

**A STUDY ON PSYCHOLOGICAL EMPOWERMENT OF WOMEN IN  
URAPAKKAM, KANCHEEPURAM DISTRICT**



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**ABSTRACT**

**D**eendent women don't empower women. If women think just that being highly educated and employed, they are empowered, it is a myth. Everyone must understand the empowering woman doesn't mean empowering them in technical area only. Women should remember that they are also rational, intelligent and thinking human beings.

When they manage to survive, they are made to live without dignity due to various types of crimes against them. It only proves the point that the societies mind set is still against the girl child. Even the educated & economically well off sections are not free from this "son preference attitude". It is because Indian society's cultural mooring is very strong. Thousands of married violence are rampant. The abuse takes physical, mental, emotional and economic forms. For the sake of the society, women sacrifice a lot & bear a lot of mental, physical and emotional stress. Even if a woman lives in an abusive domestic environment, she will hesitate to come out of marriage in spite of her economic independence. Women have to awake from deep slumber & understand the true meaning of empowerment. This article highlights the psychological empowerment of women in Urapakkam, Kancheepuram District.

**KEY WORDS:** Empowerment, Women, Environment.

## INTRODUCTION

Dr. A. P. J. Abdul Kalam "Empowering woman is a prerequisite for creating a good nation, when women are empowered, society with stability is assured. Empowerment of women is essential as their value systems lead to the development of a good family, good society and ultimately a good nation".

Women constitute more than 50% of the population, undertake most of the work (two thirds) but only receive one tenth of the total income rather than men. The working hours of women are longer than that of men, 12-16 hours per day. In addition to their domestic responsibilities in child care, women have to be responsible for housework, such as fetching firewood, water & cooking & even hard work as ploughing & raking, planting, transplanting & harvesting. Women have to suffer from continuing under nutrition & two thirds of them are anemic. Rural women lack sex education & have poor health due to frequent pregnancies. The illiterate women, especially lack information on balanced diet, family planning, house cleaning & other information to improve their health & the quality of life. They have lower status & low paid occupations, lower economic positions so they are less conscious & lack self confidence.

W - Wonderful gift of nature.

O - Originator of life.

M - Monitor of external and internal affairs.

E - Emotional incarnation.

N - Nightingale in the garden of humanity.

## EMPOWERMENT

There has been a paradigm shift of focus on women, from the concept of "welfare" towards "development" and now

towards "empowerment" from the nineties. Several fronts have taken up different initiatives to uplift rural, semi urban & urban woman and to bring them to the mainstream of a growing economy. As a part of these initiatives, the Government had declared the year 2001 as "Women's empowerment year" to focus on a vision "Where women are equal partners like men".

Empowerment is a process of awareness & conscientization of capacity building leading to greater participation, effective decision-making power & control leading to transformative action. This involves ability to get what one wants & to influence others on our concerns. With reference to women the power relation that has to be involved includes their lives at multiple levels, family, community, market & the state.

According to Kabeer's (2001) simple & illustrative definition, empower is "the expansion in people's ability to make strategic life choices in a context where this ability was previously denied to them".

Empowerment has 6 components:

1. Cognitive
2. Economic
3. Legal
4. Psychological
5. Political
6. Social

For our study, we are selecting the psychological component of empowerment.

The psychological component would include "the development of feelings that women can act upon to improve their condition. This means formation of the belief that they can succeed in change efforts".

The participation of women in business enables them to acquire inimitable psychological benefits to rise up psychologically powerful which are an

essential for women empowerment in any socio- cultural and economic environment and situations. The members have accrued various psychological benefits including self awareness, high self esteem, self confidence and courage, understanding about own rights, privileges, roles & responsibilities, power of self determination, positive attitude, risk taking ability, the power to face challenges of daily life, gaining knowledge and new ideas and skills, great relief from mental stress and anxiety, leading a happy and satisfied life and so on.

### SCOPE OF THE STUDY

1. To study about the empowerment and its methods.
2. To learn the importance of women empowerment.
3. To know about the psychological component of empowerment.

### ANALYSIS & INTERPRETATION OF DATA

**Table.1 Friedman Test Result for factors Motivating to Start Business**

FREQUENCY	MEAN RANK	ASSIGNED RANK
Personal Interest	2.93	3
Unemployment Problem	3.14	4
Chance to Use Skill	1.93	1
Encouragement by Others	2.00	2

Source: Primary Data

From the above table it is observed that "Chance to use skill" is the primary reason to start the business. The Friedman Test for the above indicated a significance

### OBJECTIVES OF THE STUDY

1. To encourage and develop the skills for self- sufficient.
2. To study the empowerment threats and opportunities.
3. To prove that empowerment is one of the main procedural concerns when addressing human rights and development.

### RESEARCH METHODOLOGY

For this study, we used a questionnaire to collect primary data. Secondary data were also used.

### SAMPLE SIZE

Due to time constraint the sample size is reduced to 25.

### SAMPLE AREA

For our study, we selected Urapakkam, Kancheepuram District as our sample area.

value of 0.172 ( $p > 0.05$ ) which implied that there is a significant difference in variations as between rankings of the respondents.

**Table.2 Correlation between Level of Education and Level of Income**

	VALUE	APPROX.T <sup>b</sup>	APPROX.SIGN.
Interval by interval Pearson's	0.445	3.386	.035
Ordinal by ordinal spearman Correlation	0.441	3.857	.041

Source: Primary Data

From the above table, it is clear that there is a significant relationship between the level of education and increase in the

income level of the respondents since  $p < 0.05$ .

**SUGGESTIONS**

1. The women have got lot of awareness to start up their own business.
2. The primary motive behind this is the 'chance to show their skills' and the urge to save money for future use.
3. The women are expecting some training regarding the marketing activities.
4. Considering all these facts, it can be stated that the women empowerment achieved.

**CONCLUSION**

Empowerment is one of the key factors in determining the success of development in the status & position of women in the society. The women present in India is enjoying the social and economic status through starting their own business. It is our moral, social and constitutional responsibility to ensure their progress by providing them with equal rights and opportunities.

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