BEING A BETTER VERSION OF MYSELF:
An intervention to strengthen self-concept of the daughters of commercially exploited sex workers in Kamathipura, India.

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Background

- A clear perspective of one’s life goals can be drawn only when the individual has a realistic and a healthy self-concept (Kumar, 2015)
- Self-concept- It is the individual’s belief about himself or herself including the person’s attributes and understanding about who and what the self is (Baumeister, 1999)
- According to Erickson (1964) and Harter (1999), during middle school (8-12 years of age) the structure of self-concept begins to change and this is the stage of life when children develop a sense of either industry or inferiority.

The Problem

- Kamathipura is Asia’s largest red light area, which has a floating population of about 5,000 male, female and transgendered sex workers.
- Their daughters grow up in a high-risk environment and struggle between forces like pressure from pimps to enter the trade, poverty, dysfunctional families resulting in a lowered self-concept.

Goal of the Intervention

To help the girls better understand themselves, accept their reality and shift focus on strengthening the positive aspects of their self.

Target Group

Daughters of commercially exploited sex workers between 8-12 years living in the red light area of Kamathipura, India.

Being a Better Version of Myself

Adapted from The Handbook of Self and Identity (Leary and Tangney, 2012)

Session 1: Understanding self and exploring who you are!
Take away message: I have many facets

Session 2: I am worth it and I can learn new things!
Take away message: I can learn new things and enjoy them

Session 3: I am much more than my body, grade and my neighborhood.
Take away message: I am beautiful!

Session 4: What I have may not be the best but I can make it the best!
Take away message: I am my best motivator

Session 5: Positive Self-Talk
Take away message: I have some control over my thoughts

Session 6: Easy ways to cope with stress
Take away message: I know what to do.

Assessment of the Intervention’s Effectiveness

The Self-Perception Profile for Children by Harter (SPPC) is a self-report magnitude estimation scale that measures five specific domains of self-perception, as well as provides a global measure of self-worth with children age 8 years and older (Harter, 1985).

Future Direction

The intervention will be conducted twice in a year with a gap of six months with new activities. The implementation may face resistance from the pimps and the fathers of the girls.

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