this study. A descriptive approach will be taken, and reliance will be placed primarily on the primary and secondary sources of data collection, as a similar work method has been endorsed [7], [8], [9]. The methods and techniques utilized to design the study, including interviews, coding, analysis, and interpretation of the findings, will be depended upon to a greater extent. Primary data will be collected through the interview technique, while secondary data will be collected from journal.

3.1 Interview Procedural Approach

The data was collected through an interview conducted personally by the researcher with 10 spinster women ages 35 and above at a scheduled date and time. A personal interview in Tamenglong was also set up by the researcher with the consent of the concerned clients at a convenient time. Confidentiality was assured by the researcher as the responders presented their stories, and notes and recordings were retained with their agreement. No interviews were terminated owing to discomfort or any other incidents during their conduct. Throughout the interviews, every client was cooperative and paid close attention. The criteria for participants in this study required them to be unmarried women aged between 35 and 65 years. The names of the participants have been concealed in the thesis, as most of them did not wish to reveal their identities. The identity of an unmarried woman was used by the researcher. The research focused on the stress experienced by spinster single unmarried women of Tamenglong. The following responses and analyses of the detailed interview are provided in the light of the objectives, which can be subjectively classified into the following topics: social and family stress, family support, challenges faced while being born into a spinster family, livelihood, and feelings of inferiority:

3.1.1 Social Stress

The challenges faced by spinsters in society, when discussed by respondents, were predominantly identified as shame, stress, social judgment, discouragement, unequal treatment, depression, pressure to marry, avoidance of social gatherings, anger, and insecurity. The most significant concern, specifically in the form of shame, ridicule, and rejection, was identified as emerging. Following shame, other key themes, such as worry, social judgment, discouragement, and inequality, were reported. Feelings of depression, anger, insecurity, and being misunderstood were also expressed by respondents. Societal pressure to marry and a tendency to avoid social gatherings due to various societal challenges were reported. These overarching themes can be further categorized into two main groups: social judgment and shame. Within the social judgment category, sub-themes like discouragement and unequal treatment emerged, while social criticism, misunderstanding, avoidance, pressure to marry, and insecurity were encompassed by it. Stress, shame, depression, and anger were identified as subcategories stemming from the broader theme of shame, which is intricately linked to social judgment and contributes to emotional distress.

3.1.2 Family Stress

The emerging themes encompassed contentment, discontent, family support, worry, and discouragement in response to the question about support for spinsters. Contentment, defined by happiness and blessings, stood out as the most prevalent theme among respondents. Following this, major themes included family support, absence thereof, misunderstandings, and loneliness. Respondents also reported feeling mistreated and helpless by their families. These overarching themes can be further subdivided into contentment and discontent. Within the contentment category, subthemes include happiness,

family support, and feeling blessed. Meanwhile, the discontent category encompasses subthemes such as ill-treatment, emotional distress, lack of family support, worry, helplessness, discouragement, loneliness, and misunderstandings.

3.1.3 Family Treatment

The study aims to encompass being treated unfairly, equal treatment, rejection, discouragement, ignorance, emotional breakdown, and support. The most prominent theme among respondents when discussing how family members treat spinsters is unfair treatment. Additionally, equal treatment and support are noted as significant themes. Discouragement, ignorance, and rejection are expressed by respondents as contributing to emotional breakdowns. These major themes can be further categorized into two groups: "unfair treatment," which encompasses emotional breakdown, discouragement, rejection, and ignorance, and "equal treatment," which includes support.

3.1.4 Victims Belonging a Spinster Family

The discouragement, financial challenges, loneliness, frustration, worry, emotional breakdown, depression, stress, misunderstanding, mistreatment, mockery, exclusion, unwantedness, embarrassment, and dissatisfaction were all noted. Discouragement (mistreatment, mockery, irritation) emerged as the most prominent theme in responses regarding the challenges faced in the family by the spinster. Loneliness, anger, unhappiness, and worry were identified as other major themes that followed discouragement. Depressed, embarrassed, awkward, and unsatisfied were some of the feelings reported by respondents regarding their treatment within the family. Mistreatment and mockery by family members contributed to emotional breakdowns. Additionally, respondents expressed feelings of being unwanted and excluded within the family context. The family's financial stress, stemming from various challenges, constituted another major theme. These major themes could be further categorized into two sub-groups: discouragement and financial challenges. Under the discouragement category, subthemes included mistreatment, mockery, irritation, exclusion, lack of affection, unwantedness, depression, stress, burnout, loneliness, fear, anger/frustration, unhappiness, and worry. Financial challenges, a consequence of discouragement, led to misunderstandings and embarrassment, with subgroups encompassing awkwardness, dissatisfaction, and emotional breakdown.

3.1.5 Livelihood Decision

In response to the question regarding how livelihood decisions are made by spinsters despite their single status, various themes were identified. The most prominent theme that emerged was self-support (self-dependence and self-reliance). Following self-support, other major themes such as contentment, responsibility, courage, proper planning, happiness, proper management, and self-comforting were identified. Furthermore, livelihood organization by respondents involved self-strengthening, self-acceptance, and helping others, all guided by a positive mindset and characterized by courage, stability, self-strengthening,

confidence, and boldness. These major themes can be further subdivided into self-support and contentment. Subgroups under self-support include self-dependence, self-reliance, courage, responsibility, proper planning, and self-comforting. Contentment, a result of self-sufficiency, encompasses attributes like happiness, cheerfulness, caring, and assisting others.

3.1.6 Inferiority Complex

The subjects of insecurity, low self-esteem, discouragement, fear, depression, and embarrassment are encompassed in the responses. Insecurity is identified as the most prominent theme that emerged from the question about feeling inferior due to single status and its impact on life. Low self-esteem and discouragement are the other major themes that followed insecurity. Additionally, respondents reported experiencing feelings of depression, fear, and embarrassment as a result of being single, along with low self-esteem stemming from an inferiority complex. The major themes can be further subdivided into insecurity and low self-esteem, with subgroups such as fear and discouragement falling under the umbrella of insecurity, while emotional issues like depression and embarrassment are seen as subgroups arising from low self-esteem, which is itself a product of insecurity.

4. Discussion

"From the above situation, it is evident that numerous obstacles are experienced by unmarried women who have already passed the marriageable age. A high level of mental anguish is also experienced by them according to the study. Most of the time, questions are raised as to why their singleness draws such interest from others or why they are referred to as spinsters when it is hurtful to their feelings. Why are they required to be set apart from young people and married women by society? Why aren't they simply assisted by society instead of being subjected to pressure? From the perspective of family members, siblings, friends, and relatives, it is also observed that spinsters residing with them and suffering emotional distress are not cared for by some family members; consequently, they become a topic of conversation in society. Discomfort is frequently felt by them due to self-consciousness in various settings, particularly when they are referred to as aunts or old ladies by people. They also experience emotional breakdowns due to declining health and the absence of a confidant with whom they can share their feelings. Most of the time, they abstain from sharing their problems because they believe that they are a burden to friends, family, and society, and that no one will care about their concerns. Consequently, they encounter a great deal of dissatisfaction in their lives.

5. Findings

The findings are presented based on the research problem and the questionnaire's foundation. It was determined by the researcher that stress had been experienced by many individuals in late spinsterhood. The section was divided into four segments. The first section pertains to the level of stress experienced from society. The second section concerns the

level of family stress experienced in late spinsterhood. The third section focuses on the level of internal stress experienced in late spinsterhood. After a comprehensive study of the subject, the following major findings were arrived at by the researcher.

5.1 Social Stress

In the section on social stress experienced by late spinsterhood, it is confirmed by many spinsterhood responses that a significant amount of stress may be experienced by spinsters from society. It has been noted that social difficulties are frequently experienced by many spinsters as a result of their single status, and it is found discouraging when they are referred to as elderly ladies or spinsters by people. The belief that they are being discriminated against and rejected is often held by them, particularly on numerous occasions when there is a social event or other activity. The feeling of being treated unfairly is always present when they are around people. Frequently, they end up being the subject of conversation. A stressful life is the outcome of all these problems. The findings reveal that a significant level of stress experienced by society at the late spinsterhood is present in the majority of spinsters in the Tamenglong district.

5.2 Stresses from Family

Under the section stress from family experienced by spinsters, it is observed that significant stress is often experienced by many spinsters due to their families. It has been noted that significant familial conflict is experienced by many spinsters. Dissatisfaction with the assistance received from their families is claimed by some spinsters. Emotional conflict is frequently engaged in by them, although physical fights are not undertaken. Expressions of ideas and thoughts by spinsters are often not accepted and are ignored by their families, as they are believed to know nothing. For these individuals, it is a distressing and stressful experience. Given that financial support is relied upon by most spinsters from their families, it is observed that less affection and attention are often received from family members, leading them to lead a life that is both depressed and stressful. The majority of spinsters respond that they encounter several challenges from society, family, and friends as they choose to remain single. The specific challenges experienced vary among individuals based on their reasons. Making this choice was never simple for them, and they now face the aforementioned difficulties. Despite the problems they encounter, it is reported that they use spiritual resources to cope with these challenges.

5.3 Interpersonal Stress

Under the section on interpersonal stress experienced at late spinsterhood, much interpersonal stress is confirmed to have been experienced by many spinsters. The participants' singleness identity also causes them to be made to feel uncomfortable, embarrassed, and awkward. A great deal of stress and worry in modern life is experienced by them, and efforts are still being made to be independent and accepting of life. Because they are frequently treated differently whether there is a social gathering or any event, their lives are kept private by many spinsters. An inferiority complex due to being single is even experienced by them as a result.

According to the responses, society is isolated from by most of them. Being alone causes many single people to feel depressed as they have to make their own decisions and are concerned about how they will be supported in the future. Another problem for single people is that as they age, their appearance embarrasses other people. Another issue is that they have conflicting fashion senses; for example, they feel awkward when they try to dress like young people, and when they try to dress like old women, they feel awkward because they are not married. As a result, contradictory lives are led by them in modern society. For some, it is so difficult to mingle with the younger generation even though they are still in their youth life. Furthermore, feeling very discouraged when being called an aunt or an elderly lady is reported by them.

5.4 Coping with the Various Challenges.

Under the section addressing the various challenges, it is confirmed by many spinsterhood responses that, when faced with numerous difficulties in their lives, they are consistently comforted by utilizing spiritual resources such as God, the Bible, and prayers. Comfort is found in the belief that they have the support of God, family, and relatives during times of need. The use of spiritual resources like prayer is reported. In conclusion, the importance of passive voice is emphasized as prayer is recognized as one of the most crucial tools for spinsters. They find strength in prayer to overcome problems, turn to God as they strongly believe in His constant presence during difficult times, seek solace in spiritual friends to lift their spirits when in spiritual distress, turn to the Bible for hope and inspiration during low moments, and depend on their families as the only source of assistance.

5.5 Guiding

The social organization job of guiding is characterized by guiding people in making tough decisions, assisting individuals in the development of spiritual, moral, and social ideals, as well as the provision of counseling, listening, and spiritual direction. Additionally, it involves assisting another person through unfamiliar, puzzling, or challenging circumstances, such as resolving a family crisis, making life decisions, or pursuing a spiritual discipline. Guiding aims to help perplexed individuals make confident choices between alternative courses of thought and action, especially when these choices are seen as impacting the present and future state of the soul. A variety of instrumental methods can be employed by a pastor for sustaining ministry for singlehood in today's context. This includes the provision of books and literature that can be helpful for making proper choices, as well as the offering of educative counseling, among other approaches.

5.6 Nurturing

Nurturing, on the other hand, is akin to what occurs in a nursery. Here, plants are shielded from the harsh conditions they might encounter 'in the wild' (such as on our balcony), and efforts are made to ensure their strength and readiness to withstand future challenges. The objective of nurturing is to facilitate the realization of their full potential by individuals as they traverse life's hills, peaks, and plateaus. The activities

encompassing encouragement, nourishment, and care for someone or something are denoted as nurturing. It is defined as the provision of sustenance to a living being to promote its development and flourishing. In today's culture, a variety of tools and methods can be employed by a pastor to sustain ministry to singles, including the provision of educational counseling, support for growth during developmental crises, and assistance in spiritual progress.

5.7 Self-Comfort

The themes of self-comfort, seeking spiritual friends, and dependence on the family were observed. The most prominent theme, self-comfort, was identified as the one that emerged from the respondents' responses to the question about how they comfort themselves when faced with various challenges from society, family, and life in today's world. Following self-comfort, other major themes such as self-motivation, self-encouragement, zeal, and counseling were also identified. These major themes can be further categorized into subgroups, including self-comfort and spiritual resources. Within the self-comfort subgroup, themes such as dependence, reliance on family, self-motivation, and self-encouragement emerged. Additionally, spiritual resources, a product of self-comfort, were found to be employed by individuals to encourage themselves when encountering issues within the domain of spiritual resources.

6. Conclusion: Why Counseling?

Significance is found in the study as it reveals that, under extreme stress, there is a great need for physical supportive care. Relief from stress and disappointments can be obtained by candidates for workplace burnout through vocational supportive caregiving, and collaboration with others to change unfair circumstances is also facilitated. Support from counselors can inspire individuals to muster the courage to leave miserable workplaces that cannot be altered. The healing power of laughter, when directed at oneself, others, and the absurdities of life, can be applied to various aspects of life through supportive caregiving with a playful attitude, including preserving well-being during traumas and losses, in mental or physical work, and in interpersonal relationships. A crucial gift that can be provided among humans through all of life's ups and downs is playful support, and the ability of a small group of loving individuals committed to this dual prophetic caregiving to support one another can be the deciding factor between success and failure in these challenging ministries. Family therapy, a type of counseling involving work with family members to address negative emotions within the family, is discussed. Family counseling aims to help family members understand addiction desires, recognize their impact, and move towards recovery. It focuses on changing family dynamics, cognitive issues among members, and the family's relationship with its social and cultural context. Pastoral intervention with the entire family is essential when trauma affects a person and their entire family network. Helping families use their issues as opportunities for growth is vital, and communication barriers within the family structure are broken down to address root causes rather than fixing problems. Family counseling can be effective in

resolving conflict, anger, stress, and misunderstandings within families, bringing them closer together. Group counseling, where a small group regularly discusses and explores similar problems, is aimed at improving psychological, spiritual, or functional well-being while reducing distress in behavior, thinking, or feeling. It fosters connections between individuals with similar personalities and problems, creating an accepting environment where members can express themselves openly. Group therapy can help unmarried women achieve meaningful lives by allowing them to discuss their problems, find support, and learn from others in similar situations. Educative counseling combines pastoral functions to nurture a person's wholeness by personalizing knowledge, beliefs, values, and coping skills. It assists individuals in applying relevant knowledge to their specific situations, enabling wise decision-making and constructive problem-solving. Educational counseling encourages and integrates learning to help unmarried women discover and develop their God-given abilities and capacities. Crisis counseling involves assisting individuals or groups during overwhelming circumstances to reduce emotional pain, provide emotional support, ensure safety, and develop a plan for dealing with the crisis. Pastors are suited for crisis counseling due to their roles, relationships, trust, and presence during various crises in people's lives. Crisis care and counseling help unmarried women address psychosocial and spiritual challenges, offering support and guidance for emotional relief and long-term assistance. Personal counseling is a one-on-one connection between a skilled counselor and a client, focusing on the client's adjustment, development, or decision-making needs. Empathy, respect, and genuineness are essential for therapeutic personality change. Personal therapy can be helpful when the counselor possesses the necessary skills and the client is cooperative. The non-directive therapy emphasizes non-directive listening and reflection of the client's statements to explore their feelings further. Warmth, accuracy, empathy, and genuineness are crucial in non-directive counseling. Understanding clients' feelings, thoughts, and experiences is essential, as many unmarried women face loneliness, insecurity, isolation, stress, depression, low self-esteem, and identity crises. The church, family, and society should play essential roles in supporting spinsters who experience daily stress.

Conflict of Interest

The authors whose names are listed certify that there are NO affiliations with any entity financially in the subject matter or materials discussed in this manuscript.

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Authors' Contributions

The author demonstrated initiative by conducting a comprehensive study to understand and examine the objectives. The study involved a thorough investigation of each relevant department and highlighted their contributions.

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