

Determinants of Empowering Women

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Abstract:

The term "Women empowerment" is a long-standing, an issue not only in our country but also in many countries. To overcome from these prevailing problem leaders from the world formed and adopted 2030Agendain the year 2015 with 17 sustainable development goals in which one of the important goal to Empower women is "Sustainable development Goal 5 Gender equality" which emphasize from all other goals because attaining equal rights of women and girls throughout the world will able to achieve easily all the other goals. Based on this dispute reviewed many articles found factors that make women empower. Finally confirms that Personal autonomy, Family Decision Making, Political Empowerment, Social and Cultural Participation, Economic Empowerment, Health, and Self-esteem were influenced directly to empower women which gives an emancipated life Will crucially attain a good economic growth to our Nation.

Keywords: Personal Autonomy, Family Decision making, Social and cultural participation Political Empowerment Economic Empowerment Health Self esteem and Women Empowerment.

I. INTRODUCTION

Globally, above 2.7 billion women are legally restricted from having the same choice of jobs as men. Women's global labour force participation rate is even lower at 48.5% (i.e),26.5% lesser than men. Women are struggling yet to get their rights in every part of the world. To end up these issues like gender gaps, country GDP growth, poverty alleviation the only solution is empowering women to empower women here are some of the factors which are found based on many literature surveys. If women come up with these factors they feel empowered.

Personal Autonomy:" is defined as the capacity to manipulate one's environment through control over resources and information for personal interests" Dyson and moore 1983. Having personal autonomy is nothing but a woman able to take care of her personal

related growth and maintain her health properly by utilizing resources accurately.

Family Decision Making: Family decision-making is essential and it is directly related to measuring gender equality. It talks about women's autonomy prevails within families, which positively related to women's empowerment. The participation of women in decision-making process is an essential precondition for the elimination of world poverty and the upholding of human rights DFID, 2000).

Social and Cultural participation: participation in day to day activities based on the same culture different values norms behavior and ethnicity. It is also connected with social characteristics like gender, age, and class which is essential for the participation of women to empower (Archana Batia 2014).

Political empowerment: Political empowerment emphasize decision making power on various

resources position and capabilities. If women are reserved politically which means they are fully empowered because it has all needed empowerment activities of women.(Kuldeep fadia 2014)

Economic Empowerment: United Nation says Women's empowerment and economic development are correlated with each other women's participation in the labour force considered as an essential tool for the economic growth of the nation.

Health: Health is also considered as the important factor of development and overall well being of women if women have physical and mental well they can able to perform their tasks without any interruptions and taking good control of her body gives positive health outcomes.(Gollub 2000)

Self Esteem: Self-esteem is the most essential one it values one own self worth .people with more positive self-esteem are highly empowered which is a mandatory one for women to survive in society.(Morris Rossenberg 1965)

Women Empowerment: Women empowerment means utilizing prevailing opportunities equally with economically socially politically in all spheres of the life.(Wallerstein1992)

Objective:

To identify the relationship between Personal Autonomy, Family Decision Making, Political Empowerment, Social and Cultural participation, Economic Empowerment Health and Self-esteem and Women Empowerment.

Purpose of women empowerment:

To analyze the prevailing issues of the gender gap, based on the statistical report gender gap 2018 India is in 108th place among 149 countries. then based on the UN 2030 agenda Sustainable Developmental Goals. This paper mainly focuses on Goal 5 that is Gender equality. The participation of women in all sorts of work is mandatory to improve the status of women in

society as well it increases women's empowerment and develops the nation Economically.

Research methodology:

This research “DETERMINANTS OF EMPOWERING WOMEN “ is purely based on secondary data. Secondary data is collected from various working papers on women empowerment. Articles which are published in peer-reviewed journals and other sources like Newspaper, online sources, Books and the information which prevail in UN websites related to women issues.

Review of literature:

PERSONAL AUTONOMY: Carlson, G. J., Kordas, K., & Murray-Kolb, L. E. (2015)Inferred that women personal autonomy play an important role that reflects in several dimensional outcomes in nutritional status of children. Raising of maternal autonomy is an important factor to lead children's nutritional status. Mosfequr Rahman(2012) States that women who have their personal autonomy easily control their unintended pregnancies and avoid fertility rates, women personal autonomy not only bridge the gender gap but also help in giving good maternal health and child care health. Outcomes. Ram mohan, A., &Johar, M. (2009)Here author found that married women's personal autonomy is based on their living, if they live in the patrilocal community they have less autonomy and if they are in uxrilocal communities they have full autonomy in personal and family matters. As well as an increase in labour force participation higher educational attainment and increased household wealth increase women's autonomy.

Famlily decision:

MAKING: Sivaramakrishnan and & Uma Warriar (2017) explores that the decision making freedom in family automatically increase by contributing their income to the family. Decision making in a family mostly taken by wife alone rarely taken by the

husband alone and sometimes both husband and wife will take so here shows that women's economic contribution gives power to them in deciding the family. Nazrul Islam(2016)suggested that women Independent decision-making index is positively correlated to their family interactions and that has a very direct impact on their involvement to empower them in homestead poultry rearing practices. Kaveh Majlesi(2015) also identifies that an increase in labour market opportunities gradually increases their decision making control in their family that outcome as a good investment in their children's health will automatically lead to a healthy life of their family.

Political Empowerment:

ZhikeLvandRudai Yang(2018)Suggests that women's political participation results in a tremendous outcome in the female labour participation force. The author suggests that improving women's political status helps to promote the employment opportunities of women .ShanugaCherayianand Justin P.Jose(2016) Confirms through their study that the women's political participation and leadership quality directly improve in social inclusion, which created an equal platform without considering age, class, caste, ethnicity, gender, race, and work and lifestyle .Dr. Pankaj Kumar(2017) that women's participation in parliament is less in our country which shows the status of women in the country, women political participation will help to vanish gender discrimination in the country.

Social and cultural participation:

AliyaBushraNasraWajiha (2014) revealed that social and cultural participation of women has a direct impact on women empowerment which helps to increase and enhance women role in the society. ShanugaCherayianand Justin P Jose (2016) Suggests that women's social inclusion will automatically boost both informal and formal justice systems women

empowerment strengthened social participation it helps to enjoy the basic social right healthy social integration which helps in minimize material deprivation in everyday life. Bayram(2010)found that good health, healthy social participation, and the fabulous environment will automatically diminish the lack of social participation which gives tremendous wellbeing life.

Economic Participation:

Ruskin RistianaandDwiniHandayani (2018) Indicated that women who are in a paid job have full economic autonomy level. Women's contribution to income automatically increase power in decision making. Peter Hancock (2014)Specified that increase in savings of their income substantially attain empowerment level, whereas spending their income to the family will have less empowerment. Here empowerment is based on how it is utilized and thus savings will also make women financially secure. Syamaladevi Boganadam (2014)Identified that women self-employed women's association in India have been very effective in an enlightening economic status of India and prove that women are the tool to develop the economic level of the nation.

Health:

Kara L.Rosset.al (2015) found that maintaining credit access(loan), property in their name, agricultural production autonomy, household decision authority, income and leisure spent with group members will have a positive impact on women status on health this lead to better production in the agricultural sector. AyilaBatoool et.al (2010) Suggests that psychological health speaks high when it talks about empowerment. Free will and decision making capacity is an important factor it not only give psychological wellbeing but also ensures a personal growth will build self-confidence will lead to good mental health.PrathibaVarkeyet.al(2010) Explores that

women are the caregivers to the family they play a major role in health issues women empowerment has a greater impact on health indicators in a larger community.

Self-Esteem:

Syed AzraBatoool(2018)suggests that self-esteem is fully intervened to education and women empowerment although education is a prerequisite, self-esteem helps to boost the level of empowerment through its self-worth strategies.Simeen Mahmud et.al (2012)states that women will not only empower through empowerment indicators but also needsself-worth (the outcome of their input that only gives real empowerment to them.Basu and Kool(2005) Suggest that women opinion plays a vital role in decision-making results in a good level of self-esteem that enhance the empowerment of women.

Women Empowerment:

Dr.FaitiraManuere and NeriaPhiri(2018) listed that women empowerment is not only based on education or employment opportunities they should be aware of their basic and equal rights(Gender equality) of empowerment. In women empowerment, nutshell liberation is an economic-political social and injustices in society. Dr.Rajeshwari M Shettar(2015) states that Education is a primary factor then employment opportunities, and finally the social structure is a very important factor to mold women to empower in society. AliyaBushraNasraWajiha(2014) stated that poverty prevails more in uneducated members in the family it gradually shows a barrier to empower women .economic participation is also necessary to hold the empowerment status of women in the house as well as in the society.

Conclusion:

To attain gender equality in a decade, Based on many reviews women personal autonomy help her in

developing self-growth which is a primary autonomy.(Femida handy and MeenazKassam(2006)thenwomen havecontrol over their decision in the family will lead to a good standard of living (Behzad Anwar2013).Likely Social and cultural participation of women reveal improvement in social development and they feel self-satisfaction that automatically abrupt empowerment.(Bayeh 2016) With involvement of economic participation that not only contributes to the family but also contributes to the economic growth of the Nation.(Syamala devi Boganadam2014) Likely, Empowerment in politics brings good environment to the society which contributes world wide. (Pankaj kumar 2017)A good health gives a healthy family which results to manage and able to create a healthy place surrounded by them.(PrathibaVarkey2010) Having positive self-esteem give self-worth that gives a good attitude towards their role which makes overall empowerment.Batoool (2018).

“ India's Economic strength is women “ because half of the population in India is women so the need of empowerment to women is not only a person growth it’s a National growth(A Nasima & P.Shalini 2020) and Women who is empowered have high self-confidence and self-esteem which only change our society in a good position(P.shalini & sudha) Finally, A personal autonomy gives confidence will help in making a good decision in the family that helps to get economically empowered which makes social and cultural participation easily will help through involving political empowerment with these active participation results from a good health gives overall empowerment which evaluates her own self –esteem positively gives women empowerment.

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