



# A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING WOMEN EMPOWERMENT AMONG THE HEADS OF THE FAMILY IN SELECTED AREAS OF KASHMIR.

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## Abstract

Empowerment of women is the process of empowering women and preparing herself independence as a whole. Empowerment is key aspect in women's life, it has many ways to describe as accepting and allowing her to involve in decision-making process. It is so important for women to have self-esteem, give women her rights. She has equal right to participate in education, societal, economical and political activities.

**Aim of the study:** To assess the knowledge regarding the women empowerment among the head of the family.

**Method & Material:** This was a quantitative descriptive survey study of 100 samples from different areas of Kashmir, aged 26 -65 years both male and female Head of the family. The Head of the family member were selected for study from different areas of Kashmir during June 2021 to February 2022. Non-probability purposive sampling technique was used for the selection of Head of the family members. To obtain necessary data for the study, the tool used for data collection was divided into section I - Demographic data and Section - II structured questionnaires on assessment of knowledge regarding Women Empowerment. **Results:** 33% of samples were from age group of 46 to 55 years of age, 53% Male, 64% working and 45% from join family. Majority of samples i.e.57% of them had average knowledge, 29% had good where as 14% of head of the family members had poor knowledge on women's empowerment.

**Conclusion:** Empowerment of women is ongoing process and knowledge of empowering her in all aspect like education, financial and decision making is key of it. Women must be mentally prepared herself-empowerment.

**Keywords:** - Women empowerment, Head of the family member.

## INTRODUCTION

Empowerment is key aspect in women's life, it has many ways to describe as accepting and allowing her to involve in decision-making process. It is so important for women to have self-esteem, give women her rights. She has equal right to participate in education, societal, economic and political activities. It is crucial for women's self-esteem and the overall health of society. Women's empowerment requires allowing them the right, equal access to school, society, the economy, and politics is possible for women. Women are able to engage in society due to their freedom of religion, language, employment, and other activities. Empowerment is considered a "new" management approach for businesses that assists in the development of new career ambitions. It contributes to the shaping of an employee's expectations and creates goals for accomplishing the main aim of their work. It enables an employee to take charge of their career and use abilities they were unaware they had. Empowering women and achieving gender equality are key components of a long-term success for country. Numerous international influencers and philosophers have stated that sustainable development is impossible without equality and women's empowerment. Under the umbrella of sustainable development, environmental preservation, social and economic growth, and women's empowerment all fall. In terms of women and growth, empowerment must imply more female autonomy.

### Need for the study

A woman's sense of self-worth; her power to make and control her own decisions; her right to resources and opportunities; her power to rule her own life, both inside and beyond the household; and her power to influence the social changes in the direction of establishing a more equitable social and economic structure on a national and global scale. We need women empowerment because everyone should be able to play a meaningful part in society! Empowering women is generally recognized as a critical aspect in economic and social development. It not only improves children's socioeconomic results, but is also desirable in and of itself. Sisir Debnath, Assistant Professor of Economics and Public Policy at the Indian School of Business, notes that an often cited factor driving female autonomy is "women's labour force involvement." According to Debnath, a considerable body of research demonstrates strong correlation between women's autonomy and their economic and financial situation. As a result, India's official programme for women's empowerment is mostly focused on improving women's financial standing. These policies include expanding women's employment opportunities, increasing ownership of assets, gender neutral inheritance rights, and women-friendly income tax structures. Along with such overt initiatives, the government has enacted laws to empower women in various ways. For instance, in several parts of India, female purchasers pay a lesser property registration tax. The reservation of seats for women in grampanchayat (village council) elections aims to increase female involvement in local administration as well. These activities are not limited to government entities. For example, private financial institutions give female consumers reduced mortgage rates on home loans and have institution-specific policies promoting female empowerment.

**Aim of the study:** The aim of the study is assess the knowledge regarding the women empowerment among the head of the family and associate the research findings with selected demographic variables which will help to understand regarding women empowerment and improve quality of life of them.

**Method & Material:** This was a quantitative descriptive survey of 100 samples from different areas of Kashmir, aged 26 -65 years both male and female Head of the family. The Head of the family member were selected for study from different areas of kashmir during June 2021 to February 2022. Non probability purposive sampling technique was used for the selection of Head of the family members. To obtain necessary data for the study, the tool used for data collection was divided into section I - Demographic data and Section - II structured questionnaires on assessment of knowledge regarding Women Empowerment. Permission was obtained and written informed consent was taken from samples.

**Result: 1.** The findings of sample characteristics: 33% of the samples had age 46-55 years, 30% of them had age 36-45, 23 % within 26-35 years of age and 14% head of the family members had age 56-65 years. 53% of samples were male where as 47% female. 38% of samples had secondary education, 32% Higher Secondary, 20% primary and 10% studied till Graduation. Majority of samples i.e. 52% were belonged to nuclear family, 45% from joint and 3% from extended family.

**Table-1 : The findings related to Knowledge on Women's Empowerment among Head of the family. N=100**

Knowledge on Women's Empowerment			
Characteristics		Frequency(n=100)	Percentage (%)
Knowledge Level	Poor	14	14.0
	Average	57	57.0
	Good	29	29.0

Table 1 showed that .57% of them had average knowledge, 29% had good where as 14% of head of the family members had poor knowledge on women's empowerment .

**Findings related to association between Knowledge score on Women's Empowerment and selected demographic variables.**

**Table-02 Association between Knowledge score on Women's Empowerment and selected demographic variables. N=100**

Characteristics		Knowledge score			Total	Chi- Square Value	p-value
		Average (n=57)	Good (n=19)	Poor (n=14)			
Age in years	26-35	11	11	1	23	12.31	0.06
	36-45	17	9	4	30		
	46-55	21	8	4	33		
	56-65	08	1	5	14		
Gender	Male	32	13	8	53	1.10	0.58
	Female	25	16	6	47		
Residence	Rural	25	3	1	29	14.26	0.001
	Urban	32	26	13	71		
Family Type	Extended	1	0	2	3	8.03	0.09
	Joint	25	13	7	45		
	Nuclear	31	16	5	52		

Since p-value corresponding to residence small (less than 0.05), the null hypothesis is rejected. residence the only demographic variables which was found to have significant association with knowledge Score.

**Discussion:-** Throughout the study it was found that highest frequency percentage i.e. 57% adults having an average knowledge, while 14% adults having a poor knowledge and 29% of adults having a good knowledge regarding women empowerment among the head of the family. A study conducted on knowledge on women empowerment by Javeria khan in 2020 and Neha Agarwal, Sunita Yadav, Ajit Singh in (2014), shows that women is the most valuable assets of the society. Women can handle the family and other works very well. They can get the valuable place in the society and manage its dignity and value by doing all the works related to the matter. Whereas this study was conducted by Dr. T. S. Prema, P. Selvi in (2015), this is mainly focused on the "Women Empowerment Through Self Help". Women have the right to live in freedom and dignity in society, but the reality is very different. Women's empowerment in rural regions is a significant task, and it is very tough to accomplish. Self employment is a significant barrier for women seeking to escape poverty. The above studies support the findings of research.

**Conclusion:** The Research study shows the result of 14% adults have an poor knowledge, 57% adults have an average knowledge and 29% adults have a good knowledge regarding women empowerment among the head of the family members, which shows the necessity of subject to spread the awareness about women empowerment, it shows knowledge and the attitude of the people for the women and their empowerment. So there is need of improvement is knowledge of women empowerment among the head of the family.

Finding showed that women should develop her identity .Women empowerment always helps to develop her all over development, beneficial for her own creation, identity, confidence and independence . She finds her own power within herself and empowerment makes women self-reliant on her level.

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