METHODOLOGY

The investigation is designed to find the problems common to Mizo women as perceived by them. The problems are studied from the women's point of view.

Tools: Problem check-list was constructed by the investigator and administered to the Mizo women of Mizoram, the sample consists about 200 (two hundred) Mizo women from the three districts of Mizoram. The problem check-list cover different areas like religious problems, social, political, economical and educational problems.

Collection of Data: The investigator personally visited the sample selected women of Mizoram to administer the scales.

The main sources of data are the reports, documents, books, theses, periodicals, questionnaires, and interviews.

Terms Defined: For the purpose of the present study, the following definitions have been accepted:

a) Lushai Hills and Mizoram: These two terms are one and the same which refer to the present abode of the Mizons.

b) Lushai and Mizo: The terms 'Lushai (Lusei) and Mizo' in the present investigations are synonym. They refer to the same people, the
natives of Mizoram. Strictly speaking, however, Lusei is a chief clan of the Mizo Tribes.

c) Aijal and Aizawl: These two terms are one and the same in different spelling. It is the name of the Capital of Mizoram.

d) Lungleh and Lunglei: These are also one and the same, the name of the headquarters town of Lunglei District of Mizoram.