LIMITATIONS, SUGGESTIONS AND IMPLICATIONS

Perfection is not possible at every array. Some limitations are bound to remain in research work as all factors are difficult to be taken into stride by an individual in a stipulated amount of time and limited resources. Moreover, the research topic itself is very intriguing because the psyche of adolescent girls is interwoven with various complex factors that it becomes difficult to control one and study another. However the following limitations if had been considered would have provided a more perspicuous picture of women. These limitations throw a light on problems to be overcome by future researchers.

1. An attempt has been made to examine the extent of psychological damages done due to the sexual abuse that has been experienced by adolescent girls in their childhood. However, there may be several other factors, like the treatment they received after the sexual abuse. How their parents and other family members reacted after they came to know the incident? Whether the person responsible for the sexual abuse is punished for this act or not. But these factors were not taken into consideration in the present study. Therefore, an attempt may be made in the future study to the effect of these factors on the empowerment of women.

2. The present study aimed at exploring the mental personality, emotional maturity and well-being and the underlying relationship of sexual abuse. But no family members of the women included in the sample were interviewed. If the family members would have been interrogated, it would help in the final analysis of the impact of sexual abuse in the psychological development of adolescent girls but could not be done due to scant time period.

3. In the present study the impact of sexual abuse on the personality, emotional maturity and well-being of girls is studied who were in their adolescent stage. If the impact of sexual abuse on these variables among the adult girls would also been
investigated and compared with adolescent girls a more clear picture with regard to the social-psychological consequences of being sexually abused could be emerged.

4. In the present study demographic variables like socio-economic status, Caste, religious differences, ordinal position etc. may also be incorporated.

5. The research work limits itself to the women residing in Delhi city. For in depth understanding of relationship of different variables a cross sectional data is required.

6. This study is not an end in itself. Whereas it has its heuristic purpose, i.e. it needs to begin from where it ends.

7. An intervention, not only of the adolescent girls who are the victims of sexual abuse, but also of the family is a demand of time because problem lies not only with the sufferer, but with the environment in which the sufferer resides.

IMPLICATIONS:

Within the widening horizons of technology and advancement in every walk of life, human is becoming very complex with every approaching move of time, leaving behind footprints of austerity to diminish in dunes with the hurricanes of time. With the disintegration of traditional modes of life in the wake of our century’s massive urbanization and industrialization we have lost the security people one’s derived from long standing customs, from living up as a large extended family, and from all other experiences these provided.

There appear to be two major sets implications flowing from this research; one primarily researches and professionals who work with the problems faced by adolescents. For both researches and professionals, the study highlights the need to know the factors that hamper the proper psychological development of the adolescent girls in order to assure their balanced personality. Mental health. The other methodological implications in
researching this field have seen a distinction between adolescent girls experiencing sexual abuse and the adolescent girls who are not experiencing sexual abuse, the same level of distinction must be exercised when considering the adolescents’ welfare arrangements and their potential impact on their personality. Findings from this study suggest that sexually abused adolescent girls have low self-concept, faces difficulty in their adjustment, have high anxiety and the severely sexually abused adolescent girls were found to be face personality disintegration, lack of independence, and low on psychological well-being as compared to the women who were not sexually abused. Therefore, it would be have professionals working with the welfare of adolescents, to be aware of this fact.

The study has identified that there are different profiles of personality traits, emotional maturity and well-being for adolescent girls abused sexually in their childhood and adolescent girls who were not abused sexually in their childhood. Adolescent girls who were abused sexually were found to face difficulty in their adjustment, exhibit high anxiety, personality disintegration, lack of independence, and low psychological well-being. The findings thus suggest that sexually abused girls are not at par with girls who were not abused. So sexually abused adolescent girls need more care and support than normal adolescent girls who were sexually abused.

It is the adolescents who are the future of our country if they are filled with psychological problems and other undesirable feelings. It will not be in interest of developing a healthy society. So the adolescents need special care and counselling, as it would help them to overcome the negative consequences that are resulted due to their abuse. The most important question is not whether the two groups of girls are having differences, what particular factors cause these differences. Thus social workers and practitioners in designing interventions for women should kept in mind.

In the field of human psychology the belief that all is possible provided one applies correct methods that depending on the conditions to which an individual is
subjected, he can turned out to be radically different types of person. So adolescent girls particularly those who are sexually abused should be encouraged to participate in activities that foster adjustment, independence, and well-being. The adolescent girls require understanding and social help, so their personality will not bear the scars of psychological wounds. The family members should help the girls to develop their own good time to the fullest into what they wishes to be in line to their natural endowment and as the consequences of their unique life history.
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