



**Daffodil**  
*International*  
**University**

## **Project Report On**

**“Impact of sexual harassment on psychosocial development of girls: A case study on Bangladesh perspective”**

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Date of submission: 12 December, 2020

# Application for Approval of Dissertation

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**Subject: Application for submission of my dissertation for approval.**

Dear Sir,

I have accomplished my dissertation on “: Impact of sexual harassment on psychosocial development of girls: A case study on Bangladesh perspective” as a course requirement for my graduation program.

I have tried my level best to work sincerely to cover all aspects regarding the matter which I have been assigned.

I believe that this dissertation has enlarged both my knowledge and experience. I hope you will assess my report considering the limitations of the study. I shall be highly grateful if you kindly accept my project. Your kind approval is requested.

Sincerely,



.....

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## CERTIFICATE OF APPROVAL



I am pleased to certify that the dissertation is prepared by Jawad Md Arnob bearing ID No. 171-24-604 of the Department of Journalism and Mass Communication has been approved for presentation and defense. Under my supervision Jawad worked very effectively. He completed the work during the fall, 2020 semester.

I am pleased to certify that the data, the findings presented in the report are the authentic work of Jawad Md Arnob bears a good moral character and a very pleasing personality. It has indeed a great pleasure working with him. I wish him all success in life.

Academic Supervisor

.....  
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## Declaration

I hereby declare that this report entitled as “**Impact of sexual harassment on psychosocial development of girls: A case study on Bangladesh perspective**” has been carried out under the Faculty of Humanities and Social Science, Daffodil International University in fulfillment of the requirement for the Degree of Bachelor's in social science. I have composed this paper based on the researchers' findings from various literature to the best of my knowledge and belief original and the result of my own investigations. This has not been submitted in part or full to any other institutions for any other degrees. I even certify that there is no plagiarized content in this dissertation paper.

Sincerely,



.....

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## Acknowledgements

This dissertation paper was supported by Daffodil International University. I am thankful to my supervisor Mr. Md. Rashedul Islam, Lecturer of the department who provided us with the proper guideline to conduct the research paperwork related research & other necessary tests throughout the period. His comments and assistance greatly improved the manuscript.

Besides my supervisor, I would like to thank the rest of my teachers for their encouragement, insightful comments, and hard questions all the time whenever I wanted.

I would like to show my gratitude to the reviewers for their insights. I am immensely obliged for their comments on an earlier version of the manuscript, although any errors are my own and should not taint the reputations of those esteemed persons.

Last but not the least, I must express my very profound gratitude to my parents for providing me with unfailing support, space and encouragement throughout my study and through the process of researching and writing this project. This accomplishment would not have been possible without them.

## **Abstract**

This paper examines how sexual harassment keep impact on psychosocial development of girl. Now a days in our society sexual harassment is increasing in an alarming rate. Girls are starting to face this problem from their early childhood. This creates a boundary in their way of living even sometimes It's isolated them in a tiny circle. Even Its lead to psychological imbalance for individuals and makes them vulnerable. Sexual harassment in educational process impaired career opportunities, reduced job motivation. Sometimes it leads them to deep depression, anxiety and post-traumatic stress disorder. Social stigma, fear keep girls silent and this harassment creates barriers in their way of living and even their psychosexual development process.

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# **Chapter One**

## **Introduction**

## 1.1: Introduction

Harassment is a kind of unwanted physical or verbal behavior that offends or humiliates any person. It can be unwelcome jokes about anyone's race, sex, or even disability. Even undesired physical contact like (touching, patting, or pinching) can be including it.

And when a person considers someone's behavior as unwelcome sexual advance or even pressure for undesirable sexual favor, touching, pinching, sexual looks or even letters, telephone calls, or materials of a sexual nature that can be consider as sexual harassment.

Psychosocial development means how social interaction and relationships played a role in the development and growth of individual. Basically, psychosocial development is a theory of Erik Erikson which is impacted by the psychosexual development theory of Sigmund Freud.

As violence against women is a exposition of the historically unequal power relations between men and women and this practice lead the men power society to dominate women in all over the world. sexual harassment is one of the forms of sexual exploitation of women that occurs in the home, workplace or even in the educational institutions. And this social experience creates a huge complication in the process of psychosocial development of individual. This paper will only examine how girls are facing sexual harassment and How it creates boundary on their career or even how they confined in their way of living or make them self socially isolated because of this practice. This paper will also examine how sexual harassment in early age affected the psychosexual development of individuals.

How It's created complications in career opportunity, make relationship with man in future life, way of thinking and personality development process. How social stigma stopped them to raise their voice after experiencing the violence. How sexual harassment led them towards depression and suicidal tendency. Those are the concerning issues in this paper.

## 1.2: Background of the study

Sexual violence against women has almost been doubled in last ten years in Bangladesh according to the data of Bangladesh Mahila Parishad (BMP). Bangladesh Mahila Parishad (BMP) showed a statistical rate of sexual violence in January 2019. This report showed that sexual violence in Bangladesh according to the case filed in January 2019, the number of Overall sexual violence victim was 599 and among them 30 women were sexually harassed. BMP also presents data, which shows the data of sexually harassed victims from 2010-2019 in Bangladesh. In (2010,11,12,13,14,15,16,17,18 and 2019) the rate was (159,169,205,154,116,103,120,93,71,80) in total 1270 women were sexually harassed in those 9 years in Bangladesh. This data shows us how sexual harassment is increasing in our society in a alarming rate. And as Violence against women is a exposition of the historically unequal power relations between men and women, so the social context is affected by this practice. Because of sexual harassment It's create a huge complication in girls' psychosocial development and growth. Those complication are:

- (1) Sexual harassment leads to physical and psychological imbalance for individual. If anyone facing this in the early age of life it makes them more vulnerable.
- (2) Sexual harassment in educational institutions impaired career opportunities, reduced job motivation.
- (3) Sometimes it leads them to deep depression, anxiety, post-traumatic stress disorder.
- (4) Under reporting of experience of sexual harassment sometimes led to suicidal attempts.

According to Erik Erikson social interaction and relationship keeps a huge role in the development and growth of individuals. So, this study will find out because of sexual harassment how girls are affected in their psychosocial development and growth

### **1.3: Objectives of the Study**

The major objective of the research to find out the impact of sexual harassment on psychosocial development of girls. The study also seeks to know the present condition of girls how sexual harassment affect their mental health. The specific objectives of the study are:

→ To know how does sexual harassment lead the victims to deep depression, anxiety, post-traumatic stress disorder.

→ To know how does sexual harassment affects the trust issues of girls.

→ To understand how victims deal with anger, fear and emotional distress

→) To determine does sexual harassment leads the victims towards suicidal tendency

→ To know how does sexual harassment affects their choice of selecting partner or male friends

## **Chapter Two**

### **Literature Review and Theoretical framework**

## 2.1: Literature review

Dev psychopathol (May 23, 2011) published a research on the impact of sexual abuse on female development: Lessons from a multigenerational, longitudinal research study.

This is a report on the examination plan and discoveries of a 23-year longitudinal investigation of the effect of intrafamilial sexual maltreatment on female turn of events. The applied system incorporated ideas of mental change with hypothesis in regards to how psychobiological elements may affect advancement. (By and large) indicated harmful spin-off over a large group of biopsychosocial spaces including: prior onsets of adolescence, intellectual shortages, wretchedness, dissociative manifestations, maladaptive sexual turn of events, hypothalamic–pituitary–adrenal lessening, unbalanced pressure reactions, high paces of stoutness, more significant diseases and medical services usage, exiting secondary school, determined post horrendous pressure issue, self-mutilation, Symptomatic and Factual Manual of Mental Issues analyze, physical and sexual revictimization, untimely conveyances, adolescent parenthood, medication and liquor misuse, and abusive behavior at home. Posterity destined to manhandled moms were at expanded danger for kid abuse and by and large maldevelopment. (By and large) across a considerable lot of these biopsychosocial areas. They contrast in their relational and sexual practices and interpersonal organizations. They are organically changed with lower resting levels of cortisol, hilter kilter stress reactions, and irregular actual improvement including expanded paces of stoutness and prior onsets of adolescence. They have intellectual shortages in liquid and solidified capacities. They consider things in an unexpected way, particularly sex.

In another study, Diabetes and Metabolic syndrome: Clinical research and reviews published a report on the Impact of sexual harassment on obesity in female adolescent: An update and perspective control. Sexual exploitation, occurred during youth and past, is known to be a significant contributing component for corpulence advancement further down the road. This work means to achieve refreshed data on the connection between inappropriate behavior and weight. Albeit 40-70% of all cases identified with heftiness have been viewed as inherited, numerous specialists contend that deviations in the climate add to unreasonable food consumption and discourage active work in various Western nations. A few investigations have distinguished that youth sexual maltreatment (CSA) might be close to as basic as obesity. By referencing some conceivable corpulence related mental issues in light of CSA, we present refreshed data on the connection between inappropriate behavior and stoutness. They also published a report on Experiences of sexual harassment are associated with high self-esteem and social anxiety among adolescent girls. Subjection to sexual harassment among adolescents have been associated with negative mental health outcomes, such as depression and social anxiety. Self-esteem and social support may modify these associations. It is a cross-sectional classroom survey involving 656 girls. Among girls, social anxiety and higher self-esteem were positively associated with experiencing subjection to sexual harassment in multivariate models. No statistically significant associations were detected among boys between experiences of sexual harassment and any of the four variables. Experiences of being sexually harassed correlate among adolescents with high social anxiety but also with high self-esteem. Sexual harassment among adolescents may partly be explained as inept ways of showing interest, but it may nevertheless have detrimental effects on the well-being of the those subjected to it. Nordic journal of psychiatry also published a report on Experiences of sexual harassment are associated with high self-esteem and social anxiety among adolescent girls. Subjection to sexual harassment among adolescents have been associated with negative

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## **2.2 : Theoretical framework**

This report is related to the two-basic thought of Dr. Sigmund Freud's personality development and Erik Erikson's Psychosocial Development theory. These two theories can help us to analysis this study. Dr. Sigmund Freud established a theory of personality development which is the most popular theory of modern psychiatry. Freud believed that a person needs to complete some stage of life successfully in his/her early stage of life to gain a healthy personality. In his theory he divided one's life into five stages which affect most to develop a healthy personality.

Those stage are: (1) oral stage (2) anal stage (3) Phallic stage (4) latent stage (5) Genital stage. oral stage continues from 12 to 18 months, Anal 18 to 36 months, Phallic 3 to 5 years, latent 6 to 13 years and Genital stage 13 to young adulthood.

In oral stage a child gains some capability. Successful resolutions of oral stages provide the capacity to trust others and create the sense of self- reliance and self-trust.

In anal stage, Children achieved the ability of independence, personal initiative without guilt, capacity of self-determination.



The phallic stage is the primary focus of sexual interest. Penis become the principal organ interest for both male and female children. This identification helps them to develop human character in a primary level.

In latent stage, they achieved the knowledge of role identity (sex). Even at this stage they try to follow other figures of the family like teachers, coaches and other adults which affect their personality.

In Genital stage, they achieved physiological maturation, knowledge about sexual functions, hormonal system, mature relationship roles and duties.

So, every stage of life has some significant structural value which helps individual to shape a healthy personality. But if the stage becomes vulnerable or affected by something unusual then the whole process will be hampered. That's mean If anyone is sexually harassed in some of those stages that stage will fail to achieve Its resolutions. And simultaneously it will help another stage. So, this theory is very much helpful to identify the problem of sexual harassment in early age of life.

Erik Erikson also developed a theory of Psychosocial Development which is basically the impact of Sigmund Freud's Personality development or psychosexual development theory. In this theory Erikson basically focuses on how social interaction, relationship, social experience keeps role in the development and the psychosocial growth of individuals. Erikson divided this theory in 8 stages of life.

In the level of Infancy (birth to 18 months) the stage is (Trust vs. Mistrust). And (hope) is the outcome of this stage. Then the Early Childhood level (2 to 3 years) the stage is (Autonomy vs. Shame and Doubt) and the outcome is Will power. Then Preschool level (3 to 5 years) the stage is (Initiative vs. Guilt) and the outcome is Purpose. Then School Age (6 to 11 years) the stage (Industry vs. Inferiority) and the outcome is Confidence. Then Adolescence (12 to 18

years) stage of (Identity vs. Role Confusion) and outcome is Fidelity. Young Adulthood (19 to 40 years) (Intimacy vs. Isolation) and outcome is Love. Middle Adulthood (40 to 65 years) the stage is (Generativity vs. Stagnation) and outcome is care. Maturity (65 to death) the stage is (Ego Integrity vs. Despair) and the outcome is Wisdom. According to Erikson in every stage of life there is a conflict. And this conflict is created on the basis of achieving a psychological quality or failing to develop that quality. So, if anyone deals with this conflict successfully that will help him to gain psychological strength and if anybody fails to deal with it, they may not gain the essential skills for further life.

So according to Erikson social interaction, relationship, conflict in every stage of life keeps a huge role in psychosocial development. Sexual harassment is one of the primitive social practice and girls are facing is problem almost once in life. So, it's created a huge conflict in their personal growth. And the person who can't deal with that conflict she cannot achieve the essential skills for further life and that conflict creates huge complications in their psychosocial development.

## **Chapter Three**

### **Methodology of the Study**

This chapter discusses the qualitative and quantitative research methods used in this study. It explains why the researcher has merged both types of data in this report.

### 3.1: Multiple methods research

Using more than one method is considered as a multi method or mixed methods research. In this type of method researchers try to collect both qualitative and quantitative data. Applying more methods can help the researcher in in-depth analysis. Presenting both types of qualitative and quantitative data makes the study more authentic. For qualitative data, Key Informant Interview and Case Study is used in this study. For (KII) three experts Interviews are being collected and five case study of sexual harassment victim also used in this study. And for Quantitative data Survey method is used in this study. Sample size of the survey is 100 and the survey area is in Dhaka city. Both types of Data are used in this survey for in-depth analysis.

### 3.2: Survey administration

To complete the survey, the random sampling technique has been used. It was not possible to physically move person to person to collect their opinion due to the safety measurement of Covid-19 Pandemic. Under this circumstance to conduct this survey, an online survey form was created and considering the accessibility of the internet this study focused on the opinion on the girls who are currently living in Dhaka.

#### 3.2.1: Age Group

The chart shows that in total 100 girls who attend this survey. Among them 75% (21-25 age), 15% (15-20 age), 10% (26-30 age) and 5% (31-35 age)

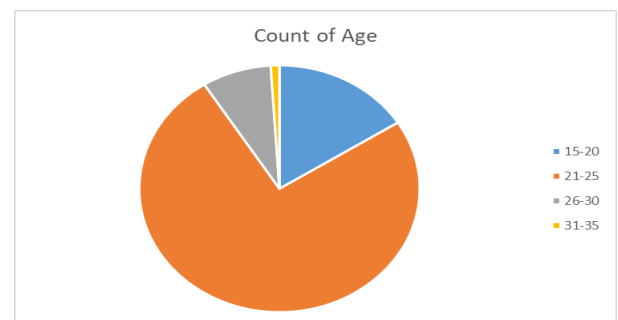


Figure 1: Age Group

### 3.2.2: Profession

Above this pie chart we can see that, among the girls 80% are student, 10% jobholder and 10% are from other profession.

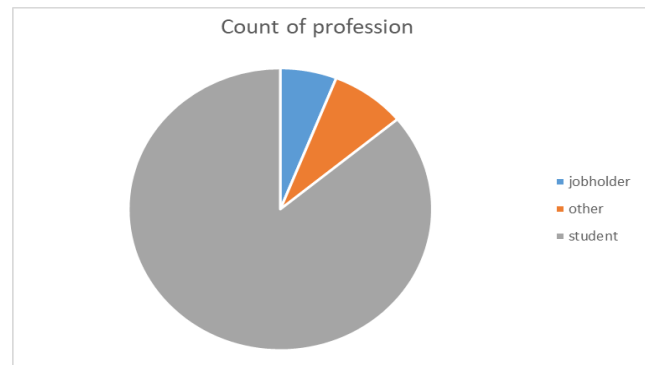


Figure 2: Profession of the respondents

### 3.3: Key Informant Interview

Interviews of three psychological counselors, who are professionally doing it for years, were conducted to get a bigger picture and get a deeper idea about the impact of psychosocial development of sexually harassed girls.

### 3.4: Case Study

Total five cases of five different victims were analyzed under this survey. They were asked to share their incident and how that affected their further development and point of views towards life and society.

# **Chapter Four**

## **Findings and Analysis**

## 4.1 Findings from Survey

### 4.1.1: Facing sexual harassment

Among the 100 girls who attend this survey 67 percent of them face sexual harassment at least once in their life and 33 percent still do not have such experience.

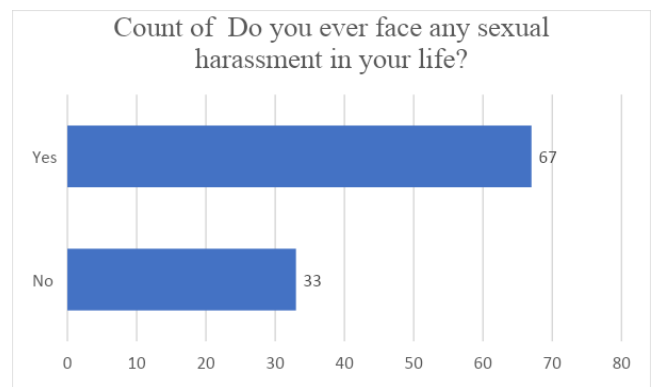


Figure 3: Percentage of facing sexual harassment

### 4.1.2: Facing sexual harassment based on age group

The bar chart we can see that among the participation 25 percent face sexual harassment in between (5-10 age), 31 percent (11-15 age), 22 percent (16-20 age), 15 percent (21-30 age), 7 percent (25 and above).



Figure 4: Percentage of facing sexual harassment based on age group

### 4.1.3: Sharing the incident with family members or someone

In this bar chart we can see that 42% cannot share the incident with their Parents or someone else, 34% can able to do that and 24% do not want to answer this question.

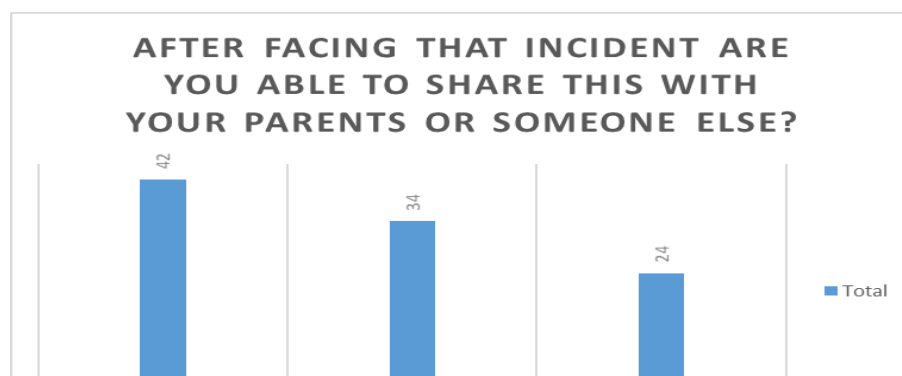


Figure 5: Percentage of sharing the incident with family members or someone

#### 4.1.4: Impact on Career Opportunity

In the above pie chart we can see that 32% think that sexual harassment does Not impaired career opportunities and reduced job motivation, 46% think that because of this they impaired career opportunities and reduced job motivation and 22% think maybe It's affected in that case.

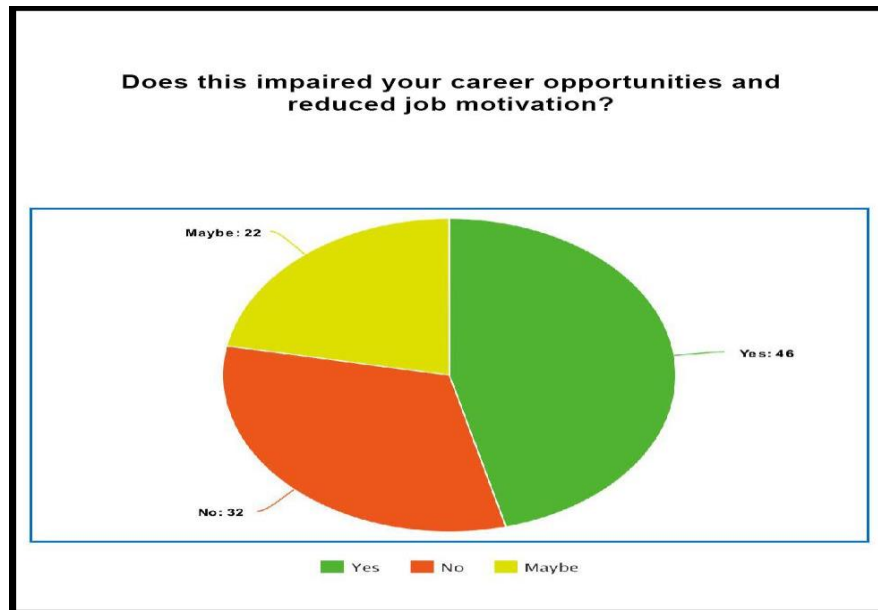


Figure 6: Percentage of opinion on Impact on Career Opportunity

#### 4.1.5: Impact on Education Proses

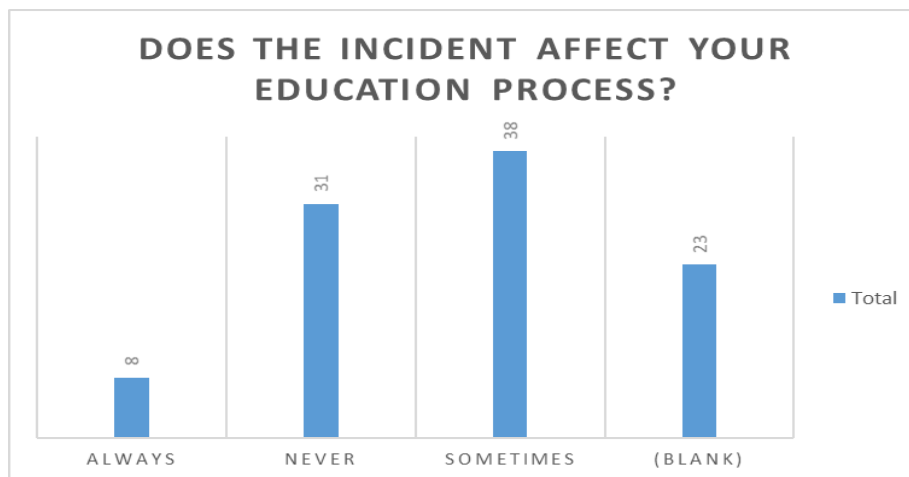


Figure 7: Impact on Education Process

In the above bar chart we can see that, among the participants 8% think that Sexual harassment always affects education process, 31% do not think about that, 38% think sometimes It's affected education process and 23% do not give their opinion on this regard.



#### 4.1.6: Leads to Deep Depression, Anxiety, or Post-Traumatic Stress Disorder

In this pie chart we can see that among the participants 40% claim that It's leads them to deep depression, anxiety, or post-traumatic stress disorder, 19% claim that It's do not Lead them in to that, and 19% thought may be this can be a reason of that and 24% don not answer this.

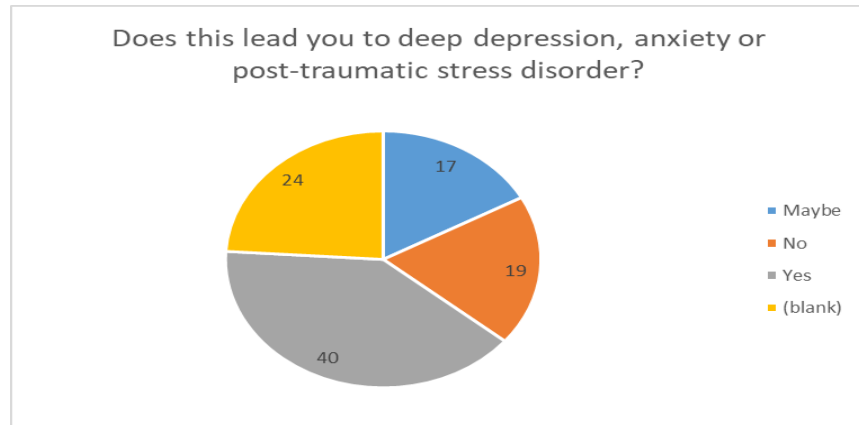


Figure 8: Percentage of opinion on Leads to Deep Depression, Anxiety, or Post-Traumatic Stress Disorder

#### 4.1.7: Impact on making new relations

In the pie chart 52% among the participants thought that It's create complications to make relationship with man in future life, 30% do not think that and 18% think that maybe It can be a reason.

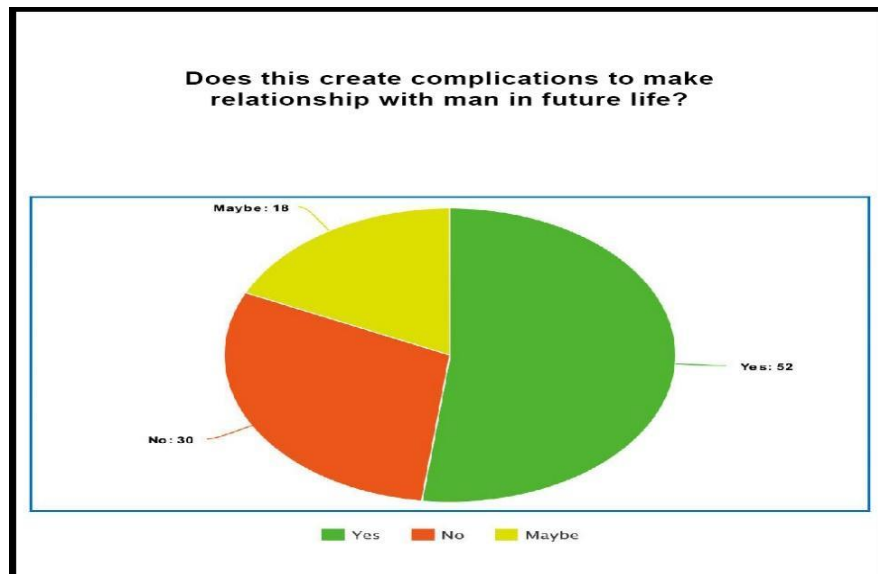


Figure 9: Percentage of opinion on impact of making new relations

### 4.1.8: Lead towards suicidal attempts or self-harm

In the above bar chart we can see that 10% among the participants think that It's leads to do self-harm or suicidal attempts, 68% do not think that sexual harassment can lead to that and 22% among them think that may be sexual harassment lead to do self-harm or suicidal attempts.

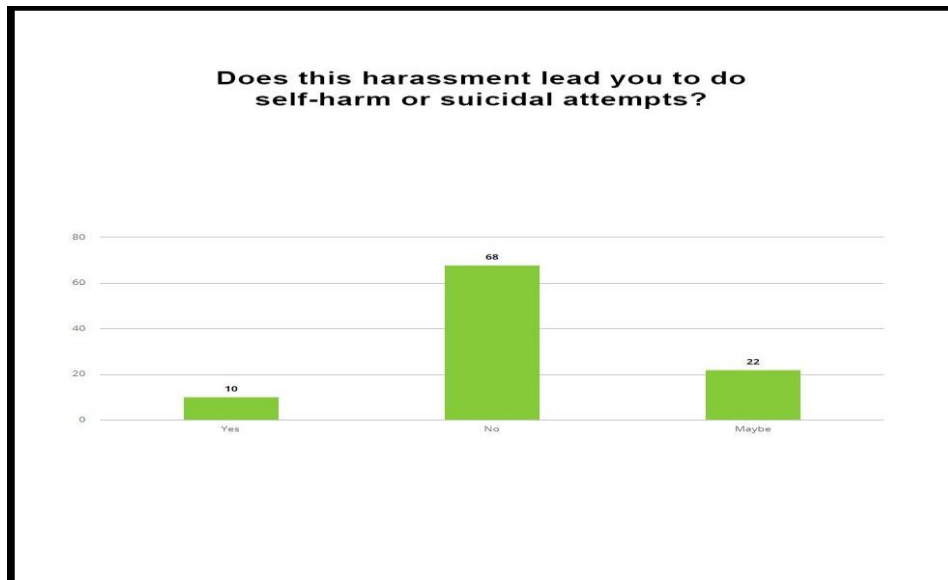


Figure 10: Percentage of opinion on suicidal tendency

### 4.1.9: Identity Crisis

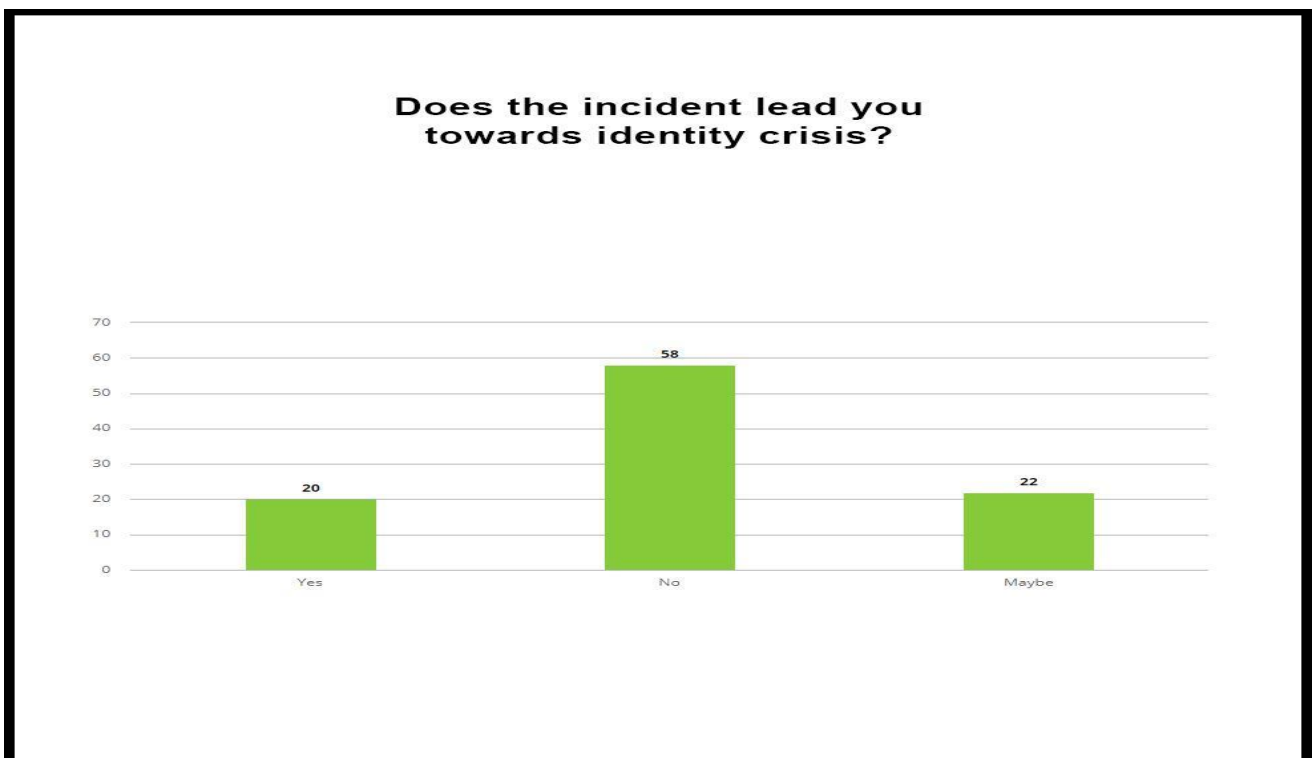


Figure 11: Percentage of opinion on does the incident lead you towards Identity Crisis

In the above bar chart we can see that 22% among the participants thought that sexual harassment leads to identity crisis, 58% claim that no, sexual harassment cannot lead identity crisis and 22% think that maybe It's lead towards identity crisis.

## **4.2: Case Study based Analysis**

### **4.2.1: Case Study-1**

That time I used to live in my sister house in Dhaka because of my study. My sister was in the hospital because she had a new baby, and that night I was coming home to take rest and go to the hospital again the next day. That night my brother in-law came home and insisted on me and threatened that if I told anyone he would not pay me for university admission and he will tell everyone bad things about me. Then at one stage of insisting on me, I slapped my brother-in-law and left the house and went to the hospital. After that incident I told my mother and sister everything that happened in night. But my mother and sister forbade me to tell anyone and then they arranged another place for me.

### **4.2.2: Case Study-2**

I don't remember exactly how old I was at that time (may be 6-7years old) . But I clearly remember the incident. It was raining a lot on that day I went to visit my grandfather's house. Just as I was about to get in the car, I remembered that I had left my favorite hair clip at home. There is no one in the whole house, everyone is out of the house to say goodbye to us. But I

will not return without the clip, so my cousin (9 years older than me) comes inside the house with me to take the clip. I was not old enough to understand the accident that happened to me. But that moment made a bad impression on me. With age, the accident of that day became clear to me. I stopped going to my grandfather's house, every person in that house felt unbearable. From then on, I don't know why a terrible fear was born in me more than hatred towards men. I could not forget that dark chapter even for a day of these 15-16 years.

### **4.2.3: Case Study-3**

I was waiting for the bus at the end of class like every day. Suddenly I noticed a man looking at me. I didn't look at him once. I was just waiting for the bus. Suddenly I saw the man come from behind and pressed my chest and left. The incident happened before I understood anything. I was not in the sense of what happened!! And then the man was looking at me and smiling in such a way that I was very scared to see that smile. Getting on the bus, my screaming Diep wanted to cry. Ever since that incident, I have often woken up in my sleep and almost dreamed that someone was touching me. I went into a lot of depression.

### **4.2.4: Case Study-4**

My father has been out since before I was born. My mother and I have a family of two. Suddenly one day one of my uncles comes to visit us. Then I am in the fifth grade. One day while I was studying, my mother went to visit the house next door. Suddenly a lot of storms started and the electricity went off. Just then in the middle of the darkness uncle came and grabbed me and put his hand inside my shirt. I was very scared and ran to the next room and closed the door. That day I was very scared. But since I grew up, that fear turned into hatred. I feel very impure. Every night I remember this incident and I cry.

### **4.2.5: Case Study-5**

At that time, I was in 4th class. After end of my class, I used to meet the guard uncle almost every day. Within a few days, we became very good friends. He was not like other guard uncles. He talked to everyone very well. Everybody liked him also. I used to talk for a long time every day after school with him. He was the only one on duty that day. Even my friends were not with me that day. I was talking alone with him. As he spoke, he suddenly hugged me and touched his private part by my hand. I got very scared. Then I did not go to school for another week. I still could not tell anyone what happened to me. I can't sleep at night yet. I can never let my child go anywhere alone. Because I can't trust anyone anymore.

### **4.3: Analysis of Key Informant Interviews**

One of the objectives of the study is how it's lead them to deep depression, anxiety, post-traumatic stress disorder. And according to the psychologists, when a girl is sexually harassed in her teen age or even adult age that incident led to them in to PTSD. They might have nightmare, lack of sleep, flashback of the incident which lead them to high anxiety and deep depression. Generally, in teen age or even in early childhood girls cannot even identify what is actually happened to them. Gradually when they grow up and have the sense of sexual harassment that time, they can able to identify that moment and this affect them most. Even they thought them self as impure.

Another objective of the study is how mistrust develop among the sexually harassed girls. Experts claim that, sexually harassed girls cannot trust anybody of the society. They always live in a trauma and that affect their self-esteem also. They always try to be alone which create mistrust among them.

Experts also claim that sexually harassed girls most of the time cannot share their feelings with others, they always become irritated. So emotional imbalance is also shown in them.

They cannot give proper reaction or can be right reaction. So, anger, fear, Emotional distress can be shown in them, which is also a specific objective of the study.

Sexually harassed girls always live in an insecurity and they try to avoid social gathering. As mistrust, fear grow in them, they try to be in a cocoon. According to the experts this practice builds social phobia in them.

According to the expert's opinion self-blaming tendency is also shown in sexually harassed girls. They consider them as a guilty. Negative tendency of thought is also grown in them. Those trigger suicidal tendency among the girls. As sexually harassed girls cannot trust anybody of the society, they always live in a fear. This fear affects them in choosing partner or create male friends in the society.

Sometimes sexually harassed girls become more self-defensive in the society. Sometimes they lost their faith in God. Identity crisis, Impaired career opportunity is also affected them most.

## **Chapter Five**

### **Conclusion**

## **5.1: Conclusion**

According to the findings of this paper we can see that among 100 of the participants 67% of them are facing sexual harassment in their life at least once in their life. That rate is really alarming for the society specifically on the perspective of Bangladesh. We can also see that how sexual harassment keep impact on girls in their psychosocial development. According to the psychologist social phobia, cannot trust anybody of the society, fear of making male friends or partner, post-traumatic stress disorder, suicidal tendency, complex personality grows in girls because of sexual harassment, which affect the process of psychosocial development. In this paper we can also find that, 52% among the participants state that sexual harassment creates complications to make relationship with man in future life, 46% reduced job motivation and impaired career opportunities, 20% feel identity crisis because of this. So, this paper can show us how sexual harassment keep impact on psychosocial development of girls.

## **5.2: Recommendation**

Sexual harassment is a common practice in all over the world. In the male dominant society like Bangladesh girls are facing this problem most. To solve this kind of social problem first we have to create a society where gender discrimination can not be seen, where boys are taught from the family that they should give the girls proper respect and should not treat them like a product. Girls should have believed that they should not blame them self for sexual harassment and they should share their problem with others so that they can get enough support to overcome their mental stress. Every parent should ask their children if she has ever faced any kind of this problem or not and they should have created a friendly environment in family so that their Children can share anything with them which will help the children to get support and can overcome all the obstacles.



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