

GENDER, VIOLENCE AND MENTAL HEALTH

Complete MCQ Book For UG Semester–III | Co-Curricular Course | Credit: 04, University of Lucknow

Title: Gender, Violence and Mental Health

Author: Dr Yatindra Kumar Jha

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Gender-based violence continues to be a critical social problem, affecting individuals across cultures, communities, and generations. It is deeply rooted in unequal power relations and social norms that restrict freedom, dignity, and safety—especially for women and marginalized groups. At the same time, mental health has emerged as an essential component of well-being, influencing how individuals think, feel, and respond to life situations. The intersection of gender, violence, and mental health therefore requires focused academic attention.

This book, *Gender, Violence and Mental Health*, has been prepared to help students develop a clear understanding of how gender inequality fuels different forms of violence and how these experiences shape mental health across the life span. The content draws from feminist theories, social perspectives, and psychological insights to highlight the systemic nature of gender violence. It also discusses legal frameworks, social structures, and cultural practices that influence both vulnerability and resilience.

The book includes well-designed Multiple Choice Questions (MCQs) to support examinations, classroom learning, and competitive assessments. These questions cover definitions, theories, laws, social issues, historical perspectives, and the psychological impact of violence. In addition, key thinkers and important books in the field have been incorporated to strengthen conceptual understanding.

Through this work, students are encouraged to think critically, challenge unequal norms, and develop sensitivity toward issues surrounding gender justice and mental well-being. It is hoped that this book becomes a useful academic resource for learners and educators alike.

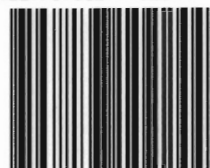


The author of this book is an educator and researcher with a strong academic interest in Gender Studies, Sociology, and Mental Health. With experience in teaching and academic writing, the author has worked extensively to simplify complex social concepts for students at undergraduate and postgraduate levels.

Passionate about issues related to gender justice, equality, and psychological well-being, the author focuses on creating learning materials that encourage critical thinking and social awareness. This book, *Gender, Violence and Mental Health*, reflects the author's commitment to supporting students with accessible, reliable, and well-structured academic content.

The author hopes that this work will inspire learners to develop sensitivity toward gender-based issues and contribute positively to building a more inclusive and just society.

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