

# Women Empowerment Through Self Help Groups In Dhar District Of M. P.

**Mr. Krishnpal Singh**

M.Sc. Extension Education Final Year Student 2019

**Dr. Sandhya Choudhary**

Professor, Extension Education, College of Agriculture,  
Indore

**Dr. Abhay Wankhede**

Associate Professor, Extension Education, College of  
Agriculture, Indore

**Dr. K. S. Kumar**

Professor & Head, Agriculture Statistics, College of  
Agriculture, Indore

*Abstract: Promotion of Self-Help Groups (SHGs) mainly for women has been a common feature in India towards the aim of poverty alleviation under the micro-finance concept. Access to credit has not only strengthened the position of women economically, but it has also created a ripple effect which alters power dynamics to allow them to a large extent. Under Self Help Groups (SHGs) program of State Government, Madhya Pradesh encouraged and inspired for formulation of thrift and credit groups in rural areas to channelize the various poverty elevation and social development program for women. In order to ascertain the status of Self Help Groups formulated in rural areas of Madhya Pradesh. The study was indicated trends of SHG structure in Dhar block i.e. total no. of SHGs formed, no. of credit linked SHGs and different organizations promoting these SHGs in Dhar block. The majority found to have medium empowerment through SHG followed by high and medium empowerment through SHG.*

**Keywords: Empowerment, Self Help Groups**

## I. INTRODUCTION

India constitutes 48 per cent women population, 55.21 per cent of women agriculture laborer are making up about 33 per cent cultivators. Literacy rate of women is 72.36 per cent and work participation of women 32.54 per cent. (Census 2012) in Madhya Pradesh. In the present century the terms women empowerment, women welfare, gender justice have come to light in the social, economic and political development perspective of both developed and developing nations. Empowerment is a process, which helps people to gain control of their lives through raising awareness, taking action and working in order to exercise greater control.

There are 13 states, including M.P. which have been identified as priority states for implementation by Govt. The data as on 31 March 2015. Reveals that through 76.97 lakh saving has linked Self Help Groups with the banks. National Rural Livelihood Mission: - The National Rural Livelihood

Mission program has come into operation since 2012. This program is expected to cover the whole of India by 2017. In Madhya Pradesh 153 Blocks in 28 districts have been identified as NRLM Intensive blocks.

## OBJECTIVE

To measure the women empowerment of SHG members.

## II. REVIEW OF LITERATURE

Dhanotiya (2012) reported that the majority of the women in Self Help Group were belong to low inter loaning pattern (41.83 %).

Thangamani and Muthuselvi (2013) conducted a study on women empowerment through self-help groups with special reference to Mettupalayam taluk in Coimbatore district reveals

that out of the respondents monthly income are below Rs. 5000.

Dash (2013) studied on role of self-help groups in empowerment of women, a study in Bargarh found that majority of women respondents (57.33%) were middle income group followed by low income group constitutes 29.34 percent and high 13.33 per cent.

Singh (2017) conducted the study in Drang block in HP that the participation of women in SHGs made an important impact on their empowerment both in social and economic aspects.

### III. METHODOLOGY

Presently the NRLM (National Rural Livelihood Mission project) is running in all the 13 blocks of Dhar district, from this Dhar and Tirla block were selected on the basis of higher number of these rural women beneficiaries under NRLM project. From the obtained list 120 SHG women members were consider as respondents on random basis.

### IV. RESULT & DISCUSSION

#### A. EMPOWERMENT OF SHG MEMBERS

n = 120

S. no.	Aspects	Empowerment level			Total score	Mean score
		H i g h	Medium	Low		
<b>A Psychological empowerment</b>						
1	Self confidence	58	37	25	273	2.27
2	Courage	41	40	29	232	1.93
3	Self reliance	55	32	33	262	2.18
4	Career ambition	48	34	38	250	2.08
5	Self image	39	53	28	251	2.09
<b>Average mean score</b>					<b>2.11</b>	
<b>B Cultural empowerment</b>						
1	Freedom to interact with male outside family	57	37	26	271	2.25
2	Freedom for performing festival ceremonies	68	35	17	291	2.42
3	Freedom for wearing a kind of dress	51	41	28	263	2.19
4	Freedom for attending common place/ TUG office	48	40	32	256	2.13
5	Freedom for deciding (food) menu	45	38	37	247	2.06
6	Liberty for attending marriage ceremony	41	40	39	242	2.01
<b>Average mean score</b>					<b>2.17</b>	
<b>C Social empowerment</b>						
1	Self education	64	31	25	279	2.32
2	Freedom to work outside family	58	34	28	270	2.25
3	Participation in decision about family planning	48	60	12	276	2.30
4	Participation in community action	60	24	36	264	2.20
5	Feeling of social security	62	38	20	282	2.35
6	Participation in decision about education of children	73	31	16	297	2.47
7	Access to modern technology	50	35	35	255	2.12
<b>Average mean score</b>					<b>2.28</b>	
<b>D Economic empowerment</b>						

1	Freedom for selection job	62	41	17	285	2.37
2	Operating personal account in bank	48	41	31	257	2.14
3	Participation in decision about adoption of modern technology in home/enterprise	41	39	40	241	2.00
4	Participation in decision about marketing of produce	57	49	14	283	2.35
5	Authority to employ laborers	55	36	29	266	2.21
<b>Average mean score</b>					<b>22.21</b>	
<b>E Political empowerment</b>						
1	Holding political position at present	46	40	34	252	2.10
2	Freedom for participation in active politics	48	41	31	257	2.14
3	Awareness of human rights	51	39	30	261	2.17
4	Awareness of legislation for women	45	42	33	252	2.10
5	Awareness of political institution	39	57	24	255	2.12
<b>Average mean score</b>					<b>2.12</b>	

Table 1: Distribution of respondents of each sub item In women- empowerment

In case of psychological aspect, it was observed that the women empowerment index was the highest in self confidence (2.27) followed by self reliance (2.18), self image (2.09) courage (2.08) and career ambition (1.93)

#### B. CULTURAL EMPOWERMENT

The cultural aspect of women empowerment index was the highest in freedom for performing festival ceremonies (2.42) followed by freedom to interact with male outside family (2.25), freedom for wearing a kind of dress (2.19), freedom for attending pilgrim/ religious place (2.13), freedom for deciding (food) menu (2.06) and liberty for attending marriage ceremony (2.01).

#### C. SOCIAL EMPOWERMENT

social aspect concerned about women empowerment index arranged in descending order was as decision about child education of children (2.47) followed by self education (2.32), feeling of social security (2.35), participation in community action (2.20), freedom to work outside family (2.52), participation in decision about family planning (2.30) and access to modern technology (2.12).

#### D. ECONOMIC EMPOWERMENT

Economical aspect women of empowerment index was maximum in relation to authority to employ laborers (2.21) followed by operating personal account in bank (2.14), freedom for selection of job (2.37), participation in decision about marketing of produce (2.35) and Participation in decision about adoption of modern technology in home/enterprise (2.00).

#### E. POLITICAL EMPOWERMENT

The political aspect of women empowerment index was the highest in awareness of human rights (2.17) followed by freedom for participation in active politics (2.14), awareness

of legislation for women (2.10), holding a political position at present (2.10) and awareness of political institution (2.12).

#### V. CONCLUSION

- ✓ women empowerment index was the highest in self confidence
- ✓ The cultural aspect of women empowerment index was the highest in freedom for performing festival ceremonies
- ✓ Economical aspect of women empowerment index was maximum in relation to authority to employ labourers
- ✓ the political aspect of women empowerment index was the highest in awareness of human rights.

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