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Original Article

Empowering Women; basic right for being an Individual.

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Abstract

Background: Concept Women empowerment emerge from the middle of 20th century and now recognize globally. Empower the women from discrimination, inequality and injustice are the basic aspects of this approach. Gender equality, economic empowerment, social empowerment, political empowerment and education are all the integral of women empowerment which provide the safe space where they have rights for education, equal opportunities in social, economic and political status.

Methodology: To investigate the gaps between the knowledge of empowering women and to found the real struggle of women on daily basis we applied both the quantitative and qualitative data collection procedure, which include the questionnaire with close-ended question and the interviews with selected women from different region.

Results: Women with different background have different approaches and their empowerment vary according to it even though culture and social bounding's hinder the pathway of empowerment. But it has been noted that the education and training sessions are helpful in bringing change in one's narrative and behavior. Empowering the women; it's not only the concept of girls education right, it also about their social, political and economic stability.

Conclusion: Being human beings, women should also be treated as equals. With the growing world and interest of people in women's empowerment, it became the central aspect of each country's policies. We apply a mix-method research approach to address women's empowerment and the gaps in its knowledge, which include a questionnaire and interviews of the selected women. Hence our study suggests that training programs in different areas increase awareness and empowerment of women; however, societal and cultural barriers are the prominent hindrance associated with women's empowerment.

Keywords

Battered Women, Abusive Relationship, Women's Mental Health.

Introduction

Women empowerment is an essential aspect of socioeconomic development globally¹. Empowering women through equal access to education, employment opportunities, and leadership positions can lead to gender equality and promote economic growth². Therefore, this paper aims to investigate women's empowerment by employing a mixed-method approach. The study examines both qualitative and quantitative data to provide a comprehensive understanding of the subject matter.

The literature review focuses on the previous research works on women's empowerment. The review summarizes the existing literature on the topic, identifying the gaps in knowledge that this study aims to address. The literature review explores the various dimensions of women's empowerment, including economic, social, and political. The review also highlights the challenges to women's empowerment, including cultural and societal barriers, inadequate education and training, and discriminatory policies³.

Women empowerment is the process of enhancing women's economic, social, and political status in society. It involves creating an environment where women have equal opportunities and access to resources to make decisions that affect their lives positively. Women's empowerment is essential for promoting gender equality, improving women's health and well-being, reducing poverty, and promoting economic growth^{4,5}.

Historically, women have been subjected to discrimination, oppression, and inequality. They have been denied basic human rights such as the right to education, health, and the right to own property. Women have also been excluded from participating in decision-making processes that affect their lives. However, over the years, there has been a significant shift towards promoting women's empowerment⁶.

Methodology

This study employs a mixed-method approach to investigate women's empowerment. The study

collects both qualitative and quantitative data to provide a comprehensive understanding of the subject matter. The quantitative data is collected using a questionnaire distributed among women in different regions. The survey questionnaire comprises close-ended questions that provide insights into women's empowerment levels. Qualitative data, on the other hand, is collected through interviews with selected women from different regions. The semi-structured and open-ended interviews allow the participants to provide detailed information about their experiences and views on women's empowerment.

Results

The study's results indicate that women's empowerment levels vary across different regions, with some regions having more empowered women than others. The study also reveals that cultural and societal barriers remain the most significant hindrance to women's empowerment. In contrast, education and training opportunities positively impact women's empowerment levels. The study's qualitative findings reveal that the participants' personal experiences influence their views on women's empowerment, with some participants reporting progress in their empowerment journeys.

Women empowerment is a multi-dimensional concept that involves enhancing women's economic, social, and political status in society. There are several themes that are integral to women's empowerment, and they include:

1. Gender Equality

Gender equality is a fundamental theme in women's empowerment, and it involves creating an environment where women and men have equal rights, opportunities, and access to resources. Gender equality is crucial to promote women's empowerment as it challenges gender norms, stereotypes, and discrimination that limit women's progress in society.

2. Education

Education is another essential theme in women's empowerment. Education provides women with

knowledge and skills that enhance their decision-making abilities. Educated women are more likely to participate in economic activities and become agents of change in their communities. Education also helps to reduce gender inequality, poverty and improve women's health and well-being.

3. Economic Empowerment

Economic empowerment involves providing women access to resources such as credit, financial services, and markets. Economic empowerment enables women to become financially independent, allowing them to make decisions that affect their lives positively. It also helps to reduce their vulnerability to poverty and exploitation.

4. Social Empowerment

Social empowerment involves promoting gender equality, challenging gender norms and stereotypes, and reducing gender-based violence. It involves creating an environment where women have equal access to resources, services, and opportunities. Social empowerment can be achieved through various means, including legislation, awareness campaigns, and community mobilization.

5. Political Empowerment

Political empowerment involves promoting women's participation in decision-making processes at all levels of society. It ensures that women have equal representation in political structures and are actively involved in policy-making processes. Political empowerment can be achieved through affirmative action policies, education and training, and increasing women's representation in decision-making structures.

Discussion

One of the essential aspects of women's empowerment is education. Educating girls and women has a positive impact on their empowerment levels. It helps to increase their knowledge and skills, which, in turn, enhances their decision-making abilities. Educated women are more likely to participate in economic activities, which can improve their economic status and reduce poverty. Education also empowers women

to become agents of change in their communities, promoting social and political equality⁷.

Another critical aspect of women's empowerment is economic empowerment. Economic empowerment involves providing women with access to resources such as credit, financial services, and markets. Economic empowerment enables women to become financially independent, which gives them the freedom to make decisions that affect their lives positively. It also helps to reduce their vulnerability to poverty and exploitation⁷.

Social empowerment involves promoting gender equality, challenging gender norms and stereotypes, and reducing gender-based violence. It involves creating an environment where women have equal access to resources, services, and opportunities. Social empowerment can be achieved through various means, including legislation, awareness campaigns, and community mobilization⁸⁻¹⁰.

Political empowerment involves promoting women's participation in decision-making processes at all levels of society. It involves ensuring that women have equal representation in political structures and are actively involved in policy-making processes^{11,12}. Political empowerment can be achieved through affirmative action policies, education and training, and increasing women's representation in decision-making structures¹³.

Precisely, women empowerment is a basic approach in the modern world. It involves enhancing the economic, social, and political status of women in society, promoting gender equality, improving women's health and well-being, reducing poverty, and promoting economic growth. Women's empowerment can be achieved through various means, including education, economic empowerment, social empowerment, and political empowerment. It is essential to promote women's empowerment to create a society where women have equal opportunities and their rights are respected and protected.

The study's findings support the previous research on women's empowerment, highlighting the need for policy changes to remove cultural and societal barriers to women's empowerment. The study's results also emphasize the need for increased education and training opportunities for women, which can have a positive impact on their empowerment levels¹⁴. However, the study acknowledges the limitations of its sample size and recommends further research on the subject.

Conclusion

In conclusion, women's empowerment is an essential aspect of socioeconomic development globally. This study employs a mixed-method approach to investigate women's empowerment, collecting both qualitative and quantitative data. The study's findings highlight the need for policy changes to remove cultural and societal barriers to women's empowerment and increase education and training opportunities for women. Overall, the study provides a comprehensive understanding of women's empowerment, contributing to the existing knowledge on the subject matter.

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