

## The Social Fabric of Mental Health: Chamar Women's Perspectives on Community Influence

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### Abstract:

The concept of intersectionality posits that the subjugation of different groups is multilayered. This causes a form of double discrimination faced by certain groups. In India, the Dalit women's community is an example of a social group facing multilayered subjugation. They face the compounded effect of casteism and patriarchy, which is further perpetuated by the lower socio-economic class. Due to the increased stress caused by double discrimination faced by the community, they are at a higher risk of mental health implications. Despite being at a higher risk of mental health implications, the community faces the challenge of accessing the correct resources to cope. In this regard, the primary source of coping is social support. This research aims to explore the impact of community dynamics on chamar women and its effects on their mental health. By gaining perspective on this, therapeutic strategies and interventions can be formulated under the presumption of community dynamics. This would help develop more nuanced and focused interventions for the community, helping them cope and manage their stressors.

### Keywords:

Dalit women, community dynamics, mental health, intersectionality.