

## **Self-awareness: An Analysis of Middle Class Educated Indian Women from the Dindigul District in Tamil Nadu**

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**ABSTRACT** The present study examines the level of self-awareness among middle class educated Indian women from the Dindigul District in Tamil Nadu. A cluster of 40 women was selected from the Dindigul District, Tamil Nadu in the age group of 25-45 years. Percentage analysis through graphical illustrations was espoused to illustrate the significant and non-significant differences. Analysis revealed significant differences between housewives and workingwomen for ignorance and fear, self-analysis, and tolerance and adjustment but non-significant for education, self-protection and self-confidence. The score total means percentage was 51.6 percent and standard deviation 6.8 percent for attitude of women for self-awareness. Specifically, the Self-Help Group (SHG) movement of Tamil Nadu has increased the awareness level among educated urban and rural middle class Indian women economically and made them personally confident. This paper focuses on self-awareness through women's self-analysis from various attitudes. Essentially education leads to self-confidence and social empowerment for women.