



## Assess the awareness and attitude of women on their empowerment

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### Abstract

**Background:** Women constitute about half of the world's population and a visible majority are poor. Women should be encouraged to bring their vision and leadership, knowledge and skills and aspirations into the development agenda from the grass root to international levels. Women rights and issues have always been a subject of serious concern of academicians, intellectuals and policy makers. From past society to contemporary information and global society, the role of women has changed drastically.

**Objective:** Assess the attitude of women on their empowerment.

**Methods:** a descriptive survey research approach was used with non-experimental descriptive research design. The study was conducted in rural areas, Indore. Study samples comprised of 50 rural women selected by non-probability convenient sampling technique. Structured awareness questionnaire and attitude scale were used to collect the data regarding women empowerment.

**Results:** The data were analyzed by descriptive and inferential statistics. Result revealed that Majority 58% had awareness regarding women empowerment and 42% had not aware about women empowerment. All the subjects 100% had positive attitude towards women empowerment. Mean awareness is 4.78 deviated from  $\pm 2.09$ , where as in the attitude mean is 110.4 deviated from  $\pm 5.95$ . Awareness and attitude is positively correlated i.e.  $r_{(cal)} = 0.22$  which is  $>0.288$ , so it is statistically significant. There is significant association between awareness and occupation and there is no significant in any other demographic variables and there is no association between attitude and selected demographic variables.

**Conclusion:** The finding revealed that Majority of the subjects had awareness about women empowerment and all subjects had positive attitude towards women empowerment. There was a significant relationship between awareness and attitude. There was a significant association between the awareness of women and demographic variable occupation. But there was no significant association between the attitude level and demographic variables.

**Keywords:** women, awareness, attitude, women empowerment, rural area

### Introduction

The empowerment of women is a contemporary issue regardless of the country in which a social planner tries to bring a sustainable development. Women constitute about half of the world's population and a visible majority are poor. Women should be encouraged to bring their vision and leadership, knowledge and skills and aspirations into the development agenda from the grass root to international levels. Women empowerment has five components: women sense of self-worth; their right to have and determine choices; their right to have access to opportunities and resources; their right to have the power to control their own lives, both within and outside the home; and their ability to influence the direction of social change to create a more just social and economic order, nationally and internationally.

The empowerment of women is an active multi-dimensional process which enables women to realize their full identity and powers in all spheres of life. For others, empowerment represents the ability of women to handle responsibilities, to envision a better future and to work to overcome the obstacle that confronts them. Empowerment can be measured by using selective indicators, such as active contribution in the household, the work place and the community. A woman rarely talks of herself. In normal circumstances she talks only of her role, her family and tradition of society. She may talk of her reactions once in a while but she keeps her real feelings hidden. Psychological growth and the crossing of thresholds are, however, choices

that women makes by utilising her personal qualities and by investing herself and redefining her roles.

We have travelled from women problems to women issues, women issues to women perspectives and finally to women studies, reshaping whole paradigms of development. Now women are mobilized to protest against domestic violence, legal discrimination, rising prices, prohibition of liquor, rape, dowry, child marriage, female infanticide, sexual abuse, male alcoholism, and so on.

### Need for the study

The women issues have received tremendous attention in the planning circle and in wide intellectual discussions and forums at national and global platforms. Statistically the rate of literacy among women has also increased. The educational and occupational patterns have also changed and widened with women entering the domains, which till decade back was considered to be dominated by men. In the background of the gigantic transformation, the core issue, which still remains unanswered, is that of women right and empowerment. The right for education and employment are significant for women development in wider sense. Women empowerment can be facilitated only if she is able to exercise her right, power and freedom in socio-economic spheres of decision making.

Since the 1990's women have been identified as key agents of sustainable development and women equality and empowerment are seen as central to a more holistic

approach towards establishing new patterns and process of development that are sustainable. The World Bank has suggested that empowerment of women should be key aspect of all social development program (World Bank, 2001). For women in India, this suggests for empowerment in several realms: personal, familial, economic and political. International organizations like the World Bank and United Nations have focused on women in rural area. In the late 1980s and early 1990s, NGOs have also taken on an increased role in the area of women empowerment. There are many challenges that face NGOs who make it their goal to empower women. A number of studies have been carried out in India and elsewhere that have tried to look in to the empowerment of women. Stine and Karina (2003) explain the term improvement as a process by which the disempowered individuals and groups gain the power to control their lives and the ability to make strategic life choices. Women empowerment can be measured by factors contributing to each of the following: they are personal, economic, family and political empowerment A higher level of educational qualification will ensure more chances of obtaining wider knowledge and awareness, and will increase higher levels of confidence in all walks of life. Hence, the person’s employment level will tend to increase women empowerment level. However, women are still denied these rights to education, establish themselves and enjoy equal freedom with males and are restricted to the four walls of house. This serves a drawback to the nation’s progress. Researcher thinks of changing the equilibrium of social forces to treat women as equal partners in the society and to bring recognition to all their roles. Keeping all these above facts, studies on the women empowerment one of the part of RCH Programme for a holistic approach to women health, in view of these the investigator is keen to assess the women attitude in a selected rural community toward their empowerment. The investigator’s personal experience in the community with the women that most of the women are unable to raise the voice for their right, lack of decision making power due to lack of education, poor economic condition, suppressed by family members especially in rural community which shows disempowered status in the society. Hence the investigator aimed to seed the concept of empowerment, its advantages to women and to increase their awareness towards empowerment and it needs to influence directly the status of the women in all aspects of life.

**Problem of the Statement**

“A descriptive study to assess the awareness and attitude of women on their empowerment in a selected rural area at Indore”

**Results**

**Section I:** Frequency and percentage distribution of data pertaining to demographic characteristics of rural women. (n=50)

**Table 1**

S No	Demographic variables	Frequency	Percentage
1	Age in years	20-30years	24 48%
		<30-40yr	14 28%
		<40-50yr	11 22%
		<50-60yr	1 2%
2	Marital status	Single	1 2%
		Married	49 98%
		Widow	0 0%
		Divorced	0 0%
		Separated	0 0%

**Objectives**

- To assess the awareness and attitude of the women towards their empowerment in a selected rural area at Indore.
- To find out the correlation between awareness and attitude level of the women towards their empowerment in a selected rural area at Indore.
- To find out the association between awareness and selected demographic variables of women in a selected rural area at Indore.
- To find out the association between attitude and selected demographic variables of women in a selected rural area at Indore.

**Hypothesis**

All the hypotheses will be tested at 0.05 level of significance

- H1:** There will be a significant relationship between awareness and attitude towards women empowerment in a selected rural area at Indore.
- H2:** There will be a significant association between awareness and selected demographic variables in a selected rural area at Indore.
- H3:** There will be a significant association between attitude and selected demographic variables in a selected rural area at Indore.

**Materials and Methods**

A descriptive survey research approach was used with non-experimental descriptive research design. The study was conducted in areas under Hathod rural PHC in Indore. Study samples comprised of 50 rural women selected by non-probability convenient sampling technique. Structured awareness questionnaire and attitude scale were used to collect the data regarding women empowerment.

**Procedure of the data Collection**

The researcher self-collected data from the subjects. For maximum cooperation, the investigator self-introduced to the respondent and willingness of participants was obtained. Ethical clearance was obtained from the Research Ethical Committee. A permission was obtained from the Medical Officer of Hathod PHC, Indore. The data collection was done within a given period from rural women who fulfilled the inclusion criteria. Consent of the participant was obtained. Administered the structured interview schedule to get response for each item regarding women empowerment. The data collection took time 20 to 30 minutes for each sample and response were marked down by investigator immediately.

3	Married age	15->18	43	86%
		18-<21	7	14%
4	Education	No formal education	32	64%
		Primary school	11	22%
		Middle school	3	6%
		High school	4	8%
		PUC	0	0%
		Diploma/Graduate	0	0%
5	Occupation	Govt	0	0%
		Private	0	0%
		Agriculture	21	42%
		House wife	29	58%
6	Reason for work	Self employed	0	0%
		Economic	4	8%
		Qualified	0	0%
		Social status	24	48%
7	Family size	Personal interest	22	44%
		1-5	21	42%
		6-10	28	56%
8	Type of family	<10	1	2%
		Nuclear	21	42%
		Joint	29	58%
9	Religion	Extended	0	0%
		Hindu	36	72%
		Muslim	14	28%
		Christian	0	0%
10	Family income per month	Others	0	0%
		Rs.2001-Rs.4000	35	70%
		Rs.4001-Rs.6000	9	18%
		Rs.6001and above	6	12%

Table 1: Shows that, Majority of the samples that is 48% are in the age group of 20-30, and 28% are belongs to <30-40 years, 22% belongs to <40-50 years respectively and 2% are in between <50-60 years. Majority of the subjects 98% are married and 2% are single. Majority that is 86% married in age between 15->18 and 14% at the age between 18-<21. Majority of the subjects 64% are not had the formal education, 22% had primary education, 8% had high school education and 6% had higher primary school education. Majority of the subjects 52% are housewives and 48% are having agriculture. Majority 48% had reason of improve social status, 44% had their personal interest, and 8% had reason of improve the economic status. Majority of the families 58% had number of 6-10 members, 42% had 1-5 members and 2% had <10. Majority of the subjects 72% belongs to Hindu religion and 28% belongs to Christian religion. Majority of the family 70% had the income of 2001-4000, 18% are 4001-6000 and 12% are had above 600

**Section II:** Distribution of responses on awareness and attitude of women on their empowerment

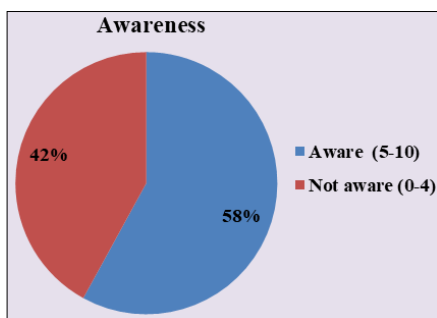


Fig 1: Show that majority 58% had awareness regarding women empowerment and 42% had not aware about women empowerment.

**Table 2:** Distribution of attitude of the women on their empowerment (n=50)

Attitude level	Frequency	Percentage
Negative attitude (40-80)	00	00
Positive attitude (81-120)	50	100%
Total	50	100%

Above table shows that all the subjects 100% had positive attitude towards women empowerment.

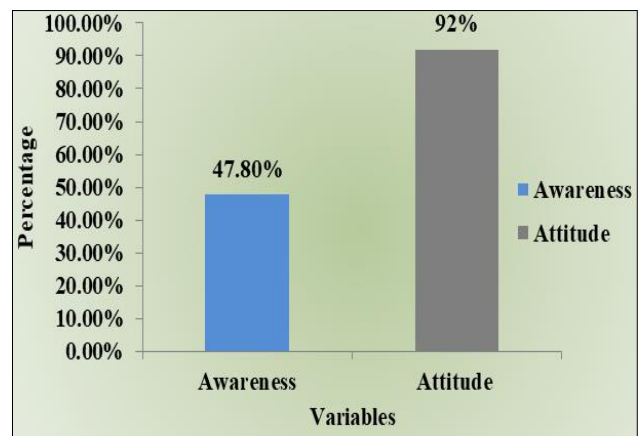


Fig 2

Above figure shows that mean awareness is 4.78 deviated from + 2.09, where as in the attitude mean is 110.4 deviated from + 5.95. Mean percentage of awareness is 47.8% and attitude is 92%.

**Section III:** Correlation between the awareness and attitude score (n=50)

**Table 3**

Aspects	Mean	S.D	Correlation	Remark
Awareness	4.78	2.09	0.22	Positive correlation *significant
Attitude	110.4	5.95		

\*significant,  $r_{(48)} = 0.288$   $p > 0.05$  Above table shows that awareness and attitude is positively correlated and  $r = 0.22$  which is  $< 0.288$  at level of  $P < 0.05$ , so it is statistically significant. Hence, Research hypothesis is accepted, null hypothesis is rejected.

**Section IV:** Association between selected demographic variables with awareness attitude score regarding women empowerment.

**Table 4:** Association between demographic distribution and awareness (n=50)

S. No.	Demographic variables	Frequency		$\chi^2$ (d.f)	
		<5 Median	>5 median		
1	Age in years	20-30years	7	17	0.90 (3) $\chi^2_{(3)}=7.81$
		<30-40yr	9	5	
		<40-50yr	4	7	
		<50-60yr	1	0	
2	Marital status	Single	1	0	0.42 # (1) $p > 0.05$
		Married, Widow, Divorced	20	29	
3	Married age	15->18	20	23	1.41\$ (1) $\chi^2_{(1)}=3.84$
		18-<21	1	6	
4	Education	No formal education	20	12	2.50 (3) $\chi^2_{(3)}=7.81$
		Primary school	1	10	
		Middle school	0	3	
		High school, PUC Diploma/Graduate	0	4	
5	Occupation	Govt, Private, Agriculture	14	7	9.04 * (1) $\chi^2_{(1)}=3.84$
		House wife, Self employed	7	22	
6	Reason for work	Economic, qualified	3	1	0.15 (2) $\chi^2_{(2)}=5.99$
		Social status	10	14	
		Personal interest	8	14	
7	Family size	1-5	11	10	0.31 (2) $\chi^2_{(2)}=5.99$
		6-10	10	18	
		<10	0	1	
8	Type of family	Nuclear	9	12	0.01 (1) $\chi^2_{(1)}=3.84$
		Joint, Extended	12	17	
9	Religion	Hindu	14	22	0.51 (1) $\chi^2_{(1)}=3.84$
		Muslim, Christian, Others	7	7	
10	Family income per month	Rs.2000-Rs.4000	15	20	0.822 (2) $\chi^2_{(2)}=5.99$
		Rs.4001-Rs.6000	4	5	
		Rs.6001and above	2	4	

#Fisher exact test applied  $p=0.05$ , \$ Yates correction formula is applied, \* Significant

Above table shows that there is significant association between awareness and occupation ( $\chi^2=9.04$ ,  $\chi^2_{(1)}=3.84$ ). And there is no significant association in awareness and in any other demographic variables. Hence research hypothesis

is accepted between awareness and occupation and null hypothesis is rejected. And in other all areas null hypothesis is accepted.

**Table 5:** Association between demographic distribution and attitude (n=50)

S. No.	Demographic Variables	Frequency		$\chi^2$ (d.f)	
		<111Median	>111 median		
1	Age in years	20-30years	8	16	2.03 (3) $\chi^2_{(3)}=7.81$
		<30-40yr	8	6	
		<40-50yr	7	4	
		<50-60yr	0	1	
2	Marital status	Single	1	0	0.46# (1) $P=0.05$
		Married, Widow, Divorced	22	27	
3	Married age	15->18	22	21	2.27\$ $\chi^2_{(1)}=3.84$
		18-<21	1	6	
4	Education	No formal education	19	13	1.11 $\chi^2_{(3)}=7.81$
		Primary school	3	8	
		Middle school	0	3	
		High school, PUC Diploma/Graduate	1	3	
5	Occupation	Govt, Private, Agriculture	9	12	1.98 (1) $\chi^2_{(1)}=3.84$
		House wife, Self employed	14	15	

6	Reason for work	Economic, Qualified	2	2	2.84 (2) $\chi^2_{(2)} = 5.99$
		Social status	5	19	
		Personal interest	16	6	
7	Family size	1-5	14	7	1.36 (2) $\chi^2_{(2)} = 5.99$
		6-10	9	19	
		<10	0	1	
8	Type of family	Nuclear	8	13	0.90 (1) $\chi^2_{(1)} = 3.84$
		Joint, Extended	15	14	
9	Religion	Hindu	17	19	0.07 $\chi^2_{(1)} = 3.84$
		Muslim, Christian, Others	6	8	
10	Family income per month	Rs.2000-Rs.4000	15	20	0.94 (1) $\chi^2_{(1)} = 5.99$
		Rs.4001-Rs.6000	4	5	
		Rs.6001and above	4	2	

#Fisher exact test applied  $p=0.05$ , \$ Yates correction formula is applied, \* Significant

Above table shows that there is no association between attitude and selected demographic variables Hence the research hypothesis is rejected and null hypothesis is accepted.

### Conclusion

The finding revealed that Majority of the subjects had awareness about women empowerment and all subjects had positive attitude towards women empowerment. There was a significant relationship between awareness and attitude. There was a significant association between the awareness of women and demographic variable occupation. But there was no significant association between the attitude level and demographic variables.

### Implications of the study

Education curriculum planners and administrators may use the information obtained to integrate information towards women empowerment into the educational curriculum. More studies are needed to bring out an effective intervention. As women empowerment is a new topic in health science there is needed to schedule women empowerment in nursing curriculum to understand better about them to care of women in broad sense. Women empowerment is recent aspect in National Health Programme included in RCH and these assessed attitude level will help to understand them for encouragement to increase their empowerment in community. The nurse administrator should see and evaluate about women awareness on empowerment and utilize their capabilities for their holistic health and wellbeing.

### Limitations

- The study was limited among rural women.
- The tool used was with structured interview schedule developed by the investigator which needs a broad and comprehensive validation.

### Recommendations of the study

- The study can be done on large sample size to confirm the results.
- The study can be done to assess knowledge level and to develop the booklet according to their needs.

The comparative study can be conducted among urban and rural women, among different caste, among different community

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