

Examining The Level Of Hope Among The Survivors Of Human Trafficking In Chennai.

J. Damen Queen

Ph.D Research Scholar, (PT)
Department of Social Work
Bishop Heber College (Autonomous)
Email: damenqueen.j@gmail.com
[Ph: 9840580971](tel:9840580971)

Dr. A. Umesh Samuel,

Dean (Research) & Associate Professor in Social Work,
Tiruchirapalli- 620017.
Email: umeshsamuel@gmail.com

Abstract: Human trafficking is an unjust and awful act against humanity and it's a global concern. Human trafficking is the fastest-growing illegal business in terms of organized crime and the third-largest income revenue after drugs and weapons trafficking. Despite apparent similarities in the pattern of exploitation, an experience of abuse, inequality, and vulnerability among the survivors, their subjective potential for distress is highly diverse (Deborah L. Harrison, 2006). Survivors of sex trafficking experience all forms of human rights violation from abuse, torture, rape, threat, etc. while the situation is full of negativity paired with traumatic experience, there are a lot of studies done to understand the psychological distress among the survivors, yet there exists a paucity of literature in the field of positive psychology. As the population is highly vulnerable to many psychological issues, it is more imperative to explore the positive factors like hope rather than just focusing on psychopathology. Hence the present study aims to examine Hope as a positive factor among the survivors of human trafficking.

Key Words: Trafficking, survivors, Hope, Human trafficking.

Introduction:

Human trafficking is an unjust and awful act against humanity and it's a global concern. Human trafficking is the fastest-growing illegal business in terms of organized crime and the third-largest income revenue after drugs and weapons trafficking. It violates the basic human rights for slavery, commercial sexual exploitation, organ transplant, begging, circus, drug, arms, etc. Right from the day, when they are trafficked, they are kept in captive, abused and torched to the core. During the initial days, girls and women are torched, abused and blackmailed to the maximum, to submit to the demands of the perpetrator. Various studies have reported that new girls are subjected to torture to 'break them in'. They are beaten, restricted and starved to break their will and ensure their co-operation in the sex trade. It is one of the worst forms of human rights violations. Psychological abuse, threats, and violence are an integral part of the trafficking process. Victims of sex trafficking endangered to all kind of abuse, their traumatic experience results in huge psychological damage and are vulnerable to various forms of exploitation.

Despite the widening recognition of trafficking among women, their exploitation and cruelty attached to this criminal activity, there is limited data available on the survivors of human trafficking. It's a well-known fact the trafficked women in the vigilance home, are under constant stress as they know very little about the status and progress of their cases. Some women have the feeling of guilt, shame and they feel sorry for what has happened in their life. Some feel relieved for being rescued and anxious hoping to see their family members. While some, feel very upset and angry for they miss the luxury life, which they don't get in the vigilance home. Certainly all these circumstances de-motivate and affect the psychological wellbeing of the women in the home. Despite apparent similarities in the pattern of exploitation, an experience of abuse, inequality, and vulnerability among the survivors, their subjective potential for distress is highly diverse (Deborah L. Harrison, 2006). As the women survivors are highly vulnerable to many psychological issues. Survivors of sex trafficking experience all forms of human rights violation from abuse, torture, rape, threat, etc. while the situation is full of negativity pained with traumatic experience, there are a lot of studies done to understand the psychological distress among the survivors, yet there exists a paucity of literature in the field of positive psychology. As the population is highly

vulnerable to many psychological issues, it is more imperative to explore the positive psychological states of the survivors rather than just focusing on psychopathology. Exploring positive psychological states like hope, well-being, resilience, optimism, hardiness, sense of coherence and similar related constructs which act as mediating and moderating factors for a psychological need to be studied. In this study, the researcher explores to study the level of hope among the survivors. Hopelessness affects every dimension of life, including commitment to work, role in the family, social participation, personal interactions, etc. Hope is one of the key factors in coping, is future -oriented and considered as multidimensional. Snyder is most closely associated with the research and conceptualization of hope construct and he gave hope theory. Hope theory begins with viewing goals as the central organizing component of human behavior (Snyder, 2002).

Researchers focus on the concept of positive psychology primarily because these women survivors are highly vulnerable to many psychological issues and rather than focusing on negative psychological states, the researcher aims to explore the concept of hope, among the survivors of sex trafficking. Hope is the positive factor that mediates and moderates the stress and can significantly reduce possible emerging psychological issues (Mustafa Nadeem, et al, 2005). Hence the researcher aims to study the level of hope among the survivors in the vigilance home.

According to Snyder, hope is primarily a cognitive construct that comprises of two parts - Agency and pathway. If goals direct people's behavior, to reach them successfully people must have the capacity to generate pathways as well. Generating pathways is not sufficient to attain goals. However, people also need to have confidence in "the perceived capacity to use one's pathways to reach desired goals" (Snyder, 2002).

Goals may be short-term or long-term, but they must be attainable and as they typically contain some degree of uncertainty (Snyder, 1994, Stotland, 1969). To reach their goals, individuals view themselves as being capable of making possible routes to those goals. This process is largely known as pathways. The motivational component in the hope theory is agency and the capability in generating a workable route to achieve agency is pathway (Lapointe, Crowson &Early, 1998). Hope enables an individual to cope with a stressful

situation effectively. As people with high hope are pro-active and focuses on finding solutions to life challenges, this paper aims to study hope as a positive factor among the survivors in the vigilance home.

Aim & Objectives:

The present study aims to examine Hope as a positive factor among the survivors of sex trafficking.

Objectives: The main objectives of the current research were to (i) To study the socio-Demographic profile of the respondents. (ii) To assess the level of hope experienced by the respondents. (iii) Examine relationships among the mentioned variables

Hypotheses:

H1: There will be a significant association between age & Hope.

H2: There will be a significant positive relationship between Hope & family support.

H3: There will be a significant positive relationship between Income & Hope.

Methodology:

Sample: The sample consisted of 104 rescued trafficked women from Government Vigilance Home, Chennai. The Government Vigilance Home is statutory homes meant exclusively for girls/women rescued under the Immoral Trafficking Prevention Act maintained by the governments. In the vigilance home, victims are kept under supervision with limited mobility. (PRAYAS, 2002).

Research Design:

The nature of the research will be descriptive cum diagnostic. It is a descriptive study, as it is used to obtain information concerning the current status of the trafficked young girls and women and it also describes the level of hope. Bickman Rog (1998) suggests that descriptive studies can answer questions such as “what is or what was”. It is also a diagnostic study as the cause and effect of trafficking are studied clearly with the possible implication for actions were also analyzed. The study is concerned with not only “What are the concerns of the survivors” but also “focuses on how it affects the psychological wellbeing of the

survivors and it further focuses on what needs to be done to instill hope among the survivors. Hence the researcher adopts descriptive cum diagnostic

Measures:

- **Socio-demographic Data Sheet:** It was developed by the investigators to obtain information about respondents' age, education, modus operandi, family income etc.
- **Adult Trait Hope Scale (Snyder et al, 1991):** It is a 12 item scale meant to measure the level of hope. The scale is divided into two subscales that comprise Snyder's cognitive model of hope: Agency (i.e., goal-directed energy) and Pathways (i.e., planning to accomplish goals). Of the 12 items, 4 items measure pathways thinking, 4 items measure agency thinking and 4 items are fillers or distractors. Items (3, 5, 7 and 11) are distractors and not used for any scoring. Items (1, 4, 6 & 8) are the pathways subscale score. Items (2, 9, 10 & 12) are the agency subscale score. It's an 8-point Likert scale ranging from definitely false to definitely true. 1 = Definitely false, 8 = Definitely true. The Minimum score is 1 and the maximum score is 64. Higher the score, the higher is the level of hope. Cronbach Alpha for the Hope Scale was found to be 0.86.

Definition of Terms:

1. **Trafficking:** 'Women trafficking' is an act involved in the recruitment and/or transportation of a woman within and across national borders for work or services by means of violence or threat of violence, abuse of authority or dominant position, debt-bondage, deception or other forms of coercion" (The Global Alliance against Trafficking, 2002)
2. **Hope:** Hope is defined as the perceived ability to produce pathways to achieve desired goals and to motivate one to use those pathways. (Snyder's, 1994)

Analysis of data: The protocols were scored and Descriptive statistics were used to measure mean and SD of the sample and the product-moment correlation was used to study relationships among the variables.

Analysis and Discussion:

Table 1 Association between Age and Hope scale

S.No.	Age	Hope scale				Total	Statistical Inference
		Not Hopeful	Hopeful	Moderately Hopeful	High Hope		
1	<21	8 (44.4)	2 (11.1)	2 (11.1)	6 (33.3)	18 (100.0)	$\chi^2=20.625$ df=9 p<0.014 Significant
2	21-25	7 (18.4)	6 (15.8)	21 (55.3)	4 (10.5)	38 (100.0)	
3	26-30	5 (18.5)	5 (18.5)	15 (55.6)	2 (7.4)	27 (100.0)	
4	>30	2 (9.5)	1 (4.8)	13 (61.9)	5 (23.8)	21 (100.0)	
	Total	22 (21.2)	14 (13.5)	51 (49.0)	17 (16.3)	104 (100.0)	

Table 1 shows the association between age and hope. It is inferred that more than one-third of the respondents (36.5 %) belong to the age group 21-25 years, one-fourth of the respondents (26.0 %) belong to 26-30 years, one-fifth of the respondents (20.2 %) belong to greater than 30 years and more than one-sixth of the respondents (17.3 %) belong to less than 21 years. Null Hypothesis for Research Hypothesis 1, there is no significant association between age and hope. Finding from the above chi-square it is revealed that, there is a significant association between age and hope. This indicates that, as the age increases the level of hope also increases. Hence, the Null hypothesis is rejected. The p-value (0.014) indicates that these variables are not independent of each other and that there is a statistically significant association between the age groups. 44.4 percent of the age group less than 21 years has less hope scale when compared to other age groups. Lesser age group has less hope when compared to the older age group. 49 percent of the respondents are moderately hopeful.

Table -2 - ASSOCIATION BETWEEN EDUCATION AND HOPE SCALE

S.NO	Educational	Not Hopeful	Moderately Hopeful	High Hope	Statistical Inference
1	Uneducated	5 (13.9)	26 (72.2)	5 (13.9)	$\chi^2=31.447$ df=10 p<0.01 Significant
2	Primary 1-5	1 (12.5)	7 (87.5)	0 (0.0)	
3	Secondary 5-8	2 (13.3)	10 (66.7)	3 (20.0)	
4	High school 8-10	12 (44.4)	14 (51.9)	1 (3.7)	
5	Higher secondary 10-12 & above	2 (13.3)	8 (43.35)	8 (43.35)	

Table 2 shows the association between Education and hope scale. The p-value (0.01) indicates that these variables are not independent of each other and that there is a statistically significant relationship between the education groups Table 2 explains that one-third of the respondents (34.6 %) belong to the uneducated category, one-seventh of the respondents (14.4 %) belong to secondary and higher secondary, 7.7 percent of the respondents belong to primary and only 2.9 percent of the respondents belong to UG and others. But in various other studies it is discussed that the sense of hope is not related to the educational level since it represents a response to a certain situation or to a stimulant that the individual experienced.³⁷

Table 3 - Z TEST BETWEEN TYPES OF FAMILY WITH SCALES

S.No.	Type of family	$\bar{X}$	S.D	Statistical Inference
1	Joint	49.54	8.039	Z=2.070 P<0.05 Significant
2	Nuclear	44.55	11.747	

From the above table, it is interpreted that there is a significant difference between the individual's type of family and the individual's hope score. There is also a significant difference between the individual's type of family and the individual's anxiety score. There

is no significant difference between an individual's type of family and individual resilience score, individuals type of family and individual psychological well-being score, individuals type of family and individual depression score and individuals type of family and individual stress score.

F TEST BETWEEN MONTHLY MARITAL STATUSES, INCOME OF FAMILY WITH HOPE SCALE

S. No	Monthly income of family	$\bar{X}$		Df	SS	MS	Statistical Inference
1	Rs. 5000 and below	40.11	Between Groups	5	1819.055	363.811	F=3.307 P<0.05 Significant
	Rs. 5001 to Rs. 10000	45.00					
	Rs. 10001 to Rs. 15000	51.10					
	Rs. 15001 to Rs. 20000	50.62	Within Groups	98	10782.781	110.028	
	More than Rs. 20000	43.25					
	Don't know	42.67					
2	Unmarried	39.21	Between Groups	2	1871.579	935.789	F=8.808 P<0.05 Significant
	Married	50.06	Within Groups	101	10730.258	106.240	
	Separated/ Divorced/ Widow	42.85					

Table 4 shows the association between marital status and hope. The p-value (0.002) indicates that these variables are not independent of each other and that there is a statistically significant relationship between the marital status groups. It is inferred from the above table that that nearly half of the respondents (49.0 %) are married, 37.5 percent of the respondents are separated, divorced or widowed and 13.5 percent of the respondents are Unmarried. Null hypothesis to research hypothesis 2: There is no significant relationship

between Hope & family support. From the F-test it was found that there is a significant difference between family supports with regard to the overall emotional maturity. Hence, the null hypothesis is rejected. From the above table, it interprets that there is a significant difference between the individual's marital status and the individual's hope score. The finding also correlates with another cross-sectional study conducted at the First Hospital of China Medical University in Liaoning Province, China. It was found that social support and hope was significantly positive. Hierarchical regression analyses indicated that social support higher the social support higher is the level of hope among the cancer patients (Li, M. Y., Yang, Y. L., Liu, L., & Wang, L, 2016). In regards to marital status in a study conducted among cancer patients in Egypt, it was found out that there were no statistically significant differences between the marital status and the level of hope and its domains or between marital status and social support and its domains (Denewer, Farouk, Mostafa, & Elshamy, K, 2011)..

It is also inferred that the above table that is a significant difference between the individual's monthly income of the family and the individual's hope score. In the level of hope using the Bonferroni test, we can say that monthly income <5000 is significant with 10001-15000 (0.008). In the level of psychological well-being using the Bonferroni test, we can say that 10001-15000 is significant with <5000 (0.000), 5000-10000 (0.004) and 15001-20000 (0.006).

Conclusions & Implications:

1. The current study examined correlations among Hope and the demographic variables of survivors of sex trafficking. Due to many psychological and sociological problems, respondents have a low level of hope and this can be addressed through social casework. If the same issues is pinned among many respondents then group work can be the technique can be implemented.
2. The study revealed significant positive correlations among family support, income, and Hope and hence group work strategies can be applied in strengthening the support system of the respondents. It is a known fact that Social support plays an important role in reducing

the pressure and improving health and acts as a strong pillar of hope. Hence steps to be taken to address family support.

3. The study highlights that the literacy level among the survivors is very low, hence to address the overall spectrum of gender mainstreaming, enforcing compulsory education for girls need is required.

Improvement in the current study and Future Directions:

1. The sample size needs to be increased for generalization in results.
2. Spirituality is an important factor in instilling hope, hence studying spirituality in coherence with hope to be included in future work.

Ethical consideration:

- Ethical issues are concerned to ensure that the interests of participants in research are safeguarded (British Psychological Society, 1996). The researcher valued integrity, respected the autonomy and privacy of the survivors. A concern form was given to the respondents.

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