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Female Self-objectification and Identity in Fiction “Before She Sleeps” by Bina Shah

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Abstract: This novel is about women's objectification and identity through the concept of polyandry. This research highlights these types of problems related to women that are increasing in society day by day. This article aims to illustrate Polyandry and pain in women. They do not have the choice to live their life freely. They are like scapegoats in a patriarchal society. Polyandry is an ancient Greek word that means many men. It is first practiced in India. This article is wrapped with the viewpoints of some writers such as Tiwari, Goldstein, and Peter. This article presents a clear picture of Green City. Though it looks like a prosperous city yet it is proved a hell for women. In this regard, women chose an underground place to live named Panah. They deal with forty clients in order to win bread and butter. Men use different types of techniques to tempt women, such as whisky and champagne, to fulfill their purposes. Women in Panah provide them intimacy in the shame of lullaby, not sex. So, the study explains traumatic realities and also the relationship between agonies and physical distortion concerning the women characters, along with the concept of polyandry, which affects the life of women.

Introduction

This article highlights the drastic impact of the pandemic on women with reference to Bina Shah's novel *Before She Sleeps* (2018). The rapidly increasing virus rates make the life of women more difficult than before. Polyandry is an ancient Greek word that means many men. It is somehow similar to polygamy, in which a woman gets two or more husbands at the same time (1852). It was first introduced in India, but after some time, it was disallowed for the Christians (1860). This article is about women's sufferings and they become the victim of an inferiority complex. This article is about women's agonies, physical and mental distortion, along with forced marriages and pregnancies. After the destruction of the virus, the number of women decreased,

and Government wants to get the ratio back by using women as a tool in order to get the previous population rate back. In this case, women are facing unwilling pregnancies just for the sake of their survival. If a woman thinks about abortion, it is considered a capital crime against society, then she is called rebellion, and society eliminates her.

The green city plays different roles for both genders, male and female. Such as poor people and women cannot do anything according to their choice. They have to follow the affluent. Men think that they are protecting women by doing so, but in reality, they are destroying their lives, and it cannot be wrong to say that they are

real monsters. As Sabine says, “They are real monsters.”

This novel presents the present and pathetic past situation of down-ridden females. Their life is based on domestic violence, inferior creature, and forceful marriages. Women are controlled by the males. It is called family legacy because firstly, she is controlled by her father, then her brother and husband, respectively. Sabine is firstly controlled by her father, then she leaves her house and settles in Panah. Rupa has two fathers’ N and Z. Her father, named Z, tempts her by sending gifts, and he also does her homework in order to win her heart. When she informs her mother about such a disgusting act, her mother throws her out of the home rather than her father. It shows clearly that women’s voice has no power in society, even if they are right in their perspective.

Women lose hope in their life because they are sexually molested by males. Nobody cares about them while using them just to increase population blindly. When a girl is born, doctors work on her fertility and start giving her medicine. If a doctor helps a woman to end her fertility, he is sentenced to death. A clear example can be seen in this novel in the form of Sabine’s mother, a doctor.

Research Objectives

1. To highlight an issue about self-objectification in *Before She Sleeps* by Bina Shah
2. To evaluate gender discrimination and its concern in modern society in *Before She Sleeps* by Bina Shah.
3. To analyze the causes and effects of restricting women’s freedom and rights in *Before She Sleeps* by Bina Shah

Research Questions

1. What are the basic reasons for polyandry and its role in this novel?

2. How is the relationship between physical and moral destruction distinguished through this novel?
3. How have women become the victim of an inferiority complex in this novel?

Significance of the Study

This research will be significant for the coming researchers; polyandry and misogyny have become the focus of attention among literary writers and scholars, along with women's emancipation. In the name of this concept, women are facing a lot of trouble. It needs time to figure out the problems and to save women’s joys to create peculiar awareness among women.

Literature review

In literature, polyandry shows how men collaborate with other women in their life. They try to tempt and allure them with whisky scent and roses. For example, in the novel, *Before She Sleeps*, Rupa is fascinated by Joseph because of the fragrances. Bear is a sign of temptation. But Joseph does not feel like expressing his feelings toward Rupa because he loves Sabine more than a pizza. There is also a love triangle. Sabine looks more attractive to him as compared to other women. She has attractive dark hair and glowing skin. She belongs to a well-to-do family; her father is a night owl and beaver and always keeps himself busy for his daughter’s better future, but the irony is that she leaves her house by saying goodbye to the Green City. The practice of polygamy also reflects in another novel, *Things Fall Apart*, by Chinua Achebe (1958). Okonkwo, the hero of this novel, takes three women and has seven children. He is considered superior rather than others while having three wives, but usually, people have one in this clan. Men's status is judged by their huge number of wives and children in this novel. The more wives a man has usually meant more children. It shows polyandry as well. A man is judged not only by the number of wives, children, crops, and barns that he has but also judges on how he behaves toward his women and what control he has over them while

living in a male dominating society. If a man is unable to control his wife, he is considered callow. It indicates women's agonies. In contrast, Goldstein (1971, 66) states that the purpose of polyandry is not to create wealth but to keep it safe and sound. The concept of polygamy also reflects in another novel, *The God of Small Things* by Arundhati Roy (1997). In this novel, Chacko and Joe fall in love with the same girl and then marry her named, Margaret.

Alanna Mcfall (Reading Resolution: "Before She Sleeps" by Bina Shah, 2020) says women are facing traumas such as Sabine looks at her mother's death very closely, then she makes up her mind to escape and finds a comfort zone for women to live far from Green City. The virus becomes a cause of threat to women. It targets females, and the ratio of women dramatically decreases. Women are used as a machine to provide more children, which will be better for society. If a woman provides more offspring, she gets attractive incentives and presents from the authority. Every woman in Green City is assigned to get more than two husbands so that she may remain pregnant every time without any type of break. Women are playing the role of a machine to give birth to as many children as possible because no one feels pity for them or their lives. They are used as disposable stuff.

Ashley Rayback (Before She Sleeps, 2019) presents his views as that in this dystopian novel, women have become toys for men so that they will be able to use them for their sexual satisfaction. It reveals the cruel and callous attitude of authority that is going on in different cultures. It fulfills the criteria for dystopian fiction. It basically pays attention to the miserable death and living condition of women. They are treated just as an object for sleeping. It reveals the destruction and the condition of plague-affected countries in the coming years, and everything is affected badly, especially women, because they are considered just unnecessary and inferior creatures in this universe.

Niha Kirpal (Social media led to an awareness of women's rights, which led to a backlash, says Pakistani author Bina Shah, 2020) highlights that her latest novel, *Before She Sleeps*, presents a dystopian picture of a South Asian city where gender discrimination, war, and disease have become the main issues the results come out in the shape of the sex ratio to alarmingly low levels, and where the government uses threats and advance technology to control its people, especially women, whose only job is to give birth children from multiple husbands. In this novel, the agency mainly focuses on women's psyche, fertility, and an uncountable number of babies. They do not pay attention to any other things that will provide satisfaction to women in other ways. They just think about their requirements. It shows their face. It looks like a turncoat. They want to take control over women and children at any cost. The pillar or main body of the dystopian feministic world stands on that corrosive reality. It shows the so-called conservative mindset of the authority as well.

Rachel Hill (*BEFORE SHE SLEEPS* BY BINA SHAH, 2019) states that a time in which female bodies are treated like fertile lands. In this novel, Shah minutely observes the dominant patriarchal setup of Pakistani society, which she finds to treating women as "second-class citizens" to face the persistence of gender-based violence and discrimination with feminist protest and anger. She speaks for women's rights along with genital experimental. Like Shah, other recent texts, such as Leni Zumas' *Red Clocks* (2018) (in which Roe V. Wade has been repealed and abortion criminalized), highlight issues about women's lives under male chauvinism. However, where texts such as *Red Clocks* or *The Handmaid's Tale* (1985) (to which Shah explicitly responds) highlights the familial ties and women's pathetic lifestyle, Shah's dystopia novel stands upon a future society in which female rights are removed from the depth. The text of this novel is not perfect, but it is very beneficial for women to get knowledge about their rights.

Ellie Woods (*Before She Sleeps*, 2018) declares that the writer presents a picture of a very pessimistic world where women are bound to take multiple husbands in order to survive; otherwise, their survival is at risk. She presents very complicated characters, especially female characters. Everyone is living a pathetic life on their own.

Khawaja Nusrat (Book Review: *Before She Sleeps*, 2018) indicates that this is a dystopian novel, and it takes place in an imaginary land called Green City. This novel copes with such situations as nuclear fallout and its impact on the human population. They are sent to institutes to wash their brain so that they may not speak in front of men of violence against them. Another reason is that they may accept their household tasks and perform their duties beautifully. Bina Shah is also a writer of non-fiction, and she presents the crystal clear difference of gender relation to bear on the novel.

Bina Shah wants to show the inner reality of life in which women face a lot of problems as compared to men. They have to sacrifice their happiness and joys. This issue is inevitable to be highlighted. Women are always exploited in different strata of society. In this novel, Sabine suffers a lot along with her other colleagues. When Sabine asks her mother about the reality of just one father, she commits suicide because she does not want to tell the truth that she cannot bear more than one. In the end, Lin commits suicide because she thinks that she is solely responsible for the life of Sabine and her rape.

Methodology and Conceptual Framework

Research methodology simply indicates the practical method of any given piece of research is authentic. Especially it's about how a researcher systematically crafts a study to make it more reliable that addresses the research and its objectives. This study is descriptive in nature because there is no mathematical strategy has been used, and it carries a qualitative approach. Its main motive is to present *Before She Sleeps* in

relation to polyandry and its pathetic condition after applying it practically. The aim of choosing this concept of Polyandry is to show the effects of physical and emotional downfall. Women are not only suffering physically but also mentally from the upper class and authority. They have no right to speak, but the reins are in the control of men. They use them as puppets during their sleep time.

Anthropologically, polygamy is defined as marriage between one person and two or more spouses at the same time. It exists in two main forms: polygyny, where a man marries several women, and polyandry, where one woman is married to more than one. The key difference between polygyny and polyandry is that polygyny is the marriage of a man with several females. On the other hand, polyandry is the marriage of a woman with multiple men. Polygyny and polyandry are two forms of polygamy that involve having multiple wives or husbands. While polygyny involves multiple women, polyandry involves multiple better halves. Moreover, both these practices are not very common in today's life as most cutting-edge countries practice monogamy.

Alvira, Widisanti, and Setyowati (Gender Discrimination Against Women In Bina Shah's *Before She Sleeps*: A Review On The Main Characters, 2021) illustrate that the main characters become the scapegoats of this trap Sabine faces limited access to education, and she does not get permission to do work in public areas. Her life revolves around being a good wife, and she has to bear four to five husbands along with dozens of children. This system forces her to go and take a chance against society. They are playing the role of speechless creatures who can't speak in front of men. Women try to get rid of it in order to live their life peacefully. This underground place is called Panah. Panah provides a safe shelter for women who do not want to follow the restrictions made by patriarchy. It becomes a safe zone for rebellious women. By living in this place, they buy their clothes and food in an illegal way so that they

may not be caught by the authority. Reuben Faro, who is playing the role of an officer, also involves himself in this secretive act because he is nuts with Lin. He protects her because she is playing the role of the head in Panah in order to spend his time with his girlfriend. He exploits his lover in order to spend his time with her. Women are called child machines as well. This is a way to degrade them. Women have become the fatality of these cruelties due to the hypocritical system, and they have become the fatality of gender-based callous attitudes, including physical, mental, and sexual distortion that ends their freedom of expression.

Polyandry is the way of having more than one husband and multiple children. In other words, this is a bond where a woman has to choose multiple husbands in order to survive. The term comes from Greek polys, meaning “many men.” Generally, polyandry is a well-known practice throughout the world. However, it is practiced in lots of areas, such as Tibetans in Nepal, parts of China, and part of northern India.

The theory of reproductive success applies to polyandry in human alpine areas where survival is difficult with limited resources. Other harsh climatic conditions such as extreme cold, radiation, and hypoxia. Conception requires only the most suitable sperm to fertilize the egg cell. This is guaranteed by sperm competition from multiple male partners in a polyandrous union. This is also evidenced by significantly higher maternal reproductive success rates of polyandric unions. One was also found in the study area. Percentage of women who became pregnant and gave birth before marriage. Such children are raised in a maternal home and have no social stigma to suggest the presence of extramarital affairs. In many primitive societies, such kinds of practices (premarital and extramarital vows) are common. Adultery alliances can occur to increase sperm competition after mating. One such practice has been reported among the Baiga, a primitive tribe in Central India. The usual form of marriage is

monogamy, but genetic studies show that she was found to be non-heritable in one-third (33%) of all children studied. Two of her descendants are alleged parents (Reddy and Modell, 1996). It is possible only through permissive sexual contact or extramarital relations. Adultery Relationship refers to a more natural form of passion, independent of cultural sanctity.

It indirectly improves reproductive success through sperm competition. The mechanism is regulated among polygamous societies. In ultramodern society, such liberal practices are also found where there are marriage unions. Not strict and mates readily available. But it is in a difficult ecological state to arrange within the same partner as it is difficult to arrange additional partners. 156 Ind.J. Physics. Human race. & Hmmm. Genette. Roll. 30. 2011 Issue 1-2 roof. The advent of science and technology has made the ecosystem less harsh. Situation. Medicine has given the less adaptable a chance of survival. Successful survival of individuals and genetically defective fetuses. But, in remote areas such as highlands, where medical supplies are still negligible, it is not easy for residents of such areas to access medical services. So again Polyandry ensures reproductive success through sperm competition.

Human polyandry can be better understood through this kind of mating Practice among other non-humans. In nature, such practices can be observed among other Insects, birds, and monkeys. These creatures increase reproductive success rates. That's how it works. Such practices are common among insects, one of these kinds of insects. Mating can be observed in crickets (*Gryllus bimaculatus*). Orthoptera invertebrates. Mating of female crickets observed

With every man close to her. In this way, she mates with multiple males, thus promoting sperm competition. Mating after mating with multiple. Males increase the survival of female offspring as all mating partners take care of them for descendants in anticipation of securing their

own DNA. Also, polyandry Fish (pigfish, etc.), birds (approximately 1% of all birds, B. jacanas), primates (such as marmosets), and other groups of mammals (marsupial "mouse" genus - *Antechinus*). Also, 61% of her in Saddleback Tamarins (primates) have polygamous unions. In fact, polyandry reduces potency, Increases population size, and increases reproductive success in many ways.

Polyandry, which is unusually universal today, was once more usual in certain areas. Tiwari (2008) presents polyandry as a less common practice that is in the seven heavens and a larger following before "European colonial expansion." While much cultural archeology finds this practice provocative (as proven by the number of ethnographic studies), polyandry remains rare enough to be little known and incomprehensible. Goldstein (1976, 223) presents polyandry as "the least well-understood." It is a form of marital practice in some areas. The forty-three companies describe here provide data for this brief scrutiny but insufficient details to fully understand the practice. This job is the most efficient, which holds polyandry to describe, compare, and contrast all six types.

Schools of thought have different points of view about polygamy. Some of them say that it is essential because it surges reproduction and helps to end illicit relations such as prostitution (White & White, 2005). On the other side, some scholars present their views, such as that polygamy is not suitable for every society because it hurts both women and children (Moore-Emmet, 2004). As a result, whether polygamy is satisfactory or not majority says it fits every society, and the ratio is (86.6%). It is proved that the result comes in favor of polygamy, whereas only a few people are not in favor of this statement, and the ratio is (13.3%). It is said that a man who has many children will be given rewards and presents in life after death, and this has become an animation for men to marry many women to give birth to as many children as possible (Altman & Ginat, 1996).

Elbedour, Onwuegbuzie, Caridine, Abu-Saad (The Effect of Polygamous Marital Structure on Behavioral, Emotional, and Academic Adjustment in Children: A Comprehensive Review of the Literature, 2002) highlight in this article is all about effects of this case. Polygamy speaks for the formation of a large family that is based on a variety of marriages. It involves marriage with two or more than two husbands and wives. Moreover, it is practiced in more than 850 societies across the globe. In the last two decades, polygamy has become a concept of focus of essential growth in public, political, and academic awareness. It affects the members of a family in other ways, such as fertility and offspring. Swanson, Massey, and Payne (1972) say if a person belongs to a very large polygamous family with multiple roles he performs in his life is very helpful for children. Similarly, Minde (1975) presents his point of view about such as polygamous families creating fondness and sincerity, which is very fruitful for children's mental health. Camara (1978) and Achte and Schakit (1980) have presented some outcomes in the form of conflicts, suspicion, depression, insecurity, and anxiety attacks in polygamous families.

Melvyn C. Goldstein (Pahari and Tibetan Polyandry Revisited) states that polyandry wheels around complex relations between both genders and then unhealthy children. Gerald Berreman (1975:127,128) says Pahari polyandry is that polyandry which is not only a sufficient fact but also it is about the origins, functions, and consequences of polyandry. Tibetan polyandry refers to northern areas of the Himalayas. The Pahari people are Indo-Aryan language, and they settle in the middle and lower section of the Himalayas in India.

Kathrine Starkweather (Exploration into Human Polyandry: An Evolutionary Examination of the Non-Classical Cases, 2015). Reviews by polyandry experts say that there are approximately 28 societies that are based on polyandry in one classical area, the Tibetan

plateau (Peter 1963; Cassidy and Lee 1989), and subsequently, more than it is highlighted. Biologists distinguish between classical polyandry when females physically involve themselves with different men, and cooperative polyandry, when two or more men meet with a single woman (Heinsohn et al. 2007:1047). Westermarck is the first who considers the effectiveness and comparatively the modification of polyandry (Westermarck 1926). This concept comes out numerous times throughout the literature, and it is recommended in different ways by several different scholars as the monovarietal rule (e.g., Goldstein 1978). Alexander (1974) states polyandry is related to low but authentic fertility of farms where males dominate all areas of creation. Among the Bari, Beckerman et al. (1998) say that children who have one than one father are more likely to survive to age 15 than children who have one. Similar results are examined for the Ache (Hill and Hurtado 1996).

Greenway, Hamel, Miller (Exploring the effects of extreme polyandry on estimates of sexual selection and reproductive success, 2021). In this article, these scholars explain the pitiable consequences of polyandry on women and children. It is also a sign of warning for women in the near future. It highlights the competition about sperm in her body that revolves around a number of males in a single woman through multiple intercourses. Multiple pairing is extremely common, which results in very high levels of sperm competition severity. Multiple pairing causes a large number of children but, at the same time, entanglement in the relationship between both polyandrous genders. It has lots of twists and effects on sexual selection when it is highlighted in naturalistic conditions.

Taylor, Price, and Wedell (Polyandry in nature: a global analysis, 2014) state that polyandry is a common miracle along with its fluctuating in different areas. This article also covers the exacerbated bond of polyandry with elasticity. It also uncovers the physical eligibility

of both genders. This article also shares out with the recurrence of polyandry in nature as well. These writers observe polyandry in every one of the 14 top groups and examine them, from sea spiders to mammals. Moreover, polyandry comes to pass in 89% of the population by proving the experience of polyandry in both instinctive and abnormal ways. This article also deals with polyandry and ecology. One instance is about local ecology, which is famous for impacting pairing systems through confront rate. For example, a male who provides the female with food during pairing may be unable to mate hammer away when methods are less than before. Thus it helps to get rid of moderate wages of pairing by females.

Data Analysis

This article deals with the idea of polyandry along with identity crises related to women. A reader can find this main motive on an extensive level in this fiction. When a virus causes a dearth of women, the government takes action to get the actual ratio back by using women as a source of production. Women have to take more than one husband as a result; otherwise, they will be called rebellious and have to face elimination. Polyandry looks at how men use other women in their life. They are in the habit of attracting them with bear fragrances and roses. For instance, in the novel, *Before She Sleeps*, Rupa falls in love with Joseph because of his habit of drinking and his fragrance. Polygamy is another form of polyandry in which men go for more women rather than relying on a single woman. The practical implication of polygamy is also found in another novel, *Things Fall Apart*, by Chinua Achebe (1958). Okonkwo, the hero of this novel, takes three women as his wives and has seven children. He is appraised better rather than others in society because he has three wives. Men's wealth is examined by their number of wives and children in this novel. This is such a hilarious method of discernment. If a man has a number of wives a man has, it means he gets more children, and this is a way of promoting

polyandry. A man is not only judged by the number of wives whom he is living with, children, crops, and barns that he has but also he is evaluated on how he rules his women and what control he has over them if he is unable to control his wife he is considered an untrained personality. It highlights women's destruction.

In this novel, the writer presents an epidemic that causes a dearth of women, and as a result, women become the fatality of death rather than men. The virus affects women, and as a result, if the government decides to figure out this issue, then men are advised to use lots of women at the same time in order to provide children as much as possible. Women make a secret place in order to live their life according to their needs. Lin, who plays the role of a supervisor for all women, grows herbs in Panah, such as neem leaves, wild carrot seeds, and ginger, in order to prevent women from forceful pregnancies. It is hilarious; she does not use cutting-edge technology, but old tactics reveal her conservative nature.

This research covers the concept of polyandry, in which men use lots of women at the same time to fulfill their needs for children. A new baby is a symbol of hope in Green City. Some women bear this act without going against it. They do not think about escapism. Because they are trained enough by the institutions in which leaders work on their mindset in order to reveal to them that they are subalterns. But others choose escapism, such as Sabine, Rupa, Diyah, Lin, Illona Serfati, Feroza Dastani, and Chicken. Noora Saleem deals with five husbands, but when she examines that society is forcing her to the sixth one, then she commits suicide in order to escape. Apparently, Green City is a sign of welfare for others, but in reality, it has become a manifestation of threat and cage, especially for women who are prohibited from walking according to their needs, but the government set some specimen for them.

Women are also used for sexual objectification. It is an act of treating someone badly or considering someone inferior to an

animal or thing. It is like mistreatment that is used only for subalterns, not for men because they are considered superior. For example, a purpose of a woman is only reproduction, a “life-giving” creature in this world. The women in this novel don’t have the right to say anything about men’s treatment towards them and self-determination, so they come under the category of objectification. There is no moral imputation of pornification in *Before She Sleeps*. One of the critics says depersonalization is not only necessary for sexuality but also plays a role in slavery and capitalism. The irony in this novel is that “it is a capital crime to hit or abuse a woman.” It means a man can’t persecute a woman physically, but they are using women for their sexual satisfaction and torment them mentally. Women are also a part of society, and they are equally significant for societal betterment, so they mustn’t overshadow.

The deadly virus becomes the reason for polyandry, and as a result, women kick the bucket while men live their life freely without any type of threat. Sabine’s mother tells her that her classmates Jana, Irene, and another have two, three, and four fathers, correspondingly. The dark side of the picture is that when a girl is born, doctors provide her with medicine for productivity. If a doctor tries to end productivity in order to help someone, he has to face punishment. On the other hand, if a girl bestows a lot of children, she gets gifts from the government in the shape of consideration.

Joseph, who passes his time with drop-dead gorgeous ladies, has a luxury apartment because he is very affluent and he can use people on the basis of money. It shows men's domination. Though they are indulged in such illicit functions, they have a very honorable place in society. Bina Shah uses similes in this novel at a considerable level, such as Sabine's assets, “My footsteps echo like gunshots in the giant marble-floored hall” (7). Again, Sabine states about the apartment of Joseph “The large hall is as open as an airplane hangar.” Bina Shah uses future

technology in this novel in the shape of automatic cars. Lin grasps extra care of Sabine as she keeps the tea in the car so that Sabine can take it in order to avoid physical wear out at the end of the night. Sabine says she likes darkness. It shows her pessimistic mindset. Her life becomes very dark because of the withdrawal of her parents.

Chicken is also one of the girls who are living in Panah. Her name indicates her frailty. She is one of the defiant characters when her father buys gifts for her. Her mother shows her grudge. When a subordinate woman is revealed by the government, she has put an end to her hometown. She is going to be a victim of polyandry. That's why she stands against it and moves to Panah. She is enforced for multiple marriages; her mother also deals with husbands. The government makes plans for fecundity drugs for women so that they will be able to bear triplets and quadruplets. Then government bestows quota to such women who fulfill this standard and provide more children to the authority. Chicken guides Sabine about Panah and the life that is going on in it. She feels nervous at the very start because if she is revealed in front of authorities, she will be eradicated from Green City.

In this novel, women face physical and mental destruction. Sabine becomes the cause of insomnia and indicates her condition as a "Lifetime curse." Because of this reason, she is in the habit of taking drugs in order to sleep then she faces a nightmare in the shape of rape. It is demonstrated that women in this novel are suffering in both aspects, physically and mentally. Rupa also faces injustice because of her father. Her mother is not used to trusting her when she tells her about his seductive nature. As a result, she gets off her in Panah. Chicken also faces favoritism. Her father brings gifts for her, and her mother shows her grudge, then she moves towards Panah.

Women are facing gender discrimination in this novel. For example, after completing secondary education, boys are allowed to attend

university education. They are considered eligible for higher education, but girls move to the institute in order to learn about domestic chores so that they will be able to perform their duties well while living in a home. Women do not get permission. They have to surrender themselves in front of men. Otherwise, they will be considered disloyal towards their husbands. Women provide a calmness to men, and it is examined that men want women more than anything in this world. Women provide intimacy to men rather than sexual relationships. If they provide sex, it will be considered a crime against the rules of Panah. Lin warns Sabine that she must protect herself in front of men. And Lin describes Sabine's beauty as "You look like a painting" (31). It means that though she is beautiful, she is unable to protect herself from men who seem like monsters. Gender injustice is the root cause of society on which a patriarchal system is based. It violates women's freedom and rights.

Reuben Faro is one of the most well-known officers in Green City. He falls in love with Lin, and Lin also fascinates by him. She loves the aroma of his deep chest, strong shoulders, white hair, and thick legs. He is a lanky person. A cigarette is prohibited in Green City, but Reuben Faro has a quality cigarette, and the irony is that Green City is not producing cigarettes anymore for many years, but he gets it at high prices. It shows that authority members can indulge themselves in such tasks but not a layman. She also loves the scent of this cigarette. He is a guardian of Green City, but he can't help involving in an illicit affair as well. There is also an age difference between them. Lin is forty-two years old, and Reuben is fifty-six. In the end, women face all forms of discrimination and unfair treatment.

Women are used to facing mental agonies through this novel. A virus is the major cause of it. Women who are spending their lives in an underground place are bound to manage their time with more than forty men. They are not

satisfied because they have to do so. As a result, they get mentally disturbed, that’s why Sabine is not able to sleep at night. Some of them go for suicide, such as Sabine’s mother, Lin, and Naura Saleem, because they have no other option. They have to devote their wishes in front of men.

Due to the virus, there is a lack of medical facilities, and it takes women to a pathetic respiratory system. It is also a sign of pain for women. They are facing agonies ferociously. This cause leads them to become children. It shows an uncertain future for women. The irony is that Lin bestows her body on Reuben for enjoyment in order to get a secure place for Panah. She offers Reuben a carnal pleasure than the rest of the others than Panah. Reuben wants to end the life of that woman who is not taking five or six husbands. It highlights his male chauvinism. It shows that the life of a woman goes through a process of fluctuation.

These types of agonies become a part of women’s life. She uses gel along with Joseph in order to hide herself from Reuben Faro. The gel makes her body cold so that no one can judge her actual condition. It converts her short-term death. And she successfully reaches her destination.

Conclusion

To conclude the discussion, the vital goal and content of the study are gender-based violence and objectification. In this article, the main focus is on several major problems while analyzing the women character in the novel along with the belief in polyandry. This research is done by using the belief of different perspectives by Tiwari, Korn, Peters, Goldstein, and Levine. The first issue is to clearly define the concept of polyandry and objectification.

The first research question engages with the other two. All the questions revolve around objectification and gender-based violence about women while living in a male-dominated society in Bina Shah’s novel *Before She Sleeps*. In light of the above analysis, it is crystal clear that a male-

dominated society affects women a lot. If a woman raised her voice against the patriarchal setup, she would face banishment. She has to face lots of problems while living in society. She has to blindly follow the rules made by men. She is like a disposable toy in the hands of men.

This article illustrates women's problems which they are facing. They have to follow the laws blindly. They are forced to subjugate themselves in front of men in order to fulfill their sexual pleasure. In panah, Rupa, Sabine, Lin, and Chicken, are in the habit of passing their time with clients. They feel like playing the role of breadwinner for Panah. They get some money from men in order to buy their needs, such as clothes and groceries. By using such a method, they can survive.

Polyandry plays a very crucial role in this topic and in the life of women. It is a very significant concept, and this research relies on it. Most of the writers present women's sufferings in a different way, but as far as Bina Shah is concerned, she presents this matter in the light of polyandry. Polyandry proves a mental disturbance in the life of women. They even can't go outside to do work for their family. This problem has become a root cause in the life of women. There is a dire need to get rid of this issue; otherwise, there is no safe future for women.

Men use different names for them, such as Honey, Jasmin, and Rose. They use such names in order to allure them. There is also a character whose name is chicken. It indicates her weakness. Men are playing their roles in this novel like monsters, but women are no more than beasts in this novel. Men can easily trap them whenever they need to do so. Women’s life in the green city is not secure. That’s why they chose a secret place to live named Panah. In other words, they try to break out from the system.

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