RESEARCH METHODOLOGY

Research Methodology is the study of methods by which the knowledge is gained. It deals with the cognitive processes imposed on research by the problems arising from the nature of its subject matters. These methods are the ways of obtaining information useful for assessing explanations, comprising of the procedures used for generating, collecting and evaluating data. The following are the process in which decisions are taken in sequence:

Formulation of the Problem:

Prostitution today has become a highly complex phenomenon. Though it is not illegal in India to a certain extent (it is not illegal if the earnings from prostitution are utilized only by the prostitute), the practice is not a socially accepted. In the majority of the cases, a third person will be benefit from the earnings of prostituted women in India; most of its practice which often takes place under the radar of detection. The negative impacts of prostitution are far reaching and involve a gross violation of human rights as well as great human suffering. The effects of exploitation, the physical and mental harm, are inter-generational. Yet, despite such atrocities, prostitution is very difficult to eradicate as the masked society protects the system, keeping its practices in the dark in order to further their own personal gain.

Though not impossible, it is rather difficult to specifically quantify the scope and magnitude of prostitution because of its illegal character and social unacceptability. Apart from this, the mechanisms, routes and destinations of prostitution also change rapidly based on economic conditions and the risks involved. Because of this complexity and the need to respond, to overcome legal, economic and social conditions, the characteristics, causes and consequences of prostitution vary greatly from region to region, country to country. Under such conditions, any analysis of policies, programs or interventions in this sector raises numerous moral and cultural responses from different stakeholders, which led to significant differences in ideological approaches to address the issue of prostitution.
Eradication of prostitution required well-established strategies that address many interlinked causes and effects. Underlying causes of vulnerability need to be addressed in order to achieve the desired results. However, a large part of human civilization, as it enters the 21st century, still believes in finding ways of eradicating commercial sexual exploitation. The efforts are in different segments, but are all inching towards evolving an ideal and workable developmental model for addressing the issue, which is also gaining prominence in international and national levels among NGOs, GOs, and concerned citizens.

The intent of this study is to find out the different programs that the NGOs are adopting for mainstreaming the commercially sexually exploited women in the Southern States of India. The study also intends to know the extent of support/co-operation rendered by the government through its programs and policies and to study various problems/limitations faced by the NGOs in implementing the programs for commercially sexually exploited women.

**Aim of the study:**

NGOs are simple structural bodies, involving persons who volunteer themselves for the services for community welfare, according to their interest areas and commitment. In NGOs, the structure and style of operation are generally such that the leader-member distance is minimal and the democratic participation and decision-making process is rooted to the ground. The practice of discussing issues with a high degree of participation has a definite impact on the decision-making process and interpersonal relationships, which makes it effective and different from the government department structure.

Though working in the field of prostitution, especially to mainstream its victims, is quite challenging and life threatening, there are of few NGOs that have been implementing their methods of mainstreaming commercially sexually exploited women for a few decades by adopting various programs according to their regional culture. In the NGO sector, there are two views that are being acted upon: one is to support the legalization of prostitution and the other is for the eradication of prostitution. According to activists,
both are for the welfare of commercially sexually exploited women, and reduce violence against them, but when we look into prostitution at the global level, where it has been legalized, it is commonly understood that the legalisation of prostitution will not contribute to the welfare of commercially sexually exploited women. Instead, the rate of illegal activities and the crime against them increases and commercially sexually exploited women withdraw into the underground society and are not accessible to social workers or any other public authorities.

Keeping this perspective in view where Indian conditions are concerned, it can be noted that not only the legal aspects work against prostitution, but also the cultural aspects strongly opposes the practice. In this light, the present study aims to examine various intervention programs that NGOs, which do not advocate legalization, have adopted for the mainstreaming of commercially sexually exploited women into society in Southern States, the effectiveness of such programs, and the related government policies of different states of South India.

Though the concerned government has introduced a good number of programs and also supported the enactment of various legislation and parallel efforts like framing of the National Human Rights Commission (NHRC), National Commission for Women (NCW) etc, the NGOs are facing a lot of practical problems. Such problems may be social hurdles, political pressures, loopholes in legal provisions, lack of knowledge or interest on the part of those responsible for implementing legislation, cultural factors which influence the community not participate in such programmes, or financial problems with the NGOs in implementing the program. This study will look into the problems/limitations faced by NGOs in implementing the programs, as well as the various policies, programs and the parallel efforts put in by the government to eradicate or discourage commercial sexual exploitation.

**Significance of the study:**

Sexual exploitation, in the current situation in India, does not affect only the minds of the victims, but also causes them to feel less dignified in life. This condition often causes victims of commercial sexual exploitation to completely withdraw themselves from all
social activities, even though some of them are actually able to remain active. Youngsters are influenced to behave more liberally when institutions like marriage and family get damaged. It also contributes in many ways to a sick society where the sickness may be physical, mental, social, or cultural.

Though a few organizations are working for the upliftment of commercially sexually exploited women, not enough attention has been given to the issue. There may be a couple of reasons for this. Perhaps the NGOs who have started intervention programs in this field have not been very effective in the successful mainstreaming commercially sexually exploited women or there may not be enough NGOs working in this sector to meet the societal needs.

According to surveys conducted by many organizations at the national, international and regional levels, it is found that there is a good chance to improve the standard of living of commercially sexually exploited women through better intervention techniques implemented in various angles. However, the real issue that is hampering the mainstreaming process is a lack of awareness among the public regarding prostitution, its causative factors, consequences, and the way of prevention. Therefore, presenting the real conditions of prostitution before the public/society will create a wave of change in their attitude towards commercially sexually exploited women, which contributes to the welfare of prostitutes. Education on the issue leads to a change in the attitudes, perceptions, beliefs, and behaviors of the public and as a result, the mainstreaming efforts become a positive process. This preparation of the community to welcome the concept of mainstreaming strongly influences successful mainstreaming.

To study the effectiveness of the NGOs, entire intervention efforts through their activities would not give a holistic approach to the role of NGOs in mainstreaming commercially sexually exploited women. Thus, it was decided to cover the mainstreamed commercially sexually exploited women and to elicit their opinions regarding the quality of intervention. It is hoped that NGOs’ activities, government support of NGOs, programs, policies, and the consideration of the views of mainstreamed commercially sexually exploited women will give a holistic approach to the role of NGOs in mainstreaming commercially sexually exploited women.
**Scope of the study:**

Many of the developing countries have agreed upon the fact that human welfare is the ultimate goal of development and have drawn up plans of action accordingly. These plans are generally grandiose and partial towards establishing cost-intensive infrastructure and expensive treatments and as a result, they reach relatively fewer people. A related larger issue in the above respect is that whether the government alone is capable of implementing all the necessary programs vis-à-vis women welfare since it is already overburdened with increasing responsibilities of both developmental and regulative functions. More over, the relative increase in overhead costs has become a hurdle for the effective implementation of the programs. Because of institutional and financial constraints, both central and state governments find it difficult to meet the growing demands of the public and they are unable to deliver the goods and services requested. It is in this context that the need for the participation of the voluntary organizations arises. The NGOs today are looked upon as the Fourth estate and are playing a useful and supportive role to the government.

Several hundreds of organizations, especially in the developing countries, have already begun to respond along these lines. Since most of these organizations happen to be small, flexible, and are located even in remote areas, they are more inclined to provide more meaningful services than government organizations. Since growth is a fundamental tool in eradicating poverty, involving NGOs is essential to achieving the targeted results. The present study aims to inquire into aspects that affect the effective mainstreaming of women in prostitution, especially with regard to non-governmental organizations in the southern states of India, namely Karnataka, Andhra Pradesh, Tamil Nadu, Kerala and Pondicherry. In NGOs, the structure and style of operations are generally such that the leader-member distance is minimal and the democratic, participate decision-making process is rooted to the ground. The practice of discussing issues with a high degree of participation has a definite impact on the decision-making process and interpersonal relationships, which is different from the departmental structure. Though there has been an increase in the past 5 years in various programs with plans for uplifting, it is surprising to note that these plans have not been implemented properly to reach the needy people.
In recent years, contributions from NGOs throughout the world have also been quite substantial, but how far these facilities reach the beneficiaries? Keeping this perspective in view, the study has the prime objective of studying the policies and programs of NGOs for the mainstreaming of commercially sexually exploited women in India.

Commercial sexual exploitation has existed in society from the beginning of time. During those days, it was not received as exploitation, but was accepted very well because of the secondary status given to the women. The situation is completely different today. Concern for human rights is high and women are gradually becoming empowered. In such a situation, the study intends to look at the intervention program for mainstreaming the commercially sexually exploited women.

The present study deals with the programs of NGOs towards bringing the commercially sexually exploited women into the mainstream society, the effectiveness, limitations/problems faced during the implementation of the programs, and the related government policies of different states of South India. It covers the management of NGOs, survivors of commercial sexual exploitation, and policies of concerned state governments in the light of existing laws. To understand the different programmes, the study covers the top management personnel in an effort to give the study a complete picture of the perception of management towards the issue of mainstreaming of commercially sexually exploited women. This, in turn, helps to understand the various programs for mainstreaming adopted by the NGOs, the different activities under each program, the limitations they are facing in implementation, and the various strategies they have adopted to manage the limitations.

By eliciting the opinion of rehabilitated victims of commercial sex on the quality of life, they are leading which help to assess the effectiveness of the programmes adopted by the organizations. Here, the effectiveness of the program can be assessed by the quality of life led by commercially sexually exploited women after undergoing the NGO’s mainstreaming process.

Regarding the intervention of the government, the study considered the public authority, which deals with the field both directly or indirectly. Here the scope is to cover the
government policies, programs and other statutory bodies framed for the same and to understand the perception of the government authorities towards quality of intervention.

**Objectives of the study:**

1. To study the Government (State/Central) policies and programmes related to the welfare of commercially sexually exploited women.
2. To understand the different programmes of NGOs to mainstream commercially sexually exploited women in the light of preventive, rehabilitative and developmental aspects.
3. To understand the problems faced by the NGOs in the implementation of the programmes.
4. To find out the effectiveness of the programmes of NGOs.
5. To know the adequacy of social legislation related to mainstreaming of commercially sexually exploited women.
6. To suggest suitable models from Social Work point of view, where in all NGOs can implement it effectively in the light of preventive, rehabilitative and developmental aspects.

**Hypotheses:**

The following hypotheses are proposed for the study:

1. NGOs successfully implement various programs in mainstreaming commercially sexually exploited women.
2. There will be differences in programmes implemented by different NGOs in mainstreaming commercially sexually exploited women.
3. There is a significant association between the efforts and results of different programmes implementing by the NGOs.
4. There are many social factors that affect the successful implementation of the programmes of NGOs.
5. There is significant improvement in the quality of life of mainstreamed commercially sexually exploited women.
Research design:

Research design is an arrangement of conditions for collection and an analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedure. Properly framed research designs facilitate the smooth sailing of the operation.

The present study has adopted the Descriptive and Diagnostic research design. The descriptive study concerned with describing the characteristic of the subject with specific prediction and narration of fact. Diagnostic study determines the frequency of some occurrence. The present study is concerned with understanding the role of NGOs in mainstreaming commercially sexually exploited women through describing the various activities they have adopted under the light of rehabilitation, prevention, and development. Its focus is to narrate facts that are effecting the successful mainstreaming of the victims of commercial sexual exploitation. These facts may be social, economical, political or legal in nature. The study also looks into the adequacy of the legislation related to the mainstreaming of the victims of commercial sexual exploitation in the present Indian situation.

Sampling:

In the process of research, the stage sampling involves the procedure of using of small number of items or using parts of the population to make a conclusion about the whole population. In otherwords, a sample is a subset of a large population. In the present study, since a small number of organizations have been working for the issue of mainstreaming commercially sexually exploited women in South India, all the organisations have been considered for the study.

There are 32 organizations considered for the study, which are working for mainstreaming the victims of commercial sexual exploitation in South India. Out of them, few are directly working for mainstreaming and few are in the supportive role. Take, for example, the NGOs working only for rescue and prevention; thought they do not contribute directly to the mainstreaming of the survivors of commercial sexual
exploitation, the role played by the NGOs in counselling prostituted women to get out of prostitution was considered.

**Sample Size:**

Though the sample size considered in the study is big, the researcher finds it essential, as understanding/knowing the effectiveness of the program of NGOs are not easy and they do not have uniform guidelines for measuring the techniques of their programs. The researcher also felt it necessary in order to give protection against biases or to reduce biases and maximize reliability. Thus, a good number of samples have also been considered with rehabilitated victims and government representatives from concerned authority.

Total distribution of sample is as follows:

<table>
<thead>
<tr>
<th></th>
<th>Karnataka</th>
<th>Andhra Pradesh</th>
<th>Kerala</th>
<th>Tamil Nadu</th>
<th>Pondicherry</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of NGOs</td>
<td>08</td>
<td>12</td>
<td>05</td>
<td>06</td>
<td>01</td>
<td>32</td>
</tr>
<tr>
<td>Management Personnel</td>
<td>16</td>
<td>24</td>
<td>10</td>
<td>12</td>
<td>2</td>
<td>64</td>
</tr>
<tr>
<td>Rehabilitated commercially sexually exploited women</td>
<td>80</td>
<td>120</td>
<td>50</td>
<td>60</td>
<td>10</td>
<td>320</td>
</tr>
<tr>
<td>Government Personnel</td>
<td>01</td>
<td>01</td>
<td>01</td>
<td>01</td>
<td>01</td>
<td>05</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>389</strong></td>
</tr>
</tbody>
</table>

**Collection of Data:**

In the present study, which possesses both primary and secondary data, the researcher has adopted the interview and observation methods which is original in character, collected for the purpose of conducting the present study and constituted as primary data for the study. The secondary data is that which has already been collected for some purpose other than the present study. Reference of lot of other investigations, conducted by various NGOs, Government authorities helped to collect the data, which stood as secondary data.
Fieldwork is not an easy task. The present study covers a wide range of geographical area, which was time consuming and demanded a lot of physical energy. The fieldwork was carried out in various phases, as follows: The first field visit was made to Andhra Pradesh, and then to Karnataka. In the next phase, the visit was made to Pondicherry and Tamil Nadu. The last visit was to Kerala.

The data collection was carried out in following phases in each state:

**Phase – I:** The Interview schedule prepared by the researcher for respondents of NGOs. A pilot study was conducted by the researcher where an interview schedule was found to be too lengthy with 100 and more statements. Though this was time consuming, the majority of these respondents felt that there is need for retaining a majority of them. Therefore, though not all, most of the statements were retained for the further implementation.

The authorities were impressed with the purpose of the study and ensured their complete cooperation and support for the study. Since the schedule was quite exhaustive, the researcher would send the schedule through e-mail to the concerned authorities and interviewed them personally upon a fixed date. The interviews with management personnel were conducted during their leisure time. Usually the management personnel would answer with assistance from staff of the organization. The management respondent introduced the researcher to the concerned staff members of the organizations, who were able to give information about the organization, especially statistical figures. During the fieldwork, the researcher spent a lot of time in discussion with senior NGO personnel, who have rich knowledge of the field and each time, she felt there were more questions to be answered and more which needed clarification.

**Phase – II:** The representatives of NGOs were helpful in collecting information from various sources, especially in interviewing the mainstreamed survivors. It was not an easy task to reach the mainstreamed survivors in the actual field and proved to be a time consuming activity. Looking into the scheduled requirements, the management personnel of the NGOs would coordinate dates so that the researcher could conduct interviews with the mainstreamed survivors. If the women were living nearby the organization, direct
visits were possible. In a few cases, though the mainstreamed women lived far from the NGOs, the NGO staff was kind enough to take the researcher to their residence in the name of follow up visit. In that way, the researcher was fortunate enough to meet highly successful cases.

In the process of collecting the data, the researcher established a rapport with the rehabilitated commercially sexually exploited women, which helped in collecting the required and relevant data. When conducting the interview with the mainstreamed survivors, permission from the concerned authorities of the management and the informed consent from the mainstreamed survivors, were obtained and the interview was conducted in a free and congenial atmosphere.

The investigator explained the purpose of the study to avail the informed consent and the respondents i.e., the mainstreamed survivors in the community were requested to respond to the scale meant for quality of life. Interview is the technique adopted for the same. Interviewing is the process of interaction between the interviewer and the respondent where the interviewer meets and poses questions to the respondent. In other words, it is a direct method in which the respondent is very much aware of the presence of the interviewer, her intention for the activity, etc. This interview method has certain advantages such as:

1. The purpose of the question can be better communicated and whenever necessary, clarification can be sought.
2. Since the majority of the mainstreamed survivors of commercial sexual exploitation are illiterate, interviews are helpful in presenting the questions to them and making them understand and answer the questions.
3. It helps to have proper insight of the respondent. Most often cross-questioning is adopted because the researcher felt it challenging to elicit some information directly.
4. This method also facilitated the mutual exchange of ideas and experiences of the researcher and the respondents in which the researcher could probe their past effectively.

In states other than Karnataka, the help of translators was used by the researcher to fill the interview schedules.
Phase – III: In collecting data from the government officials, indirect interviews and unorganized or unstructured interviews were found more appropriate and adopted the same method for obtaining insight into experience in the field using the interview guide. Here, the respondents’ underlying motivation in the field, unacknowledged attention, personal views, expectations, and dynamics in practical implementation were noticed. Though the interview had a predetermined list of questions, which acted as a guide to the research, the researcher allowed the government officials to talk freely. Interviewees were encouraged to relate their concrete experiences with the past experiences with little direction, to dwell on the significant information, provide their own statements for the current situation, report their own foci of attention, and reveal their attitudes and opinions. Therefore, the natural and spontaneous responses to the investigation reveal the nature of the respondent, the intensity of his/her attitude, and his/her beliefs towards the field, etc.

Phase – IV: The duly filled in interview schedules were then arranged and the investigator entered the details into the data editor (form of codebook) of SPSS 17.0 software version.

Phase – V: The data entered was then tabulated and analysed as shown in Chapter – IV.

Tools of the study:

Primary sources for Data Collection: To collect the primary data, the following tools have been adopted in the study:

- The researcher used an interview schedule to elicit information from the management personnel of the NGOs.
- An Interview Guide to elicit the opinion of government officials in each states with regard to NGOs’ involvement in the field
- Quality of life scale to assess the quality of life adopted by the mainstreamed survivors which reflects on the quality of intervention by the NGOs
- A general proforma to gather general information about NGOs’
Secondary sources Data Collection: Secondary data on the problems of the commercially sexually exploited women, their present conditions are collected from –

- NGOs working for the issue of mainstreaming and for health care of commercially sexually exploited women
- the various studies undertaken by National and International bodies
- the Government Authorities

Sources to collect information about the NGOs working for the issue are obtained from

- the NGOs and their network in different sates
- ‘ARMOUR’, a directory of NGOs working for the issue of human trafficking for prostitution framed by an NGO based at Mumbai.
- the government authorities of the concerned department

Another tool adopted in the study is observation. Observation may be defined as a keen and systematic viewing of things with a purpose. It consists of collecting the facts, which are in the direct knowledge area of the investigators and it deals with the external behavior of the person in appropriate situations. This tool acted as a good source of data collection as the very field of study is the act behind the screen in the Indian situation. Though the data is collected through the support of a prepared schedule, the observation helped to assess the quality of intervention.

Thus, by administering research schedules and by conducting informal interviews, the data were collected from the respondents.

**Analysis of data:**

Analysis of data stands for studying the tabulated materials in order to determine inherent facts. It acts as the base for interpretation by simplifying the complex factors. It is one of the most important aspects of research and is a highly skilled and technical job. For the best results, it is expected to be carried out by the researcher himself.
The present study has adopted certain methods for analyzing the collected data, they are as follows:

1. **Qualitative analysis (case studies):**

Case study method is an important tool of social investigation. It is a careful and comprehensive observation of a social unit. This is supposed to be a popular method of collecting information about the personal life of an individual or a group of persons. It is a qualitative tool of analysis, which does not merely collect the information concerning all aspects of the life of the individual, but also depends on perception and gives a clear insight into the life of the case. It helps the researcher to identify the different factors that act and react upon each other which could have resulted in the existing problems and reasons for change in the behaviors of the unit concerned.

The present study considers five case studies of mainstreamed survivors of commercial sexual exploitation. Each of the five case studies represents the tools adopted for the study. It has been taken into consideration while selecting the case studies that they should represent all the different types of victimization and different forms of rehabilitation and mainstreaming. In the first case study, the woman has been traced into the racket in lure of a job and has been mainstreamed through establishing her own business. The second case study is about a woman who was trapped in prostitution by the influence of her husband and rehabilitated and mainstreamed through getting a job. The third case represents a woman who was trapped into prostitution by her boyfriend and was mainstreamed through marriage. The fourth case is about a tribal lady who got into prostitution because of poverty and was mainstreamed through reintegration with the family. The fifth case study is about a girl who was victimized through the lure of job opportunities in the film industry and was rehabilitated and, in the process of mainstreaming by continuing her education, was re-trafficked by the traffickers. This case study was chosen to represent the unsuccessful attempt of the NGOs. The main intention behind choosing this particular case study is to express that all efforts of NGOs are not successful, but the efforts are honest.
It is hoped that all these case studies will give a complete representation of the field of sexual exploitation, the conditions of the exploited women, the efforts put in by the NGOs to mainstream the victims and the consequences, which are both success and failure.

The below said information describes the other **statistical techniques** adopted in the study for analyzing the data:

1. The data collected through focused interviews was subjected to content analysis to generate results. The data collected from the focused interviews were scored and subjected to both descriptive and inferential statistics. The Descriptive procedure helped in displaying univariate summary statistics for several variables in a single table and calculates standardized values.

2. For Quantitative techniques, non-parametric tests like Contingency Co-efficient tests is adopted. The Crosstabs procedure of contingency table analysis forms two-way and multi-way tables and provides a variety of tests and measures of association for two-way or multi-ways tables. These structure of the tables helped in determining what test or measure to use.

3. The One-Way ANOVA procedure produces a one-way analysis of variance for a quantitative dependent variable by a single factor (independent) variable. Analysis of variance is used to test the hypothesis that several means are equal. This technique is an extension of the two-sample ‘t’ test. In the present study, this technique is used in analyzing the results of quality of life scale, which represents the quality intervention of NGOs.

All the statistical methods were carried out through the SPSS for Windows (version 17.0)