



# A STUDY ON EMPOWERING WOMEN THROUGH SELF HELP GROUPS

1. **Dr. V. Arul Mary Remy, Assistant professor & HOD, Department of Business Administration Nazareth College of arts and science, Avadi Chennai.**
2. **Dr. Veeramani G, Assistant professor, Department of Business Administration, Vel Tech Ranga Sanku Arts College Avadi Chennai.**
3. **Mrs. Esther Martina, Assistant professor Department of Business Administration Nazareth College of arts and science, Avadi Chennai**

## ABSTRACT

Empowerment is regarding change, choice and power. It is development of change by which individual or groups with little or no power gain the authority and ability to make choices that influences their lives. The structure of power that has it, what its sources are and how it is exercised directly affect the choices that women are able to make in their lives the study is undertaken to visualize how for SHGs are successful in improving the customer empowerment of women in the society. It is also relevant to scrutinize how far the women have empowered themselves economically socially and politically. 1 hundred persons were randomly drawn for the study from 50 self help groups in Tiruchirapalli city Corporation limit alone and on interview schedule was used to collect information. The recent reveals that women SHGs under Mahalir Thittam promoted in Tamil Nadu have started reaping fruitful results by creating self confidence through economic Independence among the women. Women officially rural women have started playing vital role through mobilizing Savings and built the capital resources of the country through SHGs. And women in society will ensure to develop social network among the people and built economically socially politically and technological a strong Nation.

Key words: Self help group, empowerment of women.

## INTRODUCTION:

Integration of Women development and their empowerment are expected for the growth of any country The role of women in the social activities and economic development of a country was emphasized by the World Conference on Agrarian Reforms and rural Development in 1979. The Conference focuses on the need for the same opportunities for Women in social, economic and political process of rural development. The declaration of International Women's year (1975) and the Decade of Women (1976-1985) by the "United Nations Organizations (LINO) helped to emphasize the vital issues of women and the need for their empowerment. The concept of women empowerment starts from the idea of the iranian educationist Paulo Freire. The women empowerment is often used to portray a method where the helpless gain greater share of control over

resources and decision making and women are generally accepted as being the most authoritative members of the subjugated classes.

### SELF HELP GROUP IN SOCIAL DEVELOPMENT:

- Imbibes 'we for our' concept among women.
- Brings unity among women and reduces the difference of caste and religion.
- Improve social awareness among women.
- Improve their awareness of women in family welfare and health.
- Involvement of women to fulfill the basic needs of rural living gets enhanced
- Participation of women in democratic activities and panchayath system gets multiplied.
- May encourage women's participation in eradication of social problems like dowry, violence against women, child marriage and child labour.
- Provide initiative for basic education to girl child
- Making awareness of legal rights and legal aid access, and
- Liberties women from exploitation.

In recent years, SHGs have become significant institutions for rural development. It is now being increasingly realized the instead of targeting the individual in the process of development, it would be more useful to adopt the approach of group development. The group approach makes available the collective wisdoms and combined for any task.

### DIMENSIONS OF WOMEN EMPOWERMENT:

1. **Economic Empowerment:** Economic Empowerment is a result of achieving increased access to economic resources by women through which she gains some degree of financial autonomy.
2. **Social Empowerment:** Woman is socially empowered when which she gains knowledge about banking operations, basic health and hygiene practices, increasing her decision making ability, communicating skills and so on.
3. **Political Empowerment:** When a woman gains knowledge about politics and act accordingly it means women are politically empowered.

### OBJECTIVES:

- ❖ To have an in-depth idea about Women Empowerment in Tiruchirappalli through Self Help Groups.
- ❖ To observe the social assistance derived by the members and the economic growth political involvement achieved by them after joining the SHGs.

### METHODOLOGY:

One hundred persons were randomly drawn for the study from fifty self help in Tiruchirappalli city corporation limit alone and an interview schedule was used to collect information. Primary and secondary sources augment for the information collected and presented in the study. The primary sources comprises of the original information collected with the help of structured Interview Schedule for the SHG members. The Interview Schedule consists of Personal Profile, Group Profile, Functioning of SHGs, Economic and Political Profile, and Overall Empowerment Level of the members.

## FINDINGS:

## Distribution of the respondents by their opinion on Economic Profile

Opinion	Family income have increased after joining SHGs	Become capable of spending more for basic needs.	Able to spend more amounts for children education.	Have money to spend for entertainment.	There is scope for increase in Income generation in future.
	P	P	P	P	P
Strongly agree	29.0	40.5	40.4	11.5	25.4
Agree	36.4	44.1	33.0	31.8	35.4
Neutral	28.8	9.6	15.2	25.6	19.6
Disagree	2.4	2.4	7.2	11.0	16.5
Strongly Disagree	3.4	3.0	4.2	20.1	13.1
Total	100	100	100	100	100

## Distribution of the respondents by their opinion on Social Profile

Opinion	Family income have increased after joining SHGs	Become capable of spending more for basic needs.	Able to spend more amounts for children education.	Have money to spend for entertainment.	There is scope for increase in Income generation in future.
	P	P	P	P	P
Strongly agree	57.5	42.8	37.2	40.4	45.2
Agree	33.7	43.4	40.4	37.6	14.2
Neutral	6.0	8.0	20.8	13.0	24.4
Disagree	1.8	3.6	0.7	4.3	13.6
Strongly Disagree	1.0	2.2	0.9	4.7	1.6
Total	100	100	100	100	100

## Distribution of the respondents by their opinion on Political Profile

Opinion	Family income have increased after joining SHGs	Become capable of spending more for basic needs.	Able to spend more amounts for children education.	Have money to spend for entertainment.	There is scope for increase in Income generation in future.
	P	P	P	P	P

Strongly agree	28.6	34.0	46.0	14.6	17.6
Agree	26.4	36.8	34.6	19.0	28.7
Neutral	26.2	15.0	15.4	24.8	24.6
Disagree	11.6	9.2	3.2	17.0	20.8
Strongly Disagree	7.2	5.0	0.8	24.6	8.3
Total	100	100	100	100	100

### CONCLUSION:

Women SHGs under Mahalir Thittam promoted in Tamilnadu have started reaping fruitful results by creating self confidence through economic independence among the women. Women especially rural women have started playing vital role through banking savings and build the capital resources of the country through SHG. An women in society will ensure to develop social network among the people and build Economically, Socially, Politically and technologically a strong nation.

### REFERENCES:

1. Barik, N.K. Micro-credit, self Help Group and Women Empowerem. Delhi, Margam Publicationns, 2011.
2. Bharathi Chinnasamu, Mahalir Suya Udhavi Kuzuhukkalinh Ezhuchiyum , Veezchchiyum, Coimbatore padippagam, 2004.
3. Jyothi Mitra, Women and Society – Equality and Empowerment .

