

# **CHAPTER-I**

## **INTRODUCTION**

### **1.1 Background of the Study**

Oxford Dictionary defines the term “empowerment” means to give somebody the power or authority to do something”. Bennett (2002) describes empowerment as “the enhancement of assets and capabilities of diverse individuals and groups to engage, influence and hold accountable the institutions which affect them” (cited in Malik and Luqman 2005). Women empowerment implies that women have power and ability to do activities as like men counterpart but they have the least authority to do something at their own initiation. The various national programmes and policies which ensure their right and authority to involve in all the developmental as well as economic activities carried out in a society, or in a nation. Among them, Communities Based Organizations (CBOs) carried out by local people are a kind of programme that supports women empowerment.

Women empowerment is the concept of power cannot be streamlined internationally as it differs from societal context (Snijders, 2009). Defining women empowerment process covers many influencing factors, meaning that any definition almost always captures part of the complete process. When defining women empowerment, one of the similarities in the literature is the concept of women’s decision making power as an indicator of women empowerment (Snijders, 2009). Krishna (2003 cited in Bali Swain, 2006, p9) puts forward the importance for women of having effective economic choices in their lives. Malhotra, et al. (2002, p5) stated that defining women empowerment has been done in most studies by using the terms options, choice, control and power.

Mayoux (2000, p8) applies the term economic empowerment as one of the defining dimensions of women empowerment. Female economic empowerment is usually about increased access of women to financial resources, income-generating assets or activities, savings, increased financial decision-making power and more economic independence.

Status of women in Nepal has remained a concern in policies since the 1980's when national policies started to address specifically the needs of women. Pyakuryal and Suvedi (2000 as cited in Basnet and Adhikari, c.a. 2006 mentions until 1980s) it was wrongly assumed that men and women were equally benefited by development activities. As the result, women lagged far behind men in all developmental activities. To address this problem, women development Programmes have been progressively developed and implemented by many of the government institutions and side by side with government interventions, CBOs are providing various types of women empowerment Programmes including IG Programmes.

Nepalese society is basically a patriarchal society with masculinity as one of the characteristics in most of the family and society which influences all aspects of social, cultural and economic life of the people. Son preference traditions of society dominated by religious belief, women are found discriminated starting from birth to upbringings, education, employment opportunities and freedom for taking part in the decision making process in the family and society. Women are found greatly confined to household activities. Where as, Women's economic dependency is on men (father, husband, brother) as men are considered as assertive and breadwinners of the family, they are focused on materialistic success.

Even in 21st century, majority of the daily work performed by female is hardly measured in terms of economy with unequal opportunity even in the total household income. Nepal remains one of the poorest countries in the world with a poverty incidence of 38% (ADB 2009) and Nepalese women

are considered as poor of the poorest. Women's poverty, their comparative lack of leadership and participation in decision making, are often attributed to a number of personal factors, including low literacy, skills, self-esteem, financial security and level of awareness of their rights (Endeley J.B. 2001:34).

Not only in Nepalese context but as a whole in the world position of women has lacked far behind than man. They are marginalized and are always made to perform sub-ordinate action in the society. They are merely treated as a toy. This situation of women is seen more critical in Shanischare VDC where women got no self identity. Different superstition, illiteracy and blind faith on religion are factor responsible for this. Moreover, Nepal being a poor country, poverty has also made women face more pitiable condition. They are confined within the four walls of house. Though this situation of women is slowly improving with changing scenario of politics and education but this has been the case only with in the cities; the case of rural women is still disgraceful. They are merely treated as child bearer and rarer whose socio economic condition is very worse. And in this regard different CBOs now have come up as a helping hand to uplift their socio economic condition in Shanischare VDC and their impact is felt much effective.

## **1.2 Statement of the Problem**

This study specially examines the role of CBOs to uplift the social status of rural women. Moreover, it also examines the motivation and constraining factor of women's participation in CBOs. The world as in 21<sup>st</sup> century and at the same time it is shrinking into a global village, people are participation in the process of development globally. There is no national as well as international boundary in terms of development; but Nepal is a country where darkness is prevailing under the light. There exists bundles of problem which are discouraging people more forward with freedom women's participation in various levels as an essential prerequisite for the

establishment of equality, development and peace as well as social position. Women constitute about 50 percent of the total population of Nepal but yet their participation in the various levels is negligible (Ghimire, 2001).

Community based organization has been emerging as the focusing of people needs and their attitudes. It plays the significant role for increasing the status of women in the society whose contribution is minimized by the society and they are lives very miserable and shoddier condition. In this case, today's CBO are successfully running in rural area. CBO is directly and indirectly concern with the rural women. They are carrying the different programs like participation of different kinds of community programs as Aama Samuha, Mahila Bachata Samuha, Mahila Karja Samuha, Bakhara Palan Samuha, Gaei Palan Samuha and Sungur Palan Samuha because of these Institution various drastic change has been brought in the life of bucolic women which has put direct impact on the socio-economic condition of life as well as society (<http://www.socialservices.gov.np>.)

Nepal is generally male dominating country where male has higher status than of female. Females are low status in various fields even though recently country's laws are activated. Women have stumpy socio-economic status as well as live a life in shoddier and pathetic conditions. Women have to bear three responsibilities as households, reproductive and economic activities. However their household roles are not considered as productive works.

The women of Nepal have substantial contributions both as labor and mentor in the household and outside, but their role is often underestimated and not counted as economic activity. As women they suffer from social, cultural and political biases. Traditionally, women's roles are confined to household chores and farming activities, which, in general engage them for a longer

hours than men (14-16 hours compared to men's 7-9 hours a day) each day (UNDP, 2004; ADB, 1999). In addition compared to male counterparts women have limited access to educational and employment opportunities. Still largely the households and society directly and indirectly deny or discourage women's role as decision maker. Women empowerment issues perceived nationally or locally are being addressed by both state and non-state agencies.

Community based organization has been exaltation and improving the condition of women life and women socio-economic status in the society which directly impact the every day life as well as socio-economic position of women. These CBOs have brought the extreme change in rural areas and in the lives of women which has been proved by their developed socio economic status. Women are getting more and more benefit by participating the programs launch by the CBOs. In the one hand, it has grown up in helping the status of women in society and the other hand making the expertise of women in society. So, the necessity of now days is participation of the rural women in rural institution for surviving of satisfactory life and establishment of existence in society (<http://www.socialservices.gov.sk.ca/cbo/>).

The Beijing conference on women 1995 has emphasized different aspects related to the problems on women and passed from of actions addressing twelve different critical area of concern as poverty, education, training, health, decision making power, armed conflict, the girl child, economy, environment, violence, human rights, media, and advancement of women. But they are still facing the problem of deprivation. They are deprived from

their rights and responsibility. Even their husband, family members and community are not ready to hear their voice.

The empowerment and autonomy of women and the empowerment of their political, social, economic and health status are highly important end in itself. In addition is essential for the achievement of sustainable development the full participation and partnership of both women and men is required in productive and reproductive life including shared responsibility(ICPD, 1994)

The advancement of women and the achievement of equality between men and women is matter of human right. Moreover it is a condition for social justice and should not be seen as isolated women's issue. It is the only way to build a sustainable just and developed society. The empowerment of women and equality between women and men are pre requisites to achieving political, social, economic, cultural and environmental security to all. (Beijing 1995) Without empowering and bringing the women into the main stream of development as well as other activities it is not possible to develop the society and nation. As men and women are considered the two wheels of a cart, so both should be equally strong and powerful to draw social improvement and its development. If issues of women are not considered timely future generation of women might also be suffered from different kinds of difficulties. It will affect their lives as well as advancement of human civilization, society and nation. Therefore, it should consider about the empowerment of women and they are endowed with it.

Women empowerment is the burning issue of the nation. Women empowerment programmes in Nepal include livelihood support programme, rehabilitation and job placement for rescued women, safe motherhood programme and so forth. The connection between poverty and women's lack of power over resources and decision-making has now caught the attention

of policymakers in government and mainstream development all over the world (Endeley 2001:34).

Baden and Green (1994 cited in Parvin et. al 2004, p50) maintains that none of the income generating program offer facilities to enhance women access to market, which is one of the critical aspects of women empowerment. These types of programs could do nothing to eliminate family and socio-cultural constraints on women's physical access to market. Therefore, women lose control over a critical phase in the production process.

Therefore, the present study is focused in assessing the impact of CBOs programmes run by non-government organizations in empowering women. The more specific query becomes: Do CBOs programmes help increase in income and decision making power of the women? Have such programmes brought awareness among the women? Are the women equally treated at family level after gaining opportunities for income generation and are they able to manage their homely financial activities at their own? These are some of questions the present study will address through research at Shanischare village development committee (VDC) of Jhapa district in Nepal.

This study is essential to examine the role of CBOs bring changes in the status of rural women in various field. The issues related to women are growing everywhere – to make them politically active, household strong and socially prominent – participation in the CBOs programs, they have learnt more and more from it. The process of participating on the programs brings many advantages to rural women. Thus, it can be taken as a burning issue of the 21<sup>st</sup> century, where the rural women are still suffering the life very miserable and pathetic condition as well as a daily life is disorder pattern of women. This study will highlight the bucolic women empowerment through CBOs of Shanischare VDC, Jhapa District

Due to the participation in CBOs bucolic women have changed their traditional pattern of life and outcome the strong social status by considering this fact, this study focuses on the following research problems:

1. What are the major causes of increasing popularity of CBOs in Shanischare VDC?
2. What types of COBs programs are mostly preferred by rural women?
3. What are the impacts of CBOs on society?
4. What type of changes has brought these CBOs in rural women?
5. What are the targeted groups of women for participation?
6. What are the constraint and motivating factor to involvement in the CBOs?

### **1.3 Objectives of the Study**

The general objective of the study is to analyze the impact of different rural institution on the lives of bucolic women in Shanischare VCD. However the specific objectives are as follows;

- ) To examine the role of CBOs to uplift the social status of rural women.
- ) To examine the pre and post status of those women with the lunch of different CBOs programs.
- ) To examine the influencing, motivating and constraints factors of women's participation in CBOs in rural areas.



## **1.4 Rationale of the study**

Women constitute more than half of the total population in Nepal. They are back bone of the society they have equal role and responsibilities to develop their society. All the development activities are preformed by the people and they are the main focal point of development. However in most of the society, men have the major roles and responsibilities in development activities and female are not enjoying with equal rights and responsibilities.

The significance of the study is in digging out the situation of bucolic women in rural areas as well as participation and influence in the every day life by CBOs. In a process women are attracted in such kind of CBOs which helps to stand out and create their own identity in the society. So, this study will be fruitful to expand the field of sociology in studying the process of bucolic women empowerment through community based organization. It may help the future researchers to carry out the same type of issues. It will be useful in providing some information needed by the agencies concerned with similar problems.

Therefore, this study scratch the life of rural women whose position is pathetic situation in the society. In the site, maximum women are working of indoor and all hers life passing way inside working the trivial household works. They are unknown about the outside as well as changing situation of the society. In a situation, the CBOs play the crucial role to uplift the status (empowerment) by various programs to participating of Shanischare rural women. This is significant for the researcher to exploring the women status in Shanischare VDC as well as it will be authentic for further researchers who raise the same issue for analysis over bucolic women.

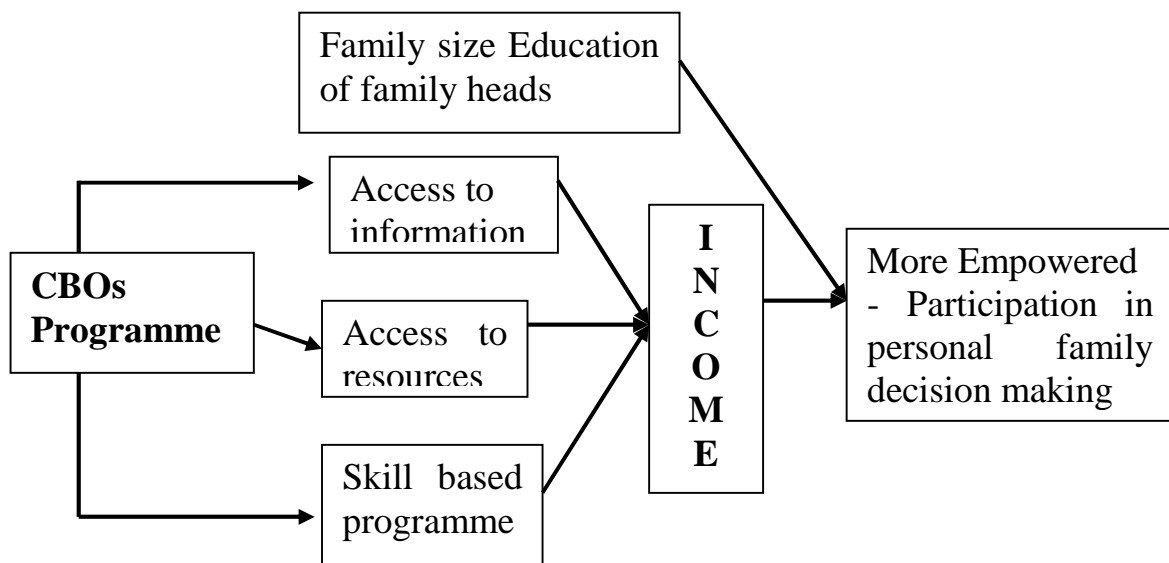
This study will be very useful for those individuals and institutions who are interested to know the women's empowerment. It will also be useful even for planners, policies makers, NGO/ INGO and other organization to formulate

and implement appropriate policies, plans and programs focusing the issue of women mainly in empowerment making sector.

### 1.5 Conceptual framework

I have developed a conceptual framework to analyse the women empowerment through Community Based Organization.

Figure 1: Role of CBOs to empowerment of rural women



The figure shows the conceptual framework use to examine the women’s empowerment through community base organization. The conceptual supposition are CBOs Programmes through a process lead to empowerment of women by providing them with income opportunities combined with skills, access to resources and awareness among women. Here, the dependent variable is empowerment, which depends on CBOs with its basic components – skill, access to resources and awareness. These three basic components of CBOs Programme give opportunity to the women to earn income which ultimately reduces the economic dependency of women. Reducing economic dependency can be a basis for empowerment.

## **Theoretical Framework**

This study is grounded in line with empowerment theories from both economic and social perspectives.

Empowerment has been used in many different contexts and by many different organizations in the fields of education, health, social work, and psychology as well as in work of feminist and development organizations. As per Kabeer (1999) empowerment is “the expansion in people’s ability to make strategic life choices in a context where this ability was previously denied to them.”

Empowerment can be described in other words as a process whereby women become able to organize themselves to increase their own self-reliance, to assert their independent right to make choices and to control resources which will assist in challenging and eliminating their own subordination (Keller and Mbwewe, 1991 as cited in Malhotra et al. 2002). Empowerment oriented interventions enhance wellness as well as target solving problems, providing opportunities for participants to develop knowledge and skills, and engage professionals as collaborators instead of authoritative experts (Perkins and Zimmerman, 1995).

Many scholars have debated the extent to which empowerment can be considered as process or an outcome. Some scholars like East (2000), Staples (1990) cited in Carr (2003), declared that empowerment is both process and outcome. Whereas, theorists like Gutierrez (1995), Kaminsky, Kaufman, Graubargh, and Robins (2000) have taken it as a process implying that the personal transformation of the individual who is becoming empowered is at the foundation of the process (Perkins and Zimmerman, 1995). Gutierrez (1990) clearly mentions empowerment as ‘a process of increasing personal, interpersonal power so that individuals, families or communities can take action to improve their circumstances’ (as cited in

Carr 2003, p 11). Thus empowerment is a transforming process constructed through action.

From these definitions we can see empowerment works in a process which leads to a host of opportunities, increase in ability to exercise autonomy, a capacity to define one's goals and act upon them, enhancement in decision making, bargaining and negotiation capacity. It further relates to a cognitive process of doing and being as well as analyzing the situations and events which will eventually strengthen self-reliance, independent rights giving them capacity to solve problems, through knowledge and skills.

## **1.6 Operational definition of CBOs**

According to 20 USCS § 7801(6), the term “community-based organization” means “a public or private nonprofit organization of demonstrated effectiveness that-- (a) Is representative of a community or significant segments of a community; and (b) Provides educational or related services to individuals in the community.”

CBOs are such organization, institutions or congregation of people, which have local area/ village-based presence, maturity and structural arrangements. These are owned and managed by members. They are formal, legal entity or informal registered organizations maintaining separate books of accounts, systems & ways of working. They have group identity-membership. They should not be affiliated to any religious, political or separatist's parties/ groups.

Community Based Organization Defined as a public or private nonprofit that is representative of a community or a significant segment of a community, and is engaged in meeting human, educational, environmental, or public safety community needs.

A community-based organization is one that is driven by community residents in all aspects of its existence. By that we mean: the governing body consists of a majority of residents, the staff is drawn primarily from the pool of local residents, the main operating offices are in the community, priority issue areas are identified and defined by residents through open forums and surveys and solutions to address priority issues are developed with residents ([www.depts.washington.edu](http://www.depts.washington.edu)).

The organizational strategies of induced and indigenous people/community Based organizations differ greatly within themselves in terms of their respective structures, functions and processes. Induced people based development programs, which are often exogenous in the community, are implemented through coordination among the various governmental and non-governmental, such as social welfare, education, agriculture and health through community based organization (SAP 1995:17).

The community based organizations play a key role in sustainable development and continuing development initiatives. Therefore, it is essential to strengthen their capacity on regular basis so that they remain active and effective in their respective locations ([www.share-care.org](http://www.share-care.org)).

## **1.7 Organization of the Study**

The study consists of altogether six chapters. In the first chapter discusses about background of study, statement of the problem, objectives, significance, operational definition of CBOs and conceptual framework of the study. The second chapter contains review of the literature and theoretical background. In the third chapter research methodology has been discussed.

The fourth chapter contains detail about the study site like: its geographic location, climate, social background and composition, livelihood, gender

study etc. Data presentations and analysis are included in Chapter five where analysis is done for relationship between empowerment i.e. decision making capacity of respondents in personal and family matters and CBOs Programme with its three components savings, access to information and resources; income of respondents. Similarly relationship is also shown between empowerment and family background. Similarly, chapter six contains conclusions and scope for future researches.

## **CHAPTER-II**

### **LITERATURE REVIEW**

This chapter deals with the available literature about women empowerment through community based organization. Efforts have been made to review different books, journal, previous researcher's findings, reports acts, articles; other published and unpublished documents related to subject will be reviewed

#### **2.1 Poverty and women**

More than 1 billion people in the world today are living in unacceptable conditions of poverty, mostly in developing and least developed countries. The great majority of those poor are women. In no part of these regions, women are equal to men in legal and economic rights. There are widespread gender gaps in access to and control of resources, in power, voice, economic opportunities. Women bear the largest and direct costs of inequalities. The gender disparities in economic power sharing are important contributing factor to the poverty of women (Beijing Platform for action, 1995).

Countless women are deprived of flowering into adulthood because of early marriage; countless are daily oppressed physically within the family; numerous others are constantly in fear of unjust divorce; and following such divorce (or death) of husband, it is difficult for so many of them to survive with honor. Not to speak of one's own hunger, facing a choice between giving a morsel of food in one's child's mouth and keeping one's honor, the mother's mind and body get paralyzed, and her final choice cannot be predicted or assumed. In such reality, seeing the question of distress of women on a linear scale with first calorie then honor is manifestly unreal and inhuman. The advancement of women and the achievement of equality

between men and women are matter of human rights (Beijing Platform for action, 1995).

In last decade, the number of women living in poverty has increased disproportionately to the number of men, particularly in least developed and developing countries. The feminization of poverty has also recently become a significant problem in the countries with economies in transitions as a short-term consequence of the process of political, economic and social transformation (Beijing platform of Action, 1995). The feminization of poverty is fueled by cultural conceptions of women as dependents of men; the gender division of labor within families, widespread discrimination in private and public realms, dichotomous labor market and pervasive discrimination that women and girls still face in schooling, housing and at work (Simon, 1988).

## **2.2 Women and Women's status**

It is considered that both male and female are equal by legal and human right but they are separated by different social values, norms and attitudes. These males became more powerful than females in our society.

Women have status, which is only secondary to that of men. This participative has been so internalized that the identity of a women is derived either from that of her father, her husband or her male children. “The high ritual and other valued attached to sons as against daughters, pronounced emphasis on gender-segregated access to household productive resources, income and to a certain extent, household decision making and schooling, paid economic participation, unequal access to public decision making structures and public facilities, among others are the manifestations of this disparity. (NESAC: 1998)



Acharya (1997) states that conventional social custom is one of the major reason obstructing women from participation fully in economic development, which result low weak power in women's hand. Higher the participation of women for economic development, higher will be the power of women. On the other hand, the social conception that only woman are responsible for the reproduction of human beings, conception delivery and upbringing of child has made extremely difficult for women to participate in the development process as equal member of society. Due to all these reasons their status compared to male is very low, even political, social and cultural development of a country. In this context, the committee constituted by united nations in the status of women trying to gain for equal rights for women in various field of their social and economic life, suggestion for removal of gender inequalities in legal economic, social and educational matters.

Acharya (1997) concludes that in addition to the activities being performed under national and international suspicious activities involving women in development process, status of women in Nepal can be improved by giving attention of such things as making specific studies about those economic, social and cultural activities of women in Nepalese societies, providing similar school and curriculum for both girls and boys students, eliminating inequalities in inheritance rights, family rights and all over legal rights, involving the educated women in office and involving them in to seminar and symposia from time to time etc.

For Nepali women, life is complex web of constraints obligations and sacrifices, many of which are determined from the day of her birth, the caste or ethnic group in to which she is born determines her positions, status and freedom, but group identity is just one element of status, patriarchal family

structure continue to decide much of the course of a women's life. Women have few options for survival other than getting married and producing male children. (Dhakal and Sheikh, 1997)

Nepali women are daughters, wives and mothers, but are not recognized as individuals with their own identity, despite the fact that they are as human as men. Society has relegated women to the lowest rank and to a submissive role, confined to the home and farm and their responsibilities there due to their maternal function. They are discouraged and prevented from taking part in public life (Subedi, 1993). Women's economic dependence on men, mainly stemming from the fact that they earn cash incomes, contributes to their social status. The few women who earn a salary are often held in higher esteem than women who do not (Gurung, 1993).

### **2.3 Poverty situation in Nepal**

Nepal is one of the poorest countries in the world with per capita GDP of \$1100 (CIA, 2008). 'Poverty' and 'Rural Poverty' are analogical realism in the context of Nepal. The way to alleviate poverty is only when the rural sector is developed. Poverty in Nepal has persisted for decades, and it is recognized as a deep-seated and complex phenomenon. According to a Poverty Report of the United Nations Development Programme (UNDP 2000), poverty has increased since the late seventies, mostly in rural areas where 85 per cent of the population resides. Poverty increased at the rate of 3.1 percent between mid-eighties and the mid-nineties, the highest rate in South Asia (Devkota, 2007, p 286 as cited in Tamang 2009 p 4). The latest Nepal Living Standard Survey (NLSS) 2003–04 conducted by the Central Bureau of Statistics revealed that Nepal's poverty level had declined to 30.85 percent in 2003–04 compared to 41.76 per cent reported in the previous NLSS survey of 1995–96.

The latest report on Nepal by the International Crisis Group says, “Nepal is a deeply unequal country. It has the greatest levels of inequality in South Asia, and the gaps are growing wider.” The latest economic survey of Nepal 2009 mentions that out of the 30.85 percent of the people who are living below the poverty line, 78 percent are from the agricultural sector, 47.1 percent from the hilly region and 45.4 percent from the Terai. The rural sector accounts for approximately 95.3 percent of the total population living below the poverty line.

According to Nepal Human Development Report 2009, except for the central and western hills, the rest of Nepal is in a very poor state in terms of the human development index (HDI), gender-related development, the human poverty index and HDI by major castes and ethnicities. Despite the close proximity to the Indian market, the Terai is far behind the central hilly regions in all respects of development. Likewise, the western mountains, which are close to Tibet are equally far behind. The report shows that between 1980 and 2007 Nepal's HDI rose by 2.16% annually from 0.309 to 0.553 today. In Nepal life expectancy at birth (years) stands at 66.3, adult literacy rate (% ages 15 and above) 56.5, combined gross enrolment ration (%) 60.8, probability of not surviving to age 40 (%) 11.0, people not using an improved water source (%) 11, children underweight for age (% age under 5) 39.

However, Nepal is a victim of underdevelopment and poor policies (Meier 2001 cited in Devkota 2005, p 11). A challenging issue for development is to arrest the vicious cycle of poverty at the bottom percentiles. A poverty-stricken family is deprived of sufficient resources like land, education and skills that make it difficult to earn a daily wage and to feed the family. As the family grows, all members have to earn by selling their labor power, and school-going children have to drop out in order to support the family. All

stakeholders of development such as politicians, planners, bureaucrats and donors have failed to arrest the positive feedback loops of poverty. Nepal faces an unprecedented spiral of income inequality (Meier 2001 as cited in Devkota 2005).

## **2.4 NGO and Women Empowerment**

Today NGOs are one of the major catalytic forces in the social mobilization and transformation of Nepali society. Both structural and functional characters of these organizations are quite diverse. Many of them are involved in awareness, social mobilization, local infrastructure building, and basic service Programmes such as education, health and drinking water provision to the local people (Khanal, 2006). There are also a large numbers of national, district and local stakeholder-based NGOs working for protecting either their members' groups or occupational interests. Human rights groups are engaged in protecting the civil rights of the people. NGOs working in the areas of women empowerment, community forestry, technology transfer and micro-finance targeting the poor in general and women in particular have performed well. They have also been successful in resolving the sustainability issue to a great extent (IIDS 2004). NGOs working on awareness building, protecting human rights, and raising voices for political, economic, social and cultural rights have equally been successful. On the whole, the NGO movement has helped the poor and disadvantaged to form self-help groups, feel empowered in the process, and bring about improvements in their livelihood. This has created an opportunity and a forum to articulate their voices and choices through their organization and mainstream their priorities (UNDP 2004).

Recent results of living standard surveys show no marked improvement in the access to basic social and physical infrastructure services of the poorest.

Likewise, both consumption and income share of the poorest 20 per cent population has reduced to 6.2 and 5.3 per cent respectively in 2004 from 7.6 and 6.5 per cent in 1996 (CBS 1996). Recently constructed empowerment indices further reveal that social contradictions and conflict started or aggravated from those areas where level of social and economic empowerment were very low (UNDP 2004). At the same time studies examining the impact of liberal policies and Programmes indicate that there has been little success in the trickle down of benefits and in improving the living conditions of the poor. Hence, despite a big NGO involvement, neither could the dominant political, economic and social structure facilitating the marginalization of the deprived be changed, nor could a perceptible improvement in the living conditions of the poor be made. The NGOs mainly succeeded in creating awareness among the large segment of deprived populations, leading to higher expectations, which in turn contributed to fuelling social contradictions in Nepali society to a greater extent.

Poverty alleviation targeted through the provision of economic opportunities to the women is one of the ways for improving the women's status and empowerment. Almost all poor women in Asia are economically active in agriculture, trade, small-scale manufacturing and craft production but women's low socio-economic status and limited access to information, skills and resources mean that these income generating opportunities are not fully exploited (ADB, 2006, p 5).

ADB further maintains that NGOs can play a contemporary role by undertaking projects that would be technically or administratively difficult for governments to implement, projects that government may have difficulty in financing due to competing demands on public resources or projects that cut across a number of government departments (ADB, 2006, p 5).

There are a large number of NGOs funded by foreign agencies working across the world. The activities largely focused by these organizations in the developing countries are mostly related to the socio-economic issues of women. Also in Nepal, there is a huge number of NGOs in some way or others working for the empowerment of women. These organizations are financially as well as technically supported by various bilateral and multi-lateral development agencies to implement wide array of Programmes related to poor and illiterate women as well as to the rural poor that cover both men and women in the community. To enlist some of the Programmes funded by ADB in Nepal are – skills for empowerment, rural micro-finance, gender equality and empowerment of women, and prevention of women and girls trafficking and rehabilitation. Similarly, various development agencies are working as well as supporting local NGOs in the sector of community forestry, establishment of handicraft business through skill training (candle making and cloth sewing etc.), education, reducing violence against women Programmes, micro-enterprise development, sustainable livelihood Programme, poverty-alleviation, small livestock rearing Programme and so on (Khanal, 2006).

Community based organization (CBOs) have highly affected the rural woman who lives under the line of poverty and survive the lives in too much pitiable condition. Now days, CBOs has appeared like a tonic in curing the diseases in the rural area. Nepal one of the poorest country of the world where approximately 60% of its population line below the poverty line, half of the population is woman. If the women are neglected, then how can this country develop? The government and non-government sectors have realized in their speeches that without women development is not possible still the output is diminutive. Now the live has come for the CBOs and private organization to create sound environment for equal participation of men and

women and provide the equal opportunities to contribute for betterment of the nation.

## **2.5 Government's attempt for Women Empowerment**

Poverty alleviation Programme through women empowerment is given the priority of Nepal government. Poverty reduction is overriding goal of development plans and policies in Nepal. But though the continuous efforts through large number of Programmes and projects to alleviate poverty, poverty has not been reduced significantly in the country. Poverty is more widespread and deeper among women, indigenous group and Dalits living in backward areas, particularly in mid and far west hill and mountain districts (NPC/UNDP, 2004).

In 1999, the annual meeting of the World Bank and International Monetary Fund (IMF) declared the new approach. Countries are asked to design their own Poverty Reduction Strategy, which is written up into a Poverty Reduction Strategy Paper (PRSP), which was the basis for donor support. Heavily Indebted Poor Countries (HIPC) must have at least an interim PRSP to access debt relief. Nepal also introduced PRSP which is also its tenth development plan (2002-2007). The Tenth Plan is government's main medium-term strategic planning sharply focused on poverty alleviation.

Country's economic and social development is not possible unless employment creation, resource generating activities, and economic self-dependency Programmes are not implemented effectively. NGOs in Nepal are working side by side with government in promoting micro-credit projects, rural bank, skilled education and employment Programmes, fair trade, skill enhancement of women, agriculture and livestock, and other economic activities, running campaigns for rights on resources, and have received some successes, as well.

## **2.6 CBOs Programme's relation with Women Empowerment**

### **Poverty reduction global strategy:**

Since 1997 or thereabouts, the Comprehensive Development Framework, also known as the Post-Washington consensus, has, for many developing countries and aid donors, replaced the much criticized Structural Adjustment Programmes (but not all their objectives). The CDF has brought with it the MDGs and PRSPs, not to mention the HIPC Initiative and the latest WTO round (how's your CAF – contemporary acronym facility – standing up?) (WB, 2000). In rural development work the focus for some time has been on participatory processes, aid partnerships, civil society organizations and sometimes the private sector too. These are advocated as the keys to success (Belshaw, 1995).

For many decades, the concept of poverty has been mostly identified with economic deprivation. People are considered as poor when they lack sufficient purchasing power. Economic well-being relates to the ability of individuals to acquire a basic level of consumption or human welfare (Wagle, 2002). In supporting this concept, Sarlo (1996) defines poverty as deprivation of economic resources that are required to meet the food, shelter and clothing needs necessary for physical well-being. Similarly, the World Bank (1992) states that people are considered as poor if their standard of living falls below the poverty line, that is, the amount of income (or consumption) associated with a minimum acceptable level of nutrition and other necessities of everyday life. These definitions are primarily concerned with income and consumption and generally, presume that poor people only suffer from limited incomes to meet their daily needs.



However, evidence abounds that poverty has dimensions that transcend these simplistic and prescriptive definitions. If well-being and quality of life are to be considered, then vulnerability, physical and social isolation, insecurity, lack of self-respect, lack of access to information, distrust of state institutions and powerlessness can be as important to the poor as low income (Robb, 2000). Therefore, economic deprivation cannot be the only kind of poverty that impoverishes human lives as Sen (1999) maintains. In fact, income only represents a means to a more basic end, which Sen interprets as the expansion of human capabilities. What this implies is that focusing on income alone in poverty reduction will not overcome all the problems associated with poverty. Rather, it will continue to divert attention away from these important problems with serious implications for poverty reduction.

The Human Development Report (1997), for example, suggests that economic growth can be a powerful means of reducing poverty, but its benefits are not automatic. Essentially, people must be educated and enjoy relatively good health to contribute and benefit from growth. In this context, individuals need the capabilities to access gainful employment and participate fully in the society to which they belong.

## **2.7 Poverty and Empowerment**

Many experts on poverty talk about empowerment when they talk about defining poverty. As per MCHugh Kathleen (2006) of Save the Children, defines, “Poverty should be defined by an individual’s inability to affect change in their lives.” Empowerment refers to the ability of an individual to make choices regarding his or her life. Often, the poor are not empowered - they are forced to work at certain jobs or do certain things, and often, this

state of existence can be linked to poverty. When people are disempowered, many times, they are in poverty.

Most of the empowerment projects and income generation schemes combine direct action by low-income women and men working in community based organizations along with local NGOs and with some support negotiated from one or more external agency (local government, national agency, national or international donor). These initiatives include community based organizations and NGOs developing savings and credit schemes for emergency credit or credit for micro-enterprise and/or housing; building or housing improvement initiatives; installing some infrastructure; and setting up and managing some basic services. Most have recognized the need to act on different fronts - in response to the many different kinds of deprivation that most low-income groups face (Anzorena et al, 1998).

Making people aware of their own capacities and resources can help increase the options available to them. So too can showing how to use these to leverage more choice. Professional advice and support can increase the choices further - but successful professional intervention requires that the value of such intervention is recognized and accepted by low-income households (Anzorena et al, 1998).

Empowerment is more than citizens and their organizations being allowed to act and make choices. It also includes the institutional and judicial framework that guarantees their right to act, to organize and to make demands within representative political structures - and that regulates or controls the power of other groups to limit their choices or contravene their rights (Anzorena et al, 1998).

## **2.8 Relation of income with Empowerment**

Low-income women face restrictions on the amount of government aid they can have, which makes it extremely difficult for many to start business (Dumas 2001). They also face limitations in the number of hours they can work, the amount of health care and other assistance they receive as well as regulations that do not distinguish between personal and business assets. These barriers make it hard for many low-income women to support themselves. In addition, the majority of low-income women do not possess the training, resources and skills necessary to start businesses. A recent study on low-income micro entrepreneurs conducted by the Aspen Institute (as cited in Dumas, 2001) found that among the 53 per cent who moved out of poverty, many derived their income not from a micro business alone, but from a combination of self-employment and wages.

Micro Enterprise Training and Development Small-scale enterprise development is being seen as a viable strategy for creating economic opportunity for self-selected individuals who are low-income and unemployed. Micro enterprise development programs focus on creating jobs, increasing the economic stability of individuals and communities, alleviating poverty, and increasing economic self-sufficiency. Encouraging micro enterprise development also has spin-off effects. Micro enterprises create jobs in a community; they provide for financial stability of neighborhoods and also help in restoring and building communities through a philosophy of self-help (Dumas. C. 2001).

The role of women in various farming activities is crucial not only because of the number engaged but also because of the variety of agricultural activities they perform. Women participated in all farm activities required to grow food grain, vegetables, and fruits and live stock farming. The role

played by women is significant in the development of the nation, but all these workers by women are considered voluntary (Gautam, 1998)

Equality in society cannot be achieved either through slogans, demands, conflicts or through wishes and blessing along. Experience has also shown that laws and regulation are not adequate. What is indeed requires is a climate of public opinion where feeling of equality emanates from the hearts of all. Women are bounded by socio-cultural norms. Even parents discriminate against the girl child. This is because of lack of knowledge, awareness and education.

So if the nation wants to gain something from women, their first duty should be to empowerment the women as given equal opportunity of education, health, etc. and control of family and drastic change will come in the nation automatically in every field like; economic development, status of women etc.

## **CHAPTER–III**

### **RESEARCH METHODOLOGY**

This chapter deals with the methodology adapted in the study. It includes the research design, selection of study area, sources of data, method of data collection, sample size, data processing and analysis process.

#### **3.1 Rationale of the Selection of the Study Area**

Shanischare VDC is selected for my study area because various women are socially and culturally restricted to involvement in the various CBOs programme and as my study is to explore the motivation factor of household women in the participation CBOs. Maximum number of household women works in the house. There are various VDC in Jhapa but I had selected Shanischare VDC because most of the female populations are socially, culturally and politically backwards as well as minimally involved in social work in comparison with other VDCs. The researcher himself is the residence of this VDC, so it becomes the focal point for this research work to find out the actuality of women empowerment. I have selected only four wards – 3, 4, 5, and 9 of the Shanischare VDC for my study area and the cause is a mostly working as well as CBOs participation women are living in these wards and to get the representative data I have selected the ward.

#### **3.2 Research Design**

This study was especially based on longitudinal as well as experiment in nature. A longitudinal study is a correlational research study that involves repeated observations of the same variables over long periods of time and longitudinal studies are observational. Experimental research design is a collection of research designs which use manipulation and controlled testing to understand causal processes. Generally, one or more variables are manipulated to determine their effect on a dependent variable. Through this

research design, respondents' opinion about CBOs lunched by programs, preference of type of programs, present situation of women, behaviour of respondents on the CBOs and others has been described. Primary data as collected from the study by field study by using interview, group discussion and observation techniques. Secondary data was being obtained from various publications.

### **3.3 Fieldwork**

Fieldwork was carried out from the month of March 2011 with the follow ups in continuing months. On the basis of practical experience during the field works and guidelines by the professors. Empowerment in terms of decision making capacity at personal and family level have been taken as dependent variable and access to resources, family background, awareness and skill as independent variable.

### **3.4 Nature and Source of Data**

As per need of the study, both primary and secondary data was collected, but the priority was given to the collection of primary data. These primary data are both qualitative and quantitative. Qualitative data and some important quantitative data were collected by employing interview, schedule and key informant interviews. All the informants were the sources of primary data. Secondary data was collected from different published and unpublished sources as per need.

### **3.5 Universe and Sampling**

Universe of my study area is Kalisthan of Shanischare VDC. There are total 10 CBOs in study area having different caste and ethnic groups are involved in these CBOs. It was impossible to take data of all rural women who are participation in CBOs of Shanischare. So, I have taken 35 respondents –10

from ward no. 4, 8 from ward no. 9, 9 from ward no. 5 and 8 from ward no. 3. This study mainly concern with the random sampling method was applied.

Table 1: Sampling and sample size

<b>Ward No.</b>	<b>Name of the CBOs</b>	<b>Type of Farming</b>	<b>Universe</b>	<b>Sample</b>
3	Kalika Amma Shamuha	Poultry farming	30	8
4	Jhalkanya Amma Shamuha	Cow farming	50	10
5	Mahila Bachat shamuha	Goat farming	45	9
9	Tinghare Mahila Shamuha	Pig Farming	40	8
			Total	35

### **3.6 Data collection techniques**

In order to collect the information, first of all interview guideline is outlined, target groups are accounted and pilot survey was made to revise the interview and guidelines. Both primary and secondary data have been collected and used in the study. Primary data are collected from household survey and interviews. Secondary data are collected from review of related documents, articles and books.

Researcher himself went in house to house and to the organizations interviewing as well as observing women's activities at the same time. Majority of information was obtained from semi-structured interviews. For some specific questions like: women's participation in decision making process, freedom to decide on her savings structured interviews with closed questions were considered ideal completion.

### **3.6.1 Interview**

All the information needed was collected through interview method. Both structured interview guidelines were used. Structured interview were used to interview female participants who are the intervention group in CBOs. Interview was taken with all the sampled women and some of the family members. As this study focuses on income of women. It was considered to be most fruitful to concentrate on the participants from the chosen family members, mostly husbands and father, mother as well were interviewed to know about the roles of these women in the family, and the changes they observe. First, information about the women who took the training was gathered from the respective organization and then the participant women were approached going to their house. More than one attempt was made to contact with some of the respondents. Interviews lasted from 25 minutes to more than one hour.

### **3.6.2 Key informant interview**

Key informants were interviews and discussed to collect information about the operation of the programme, its managements, problems and its solutions, impact of the programme. They were taken face to face interview with few checklists questions. Their opinions and views concerning to women empowerment, such trainings and CBOs programmes of NGO in these VDCs, women involving in CBOs activities, the changes in their behaviors were received.

### **3.7 Data processing and analysis**

In this study, the analysis of collected information from both qualitative and quantitative method is made through the particular rules. Different sets of information that had been collected during field work were edited carefully, and then tabulation was made. With classification, categorized edited



information was distributed to different groups and relevant heading was given to each group. Analysis of quantitative data was consisted by percentage distribution of respondents by age, education etc. Presentation of collected data was figure through tabulation.

### **3.8 Limitation of the study**

As in any research work, the determination of its boundary is essential. Similarly, the boundary of the subject matter that is to be studied in any research work must be determined. The limitation refers to the depth of study of that subject. It flow certain limitation of area as well as theoretical and methodological limitation on this study

To make the research fruitful, we must pre-determine the matters that should be included and excluded. I have determined the criteria of the research in the following way:

- a. This study was conduct as a case study of small area with the primary objectives of the partial fulfillment of the master's degree required in sociology.
- b. This study has been aimed at focusing in the women empowerment through CBOs. The form of social change is very vague and touches various aspects, but this study only focuses the major aspects of women like, family position, marriage, decision making, occupation etc.
- c. The present study adopts traditional field work method, and data were collected through self observation.
- d. It was not possible to include all the rural women in the study. Thus, the size of population under the study is very small. Only those women who under the CBOs were selected on respondents and the study have focused only on women empowerment through CBOs of Shanischare VDC in ward no. 3, 4, 5 and 9 only.

## **CHAPTER-IV**

### **DEMOGRAPHIC AND SOCIO- ECONOMIC CHARACTERISTICS**

In this chapter a brief describes of the geographical location, infrastructure and social composition of the study.

#### **4.1 Geographical Location**

Jhapa district is located between 26<sup>0</sup> 35' to 26<sup>0</sup> 46' latitude and 87<sup>0</sup> 55' to 88<sup>0</sup> 04' longitude. It is the eastern most district of Nepal and lies in the fertile Terai plains, it borders Ilam district in the North, Morang district in the west, the Indian state of Bihar in the south and east, and the Indian state of West Bangal in the east with the covers an area of 1,606 square kilometer.

Shanischare VDC is one of the 46 VDC of Jhapa district. It is situated in northeast from district headquarter, Chandragadhi. The geographical features of VDC are Terai. Transportation, electricity and communication facilities are available here. According to census 2001, the total population of this VDC is 12,512. Among them, 6648 are males and 5864 are females and the household size is 6.03.

In Shanischare VDC, the natural spring and wells and the community ponds were the sources for water but now they are not so useful because they are too much use pipeline water. All households are provided with the electricity. This place is linked to Birtamod in Jhapa by bus during day time. The roads from the highway to the main bus stop in Shanischare VDC are well mended and inside villages the roads are patched with gravel as central to the village settlement lays the temple of Kali and Buddha convent. There is also wide coverage of telephones and networks for mobile and internet. There is only one health post for basic health services which is inadequate compared to the population. The counseling is done by village level health

workers and provides basic material for family planning, maternal and child care but these people do not have adequate training, besides they do not get motivation to work.

**4.2 Social Composition:** Approximately, 4873 persons live in the village. It has the total households of 814 and female percentage is 49.77% and male 50.23%. An average household consists of 5.31 members (2008 census from VDC profile). As per the population distribution by wards, ward no. 5 has the highest population among other wards in the VDC. Ward no. 5 has the total population of 879 which is 15% of the total population of Shanischare VDC. There are 173 households in this ward. Similarly, there are no big differences between the population and household distribution rest of the wards as well. The lowest population is in ward no. 9, which was 95 households and 482 persons. In ward nos. 2, 4, 8 and 9 female population is higher than male population whereas in rest wards, male population is higher (2009 VDC profile).

**4.3 Caste and Ethnic groups:** One of the characteristics of Nepali culture is its caste based system and different ethnic groups. Every society is divided into various castes with a lifestyle of its own. In the same way Shanischare VDC also has people from different ethnic groups and castes. But dominant group of this VDC are Brahmins and Chhetri community which is 54.39% of the total population. Similarly, the other castes are Tamang -20.44%, Magar 2.83%, Dalits 2.69%, Rai- 2.12%, Gurung – 2.41, Thakuri –1.22%, Tharu– 0.35%, Limbu – 2.14% and others 0.62% only (CBS, 2001)

People's livelihood in Shanischare, rely mainly on subsistence farming. There is existence of working in own fields and working in other's fields on the basis of mutual labour exchange particularly during most labour intensive season- the planting and harvesting time.

Shanischare soil is fine fertile loam with humus; It is very suitable for rice, mustard, maize, wheat and vegetable. Also, herbs have potential for extensive local use as well as for economic purposes. The production from agriculture is sufficient for the local consumption. Beside agriculture, people are involved in works for earning alternative income like: labour, wood carving, carpentry, masonry, handicraft and utility products using forest product, herbs, and livestock.

Women in all the communities of the study area do almost all of the household works. Women have to work very hard in house as well as in fields. Beside that livestock raising is considered mainly women's domain in this community. Women of all ethnic groups largely contribute labor in non-agricultural activities like processing of food grain. Men contribution of labor inputs in marketing, cottage industry and construction activities.

#### **4.4 CBOs in Shanischare**

In conclusion, Shanischare VDC though situated near from Birtamod city, the infrastructures such as: road access, houses, health facilities etc are not well-developed. The society is cultural and traditional based with majority of community. In the VDC CBOs such as: Kalika Amma Shamuha, Jhalkanya Amma Shamuha, Tinghare Mahila Shamuha, Aum Shanti Mahila Shamuha, Milanshar Nari shamuha, Jagriti Mahila Saving groups, Shiddha Devi Krishak Shamuha, Shree Nava Jyoti Krishak Shamuha, Paropakari Mahila Krishak Shamuha, Puspanjali Mahila Shamuha and Mahila Bachat Shamuha have been involving people in different activities for empowering the women. They are providing income earning opportunities where, within CBOs are providing earning based programs like: poultry farming, cow farming, goat farming, fish farming and pig farming etc in these VDCs. Hence these VDCs represent other VDCs nearby Anarmani, Arjundhara as they have more or less same socio-cultural trend. Choosing different CBOs

in VDCs help to know about the effectiveness of earning programmes of CBOs comparatively and provide general picture about impact of these kind of programme in the VDCs.

Kalika Aama Shamuha (KAS) was formed in 2006 with the main objectives to improve the household condition of women. It has been working with education, health and sanitation, environment, farming and women issues, and offering assistance to Nepalese schools, communities and local organizations. KAS has been organizing various community development activities e.g. women education, awareness, income generation, health and sanitation continuously ahead in three different places - Chisapani, Kalisthan and Kusal basti. KAS has been carrying community education programs – children education support program and school management support program by the support of all the well-wishers and donors. KAS held literacy class to women in Ward no. 5 since November 2009 and along with commercial skill development center provided 15 days candle making training to the women. KAS felt that in today's time providing education merely and then giving no further scope for them will not be effective. The participant women spared some time and attended this program to gain new knowledge, get to write their names by themselves and learn mathematics. They learnt learning Nepali, Mathematics and English as well in the class. There were total 18 women studying in the literacy class and working in group assisting each other in writing, reading and learning. I will discuss in next chapter in details.

## CHAPTER-V

### ROLE OF COMMUNITY BASED ORGINATION TO WOMEN EMPOWERMENT

This chapter discusses the reasons for the involvement of women in CBOs Programme and its effect upon social and economic aspects. Similarly, it explains the impact of income upon their empowerment in terms of decision making. The relationship between family background basically education level and size of the family and decision making capability of women is being sought.

This chapter has been divided into 5 segments. The first one deals with need and involvement of women in CBOs programme. The second segment explains the utilization of skill training. The third segment explains the effect of CBOs programme on women's income. The fourth segment explains the CBOs programme, income and empowerment and the last section explains family background and empowerment.

#### 5.1. Need and Involvement of women in CBOs Programme

Even though there are limited choices for CBOs activities for women in Shanischare VDC, on the basis of the training, loans and other support from CBOs Programs more than 80% of the women members have engaged in CBOs activities like: poultry farming, cow farming, goat farming and pig farming. In the study area respondents gave multiple reasons for the joining in CBOs programs:

Table 2: Reason for joining the CBOs programmes

Reasons	Number of respondent	No. of respondent (in %)
Self Motivated	13	37.00
Family encouraged	12	33.00

Neighbors or Friends encouraged	5	15.00
CBOs Social Mobilizer encouraged	5	15.00
<b>Total</b>	<b>35</b>	<b>100.00</b>

The table 2 clearly shows that most of the participants (13 women) are self-motivated to join the CBOs Programme. Around 37 percent of participating women join the programme because they felt that they need to do something for the family and they can earn income if they get programme. Around 33 percent women say that their family encouraged them to join the programme. Through interview, it is known that the family heads of the participating women are most farmers. Income from this farming is not enough to support their family expenses. The expenses are also on the rise. So, the family head wants to the female members are join such CBOs Programme.

When asked with the family members, almost all (8 out of 9) family heads during interview said that they themselves encouraged the female members, particularly the mothers to join the programme. During interview, the participating women said that they don't want to sit idle at home. Most of the participating women have grown up children who can manage themselves, or there are senior people in the family to take care of the children.

About the motivation of the participating women in the programme, Meena Tamang, President of Kalika Amma Shamuha, Shanischare VDC adds that the women should be given education opportunity supported by various types of earning-based programme. They should not only be limited within household chores rather they should be given opportunity to work hand in hand with the society. Now-a-days the women want their voice to be heard in the family and outside. They don't want to depend in all respects on the decisions of others. It is no more like that the women will remain engaged in household works only.

## 5.2 Utilization of Skill training

Obtaining skill and utilizing it for income generating activities are two different things. Once the women get training, they can use it as daily skill worker for other organizations, can use it occasionally at home or can establish self-business. It is generally agreed that having skill alone is not enough to start business. They need capital too. Following table describes what the participating women did after the training and how they started their business or work.

Table 3: Occupation of women before and after CBOs Programme intervention

<b>Occupation Before Training</b>	<b>Participants in %</b>	<b>Occupation After training</b>	<b>Participants in %</b>
Working related field	00.00	Working related field	63.00
Only household works	74.00	Only household works	15.00
Working for earning	26.00	Join other organization	15.00
Student	00.00	Start business on own	7.00
<b>Total</b>	<b>100.00</b>	<b>Total</b>	<b>100.00</b>

Total Number (N)=35

As per the table 3 shows that, 74% of the participants were just housewives or doing just household works before they joined this programme. About 26% women were engaged in little earning side by side with their household works. They were involved in weaving order based woolen sweaters, cutting etc, labour works and even one was involved in teaching.

Following the training, 7% women could start business on their own. They took loan from the co-operatives they are involved in. A moderate 15% of the participant women did not continue work relating to the training and join



in other works or business after training for income earning for example: two of them got involved in her own family business i.e. shop after training. Majority of the participants (63%) are working in related field as poultry farming, cow farming, goat farming, fish farming and pig farming.

Those who quit to be involved in CBOs activities have given various reasons such as: three women thought they would start some production and earning following training, but could not because their children are small and husband has other business, and there is no adult in the house to take care of the children and have to do some household works as well; and some could not do because following their training, they got more involved in their existing family business. Even if the women after their training could not manage their own business, but the skills they got from the training become useful.

Almost the same thing happened to the women who did not participate in the CBOs Programme studied as non intervention group, 38% women were found starting their own business mostly are tailoring shop, one of them started a grocery shop. Half of them are working in related field. While 12% could not start business or earning following their training. The women from control group are in fact more self motivated and having more resources and family support than the participating women. During interview it was known that the control group women on the average are from comparatively well-off families.

#### **-Provision of Funds and their utilization:**

Following programs, the organizations gave loan amounting from Rs. 10,000 to 50,000. It is found that most of the participant women took loan from the CBOs to start their business or work. During interview, the women said, if had not received the amounts from the organizations, they would not have started the business because of investment or they could not have been able

to work for earning. The women can repay the loan by installments from their earning. Families of 5 women i.e. 18% provided money and helped to start business.

After participation in CBOs programme, most of the women could not manage to open their own business or enterprise. The training gave them skills, information and management orientation, but they could initiate farming on their own because they lacked sufficient fund, enough motivation and confidence.

When the CBOs initiated their operations under programs, the CBOs mobilizes or facilitators sensitized the village people about how women can be involved in such programme and contribute to the poor families. At Shanischare there is a growing trend of migrating from agriculture to self-managed business. So, the families welcomed the invitation of such programmes, and following programs, helped them to start their own farming works.

Out of 35, 9 women are started their business with self-fund following their programme, which proves that such programmes are not innovations in the area, two organizations had initiated such programmes even before. A couple of women had managed some works and saved some money beforehand, which they invested in the current works.

### **5.3 Effect of CBOs Programme on Women's Income:**

It is important, that the women are generating the income following the programs as it is hypothesized that women are earning income following their involvement in CBOs Programme. As discussed earlier some women could not involve in earning income works after training. In this section, earning from women's CBOs was analyzed in order to find out the average income per month.

The table 4 shows the effect of CBOs programme on women's income

Before involvement in CBOs			After involvement in CBOs		
earning	NO.	%	earning	No.	%
Not earning	20	58.00	Not earning	3	9.00
Up to 1500	12	33.00	Upto NRs. 1500	7	20.00
NRs 1500-3000	2	7.00	NRs. 1500-3000	10	28.00
NRs 3000-5000	1	4.00	NRs. 3000-5000	10	28.00
			Above 5000	5	15.00
<b>Total</b>	<b>35</b>	<b>100.00</b>	<b>Total</b>	<b>35</b>	<b>100.00</b>

Total number (N)=35

Table 4 shows the Following programs, most of them were engaged in small but regular and formal works related to their programme. Most of the participant women i.e. 58% did not earn anything before joining the training. Only 42% of total participants have agreed that they had some earnings before training whereas, after the training more than 91% participants have been found involved in CBOs activities. The income generation programme has added a monthly income up to NRs. 1500 to 20% of the women followed by 28% of women added income of NRS.1500-3000, 28% of NRs. 3000-5000. Since some did not work or involve in income generation related to training works, 9% of women have no income or increase in income at all. Following the training, income of 5 women out of 35 has risen above Rs. 5000. Thus generally, participation in the CBOs Programmes had brought members new earning opportunities and, as a result, their income has increased. This table shows the involvement of women in CBOs programme go ahead to rise in level of income of rural women.

### **Case study – 1, How CBOs programme empowerment the rural women**

Kopila Limbu of age 31 is living in ward No. 3 of Shanishare. She has studied up to grade six. She has four members in her family. Her husband

Binod Limbu who is 38 years old does wood carving works. She has two children, daughter Karuna Limbu is 13 years old and son Kusal Limbu is 9 years old. Both are studying in grade seven and four respectively. It had been fourteen years since she got married and her family got separated from big joint family some five years back. After she started living nuclear family life, she found it very hard to run day to day family. Since they had very less land to cultivate, it was difficult to meet their basic needs properly. She had to depend on her husband's income only to run the house and she would take care of all the household chores and farm activities. She then starting poultry farming work and started earning by poultry. She heard about the training of poultry farming being provided by organization Kalika Amma Shamuha through CBOs facilitators. So, she decided to join so that she could learn some new skill and make some money. After being in Kalika Amma Shamuha she got to know many people. Then after training slowly she involved in different women groups and involved in social works like cleaning places in the community, going for well wish prayers etc. in one women group names "Anju Thapa" women's group she has been doing savings of monthly NRs. 50 since last 2 years and she is the president in that group. She is involved in savings at 3 more different groups and co-cooperatives.

After Poultry farming training she is working on the salary basis in the same organization Kalika Amma Shamuha She also earns extra income on the basis. She finds after she took the training, it has helped her lot in her day to day life. She is more involved in outside social works; she can now work hand to hand in society. In her family life also, life is now much easier than before. She affords herself for her children's education expenses and buys them their daily Tiffin. Previously, she needed to depend on her husband for these expensed and husband could not bring on time, so children also used to

be sad and felt mentally tortured as their fees is due in their school and cannot take Tiffin. But now children are happy. So she is very satisfied in this matter. She was before reluctant to speak in front of society or mass, share her problems with anybody. But now the picture is completely different. She shared about her problem openly in class, discussed on it and got the solutions. She now encourages or motivates other women in her community not to sit idle or feel uneasy to talk about their interests and problems to the family or in front of the society.

Kopila Limbu's husband also supports her activities, savings. Her health, hygiene sanitation, food taking is improved as well. Now she cooks food in gas stove instead of Kerosene Stove. With her first income from poultry farming work, she managed to buy a gas oven. This way her time in kitchen works is reduced and she can utilize the time in more productive works.

#### **5.4 CBOs Programme, Income and Empowerment**

In this section the relationship between CBOs Programme, Income and Empowerment has been discussed. CBOs Programme is found to be a tool for the poor women in the village, for whom a little increase in income means significant contribution to the personal and family causes (visiting market, places etc...). CBOs programme adds a block to capacity building of earning by women. As there is rise in the level of women's earning, there are increasing concerns about the control over these incomes.

##### **5.4.1 Decision making**

Women's participation in decision-making both at personal and household level is studied. To analyze women's participation in decision-making, various areas of decision making, both at personal and at family level are distinguished.

On personal level, the following areas are inquired: buying personal items, visiting places, visiting markets or institutions, arranging recreational facilities and meeting with the people. To analyze decision making at family level, involvement in taking decision regarding child's education, marriage, making big or small purchases is inspected.

#### **5.4.1.1. Decision on utilization of women's savings**

Table 5: Who decides on utilization of women's saving

<b>Involvement in saving after training</b>	<b>No. of respondent</b>	<b>%</b>
Yes	30	85.00
No	5	15.00
Total	35	100.00

N=35

The women following skill training under the CBOs, formed groups among themselves or joined the existing the savings and credit mobilization groups. 85% percent of the participating women are found engaged in groups and cooperatives. The participants from Tinghare Mahila Shamuha, for example, joined Ujyalo Bachat Shamuha. In this group, the participant women depending on their convenience save Rs. 20 to 50 per week.

At Shanischare VDC there are a number of cooperatives and finances. The working women sometimes engage in more than one women group and cooperatives or finances. The women save money at the same time, spend small amounts in the household. While interviewed, one woman said, she spends money for kids like their school fees, tiffins etc. The husbands of the women support that they save money. From the group savings, the member women can also get loans. Some of them have received loans for farming;

some has for household expenses and paying the money back on installments.

Table 6: spending from their savings

<b>Decide on Saving</b>	<b>No. of respondent</b>	<b>%</b>
Jointly with husband or father	21	59.00
Decide on own	13	37.00
Husband or family member decide	1	4.00
<b>Total</b>	<b>35</b>	<b>100.00</b>

N=35

Table 6 shows the spending from their savings, the women mostly don't decide on their own. 59% of the women consult with their family members – husbands and family heads or father – for their savings spending, while 37% of women can decide on their own how they would spend their money. 4% of women responded that their husband or family members decide how to use saving and spending. Interestingly enough, though we suppose, the savings or earning from the women income would enable them in their personal spending, but the women claim they spend their money for family purposes, particularly for children.

#### **5.4.1.2 Effect of CBOs Programme on women's decision making capacity**

##### **- Decision making on personal matters**

Table 7: Decision making capacity of women in personal matters before and after the intervention

<b>Extent of Decision making</b>		<b>No. of respondent</b>	<b>%</b>
Before	Low	25	70.00
	High	10	30.00
<b>Total</b>		<b>35</b>	<b>100.00</b>
After	Low	1	4.00
	High	34	96.00
<b>Total</b>		<b>35</b>	<b>100.00</b>

Before the participation of women in CBOs Programme, 70% of them had low decision making capacity in personal matters. Personal matters covers areas like: buying personal items, visiting places, visiting markets or institutions, arranging recreational facilities and meeting with people. 30% of them have high influence on these decisions making. After women took part in CBOs Programme, their decision making capacities in personal matters raised to 96% high. So this show, involvement of women in CBOs Programme, enhances their decision making capacity in personal matters to great extent.

#### **- Decision making on family matters**

Table 8: Decision making capacity of women in family matters before and after the intervention

<b>Extent of Decision making</b>		<b>No. of respondent</b>	<b>%</b>
Before	Low	28	81.00
	High	7	19.00



<b>Total</b>		<b>35</b>	<b>100.00</b>
After	Low	18	52.00
	High	17	48.00
<b>Total</b>		<b>35</b>	<b>100.00</b>

Family matters covers areas like: child's education, child's marriage and making big/small purchases. Before the involvement of women in CBOs Programme, 81% have low and 19% have high decision making in family affairs. But after their involvement in the Programme, 52% is still having low decision making capacity and 48% enjoying high decision making capacity. So there is moderate level change in family level decision making.

The concept goes that when the women engage in CBOs program and start contributing to the family expenses, the women start enjoying respect in the family. This change suggests that the status and respect of the women in their family are raised. Since they share more family responsibility, they command a relationship of trust in the family and their family members give more value to her time and works outside.

**- Effect of CBOs Programme on women's decision in visiting markets or institutions**

Usually in the village areas, the outside works are carried out by the male members of the family, and even when the women need to go outside, they are found to be accompanied by male members. Following the income earning the women are usually linked with different groups and institutions for their works and orders.

The increase in number of women visiting markets or institutions is comparatively lower than other changes. There reason for it is that

traditionally the village women buy goods themselves from the market places, and also they manage small shops or stalls to sell their goods. Here the change takes place particular in the exposure of the women to other institutions or organizations, which they need to visit and keep network for their works and orders.

#### **- Effect of CBOs Programme on women's decision in arranging recreational facilities**

What is common for recreational facilities is that people need to fulfill the basic demands for living first, and then they can think of their recreations. Most of the village male heads of families are involved in agriculture farming and small business in the nearby market places. When they provide money alone to meet all family expenses, it becomes a burden on them, but when the women of the houses also engaged in some income earning and share earnings in meeting partially the small demands of the family, the burden on the male heads lessen too little to moderate extent.

In addition to fulfilling the basic needs of life, the recreational facilities in the families add to the status of the family, which is a change in the family, whatever little, brought about by the involvement of the village women in income earning.

#### **- Effect of CBOs Programme on women's decision to meet people**

During the study at the study area, the researcher saw the women's involvement in the market places and thus interaction with the people. Following the Programme intervention, the women said, they have more exposure outside and more interactions with outsiders.

#### **- Investment of income**

The financial condition of family matters in case of children's education. The general picture is that the greater the family earning, higher the level of

education of the children. At Shanischare VDC, the children usually pursue education as much as they can. It is learnt that during the skills training, 19 out of the 27 selected women had joined literacy classes initially. This literacy has raised awareness among these women for education of their own children. The earning women now can share expenses of the children and assert them to pursue education to their level best. During the interview the women remarked that either the husband decides about the children’s education or both spouses decide it together. Some women explained that she herself decided when to enroll children.

#### **5.4.1.3 Decision making in personal affairs due to involvement in CBOs by gap in number of years after training**

Table 9: Decision making capacity in personal affairs depending on before how many years the women joined the Programme and savings [cross tabulation]

<b>Decision Making</b>		<b>Gap in number of years after training</b>		<b>Total</b>
		<b>1-3 years (in %)</b>	<b>4-6 years (in %)</b>	
<b>Before</b>	Low	59	90	<b>70</b>
	High	41	10	<b>30</b>
<b>After</b>	Low	6	0	<b>4</b>
	High	94	100	<b>96</b>

N=35

From table 9, its seen that with respect to respondents who have taken training before one to three years, 59% of them have low decision making capacity in personal affairs and 41% of them have high decision making capacity in personal affairs before they participate in the training.

Similarly, 90% of women who have taken training before 4-6 years have low and only 10% of them have high decision making capacity in personal affairs before they joined the training. After their involvement in CBOs Programme,

from the group who has joined the training before 1-3 years, 6% of them have low decision making capacity still and 94% have high decision making capacity. Of the group who joined training before 4-6 years, all have high decision making capacity.

Taking the difference in percentage between low and high decision making capacity, it shows more the duration of training taken, more the decision making capacity of the women. The women need to practice more to be perfect in the work then only, the people believe them and they get the orders or further scope of work.

#### **5.4.2 Changes in decision making capacity**

This section analyses whether women’s increased workloads correspond with an increase in decision-making participation before and after the Programme.

##### **5.4.2.1 Savings and decision making capacity**

Here capacity building is mathematically related to savings, which is related to income. Here the calculation is made between decision making and involvement in doing savings. In the table 10, decision making capacity is taken as the present population.

Table 10: Decision making capacity before and after and involvement in saving

<b>Decision Making</b>		<b>Involvement in savings</b>			
		<b>No</b>		<b>Yes</b>	
		<b>No.</b>	<b>%</b>	<b>No.</b>	<b>%</b>
<b>Before</b>	Low	23	67.00	25	71.00
	High	12	33.00	10	29.00
<b>Total</b>		<b>35</b>	<b>100.00</b>	<b>35</b>	<b>100.00</b>
<b>After</b>	Low	0	0.00	1	4.00

High	35	100.00	34	96.00
<b>Total</b>	<b>35</b>	<b>100.00</b>	<b>35</b>	<b>100.00</b>

As per the calculation in table 10, those who were not involved in savings, 67% have low decision making capacity in personal affairs, and 33% have high decision making capacity in personal affairs before they were involved in Income generation programme. But after the involvement in CBOs, all of them have high decision making capacity even they were not involved in doing saving. Whereas, those who are involved in savings, after their participation in CBOs Programme, 4% of them have low decision making capacity where as 96% of them has high decision making capacity. And before the involvement in CBOs Programme, 71% of them have less and 29% have high decision making capacity in personal affairs. Here, though not doing any kinds of savings their decision making increased significantly after CBOs programme, it may be because the percentage involved in savings is higher than percentage not involved in savings.

Income can be measured quantitatively by counting the amount of savings the women make and the amount of money the women spend for personal expenses. This measurement is related to her decision-making capacity. When the women do not have income they have to ask and consult the family heads regarding what they want to buy and why they need money. On the other hand, income earning opportunities give women certain level of freedom of choices like visiting places, visiting organizations or institutions, meeting with people connected with their work or business, and buy some recreational facilities on their own.

#### **5.4.3 Women's participation in society**

Usually in villages the women are engaged in many of the feasts or ceremonies, which are part of their rituals. When there are some gatherings

organized in connection with education and health, women generally take part in.

As part of the training programmes, the participants had literacy classes. These literacy classes taught them basic language and arithmetic skills which the women can apply in their day to day activities and in maintaining accounts of their work. It was also known that some of the women had already literacy. The literacy part also gave them information on personal and family health and hygiene, and on the places/centers the women go for their health problems.

Savings mobilization was part of the programme. The women learnt from the programme that they need to save money to start their works, and even to continue savings to sustain their work. So, right after their training, most of them engaged in some women groups and cooperatives for savings and loan support. Through these savings and cooperative groups, the women exchange among themselves on personal, family and social matters.

There is obviously a trend at Shanischare that the women are coming up with their own ideas of enterprise development and income earning sometimes with family support and sometimes with support from CBOs. These women are still not active in planning of and participating in wider social or political programmes.

#### **5.4.4 Society's perception towards women**

Through the survey and interview in the Shanischare village, an outlook towards women's involvement in some income earning works is noticed. The society is convinced that maintaining household works, the women can work outside for extra income. The added income of the women can help the families to meet family expenses, and save some money for future investment or incidents as well.

Anju Thapa (Magar), VDC member comments that since decades, women are backward in each and every sector. Women are victims of different types of violence. So they need to be empowered to secure and get their rights. She observes some changes in the participating women following the Programme intervention. The society likes that the women are now more open in speaking and sharing, more aware of their rights and duties, more caring for their family matters, and at the same time, more convinced to earning and raising their status.

Mohan shivakoti, Facilitator from Kalika Aama Shamuha claims that society has a positive outlook towards women as the women can work in group, contribute to families and also more aware of health hazards, education etc.

## **5.5 Family background and Empowerment**

As , it is hypothesized that family background influence the decision making capacity of women, in this section relationship between family size, education of the family head and decision making in personal and family matters will be presented and analyzed.

### **5.5.1 Decision making in personal matters depending on family size and education of family heads**

In the tables given below relationship between family backgrounds i.e. family size and education of family head, and decision making in personal matters is shown. Decision making is taken in low and high scale, by computing the scores into mean score.

Table 11: Decision making in personal matters depending on family size

<b>Decision Making</b>		<b>Family Size</b>			
		<b>Nuclear family</b>		<b>Joint family</b>	
		<b>No.</b>	<b>%</b>	<b>No.</b>	<b>%</b>
Before	Low	23	67.00	29	83.00

	High	12	33.00	6	17.00
<b>Total</b>		<b>35</b>	<b>100.00</b>	<b>35</b>	<b>100.00</b>
After	Low	0	0.00	6	17.00
	High	35	100.00	29	83.00
<b>Total</b>		<b>35</b>	<b>100.00</b>	<b>35</b>	<b>100.00</b>

The respondents belonging to small family size i.e. of nuclear family persons, 67%, 23 women of them have less capacity in taking personal decisions before the involvement in CBOs Programme while rest 33%, 12 women have high capacity. Of the total respondents who are from family size of joint family persons, 83%, 29 women of the respondents have less decision making capacity before they joined the programme, and 17%, 6 women have high decision making capacity.

The respondents who have nuclear family, all have high decision making capacity after their involvement in CBOs Programme and those who are from family size joint family persons 17% have less decision making capacity and 83% have high decision making capacity in family matters after. This shows, smaller the number of family, the women enjoy more freedom in decision making in their personal matters. This is because when the family size is big, the women have to be more involved in household works. The mother in law, sister in law often don't like at all that they work outside the home.

Table 12: Decision making capacity in personal matters depending on education of family

Decision Making		Education of family heads		
		Illiterate	Up to SLC level	Intermediate and above
Before	Low	40	75	83



	High	60	25	17
<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>
After	Low	20	0	0
	High	80	100	100
<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>

In the family education of the respondents, the education of family head is considered. The education of the family is divided into three categories illiterate, up to SLC level which includes just literate as well and intermediate and above. Regarding profession, of the total household heads of the respondents, 41% of them are dependent on agriculture and daily labour work on wage basis for earning followed by 22% are involved in private job or business, 37% are professional and skilled labour. Labour includes those who work on daily wage basis, like as carrier in house hold construction, working in carpet factory, chimney factory. Private Job include working in an organization on the salary basis on specific posts like accountant, peon. Business is many of the respondents have hotel, grocery shops. And professional includes a professor and a civil engineer whereas skilled labour includes occupation like: wood carving, electrician, and mason.

Before the respondents participated in CBOs programme, with respect to the family heads of the respondents belonging to illiterate category, 40% of them have low decision making capacity in personal matter whereas 60% have high decision making capacity. Similarly, the family heads belonging to category up to SLC level, 75% have low decision making and 25% have high decision making capacity in personal matters and those belonging to intermediate and above category, 83% have low and 17% have high decision making capacity in personal matters before the respondents joined in the

programme. Similarly, in profession, of the family heads of the respondents from the group agriculture and labour works, 55% have low and 45% have high decision making capacity. From the group, private job and work, 83% have low and 17% have high decision making capacity, and from the group professional and skilled labour, 80% have low and 20% have high decision making capacity in personal affairs before involvement in CBOs programme. Here it shows more percentage of high level of decision making of the women whose family head is illiterate as being illiterate, they depended on the views and decision of women since they previously took the literacy class.

After the respondents were involved in CBOs programme, of the category, illiterate 20% have low and 80% have high decision making capacity in personal matter followed by in both the categories, up to SLC and intermediate and above group, all of them that mean 100% have high decision making capacity in personal matters after involvement in CBOs programme. The families in the VDC, as mentioned previously, now tend to shift from agriculture to self-managed business. So, family welcomed the works and views of women after she started keeping herself engaged in earning and other works out of home to.

### **5.5.2 Decision making in family matters depending on family size and education of family heads**

Family is basic unit of the society and it is an institution which plays important role in building society. Family structure has dominant role in decision making process. There are two categories of family structure mainly nuclear family and joint family. Nuclear family refers the family which consist husband, wife and unmarried children. While joint family consists of husband, wife, unmarried as well married children and other relatives who share the kitchen for meal and reside under the same roof. In most of the

cases, it was recorded that the women from the nuclear family and female headed household have higher responsibilities for decision the joint family and male headed household

In table 13 given below relationship between family size, education of the family head and decision making in family matters is shown.

Table 13: Decision making in family matters depending on family size

Decision Making		Family Size			
		Nuclear family		Joint family	
		No.	%	No.	%
Before	Low	30	86.00	23	67.00
	High	5	14.00	12	33.00
<b>Total</b>		<b>35</b>	<b>100.00</b>	<b>35</b>	<b>100.00</b>
After	Low	22	62.00	6	17.00
	High	13	38.00	29	83.00
<b>Total</b>		<b>35</b>	<b>100.00</b>	<b>35</b>	<b>100.00</b>

The respondents from small family size i.e. nuclear family persons, majority have less decision making capacity in family matters, its 86% whereas 14% have high decision making capacity before joining the Programme. The respondents from family size joint family persons, 67% have less decision making capacity and 33% have more decision making capacity before the participation in CBOs Programme.

In the family size nuclear family persons, after participation in CBOs Programme, 62% of respondents have low decision making capacity and 38% have high decision making capacity. Accordingly respondents from family size joint family persons, 17% have less decision making capacity and 83% have high decision making capacity. Thus respondents from big family size i.e. joint family persons have high increase in decision making as

respondents themselves claimed they spend major portion of their income earned for their family like on child's education and health, purchasing goods like medicine, fruits, foods etc for family.

Table 14: Decision making capacity in family matters depending on education of family heads

<b>Decision Making</b>		<b>Education of family heads</b>			<b>Total (in %)</b>
		<b>Illiterate (%)</b>	<b>Up to SLC (%)</b>	<b>Intermediate and above (%)</b>	
Before	Low	80	81	83	<b>72</b>
	High	20	19	17	<b>27</b>
After	Low	60	44	57	<b>52</b>
	High	40	56	33	<b>48</b>

So, as per the data, the respondents whose family head are illiterate, 80% of them have low decision making capacity in family matters before participation in Programme, and 20% have high decision making capacity. Of the respondents' family head belonging to up to SLC group, 81% have less and 17% have high decision making capacity before participation in the Programme. And, the respondents belonging to Intermediate and above, 83% have low decision making and 17% have high decision making capacity.

After the respondents got participation in the Programme, 60% of the total respondents' family head who are illiterate have low decision making capacity and 40% have high, followed by 44% belonging to up to SLC low and 56% high and 67% in intermediate and above group have low decision making capacity and 33% have high decision making capacity.

The family head whose education is up to SLC have significant increase in decision making capacity of women after their involvement in CBOs Programme.

## CHAPTER-VI

### SUMMARY, CONCLUSION AND SCOPE OF FUTURE RESEARCH

#### 6.1 Summary:

This study analyzes the women empowerment through community based organization of shanischare VDC Jhapa District. This study is based upon the primary data collection from the field survey. There are 10 CBOs in shanischare VDC. Among the CBOs four are taken as sample as well as 35 respondents are take the sample to collect information. This study is an attempt to analyze the women empowerment through CBOs programme and their roles and participation in decision making as a personal and family level has study.

Today's, CBOs are playing a crucial role to bring changes in society and culture. People are mostly guided or influenced by various CBOs today. People are participating under the CBOs as their need and always remaining near to it. In Nepal, the flow of CBOs is also highly spreading day by day. As there are various kind of community based organization in Nepal, which are playing role to provide information, skill based training and income generative programme to people. This process enhances the increasement of awareness and income on people and it also effects on their daily behaviour and culture. CBOs also play the role of agent in bringing individual change and mobility, literacy, education, information and others. So, it can be also taken as a part of Sociology.

The following are the major findings of this study.

- Z Majority of respondents are household worker (95%) and rest are job holder.

- Z Participation of various women in different community based organization (CBOs) has reformed the condition of education, health, socio-economic status etc.
- Z Nearly every women are very much aware and known about community based organization (CBOs) and its impact.
- Z After, involvement in the community based organization (CBOs) 80% condition of women is physically powerful in society.
- Z With regard to family structure 155 households have joint family and 195 households have nuclear family.
- Z Most of the households (72.0%) households are facing the problem of food deficiency and they fulfill their food deficiency by involving in service, business, livestock farming, and wage earning.
- Z Mostly females are involved in land cultivation, taking care for livestock, cooking activities, firewood collection, collection grass and fodder.
- Z Males control the household income. In 46% household, income is kept by males and 34.0% by females while 20.0% by both members.
- Z Most of the women are participation in CBOs (86%)
- Z More women are involved in household chores (57%) than males (20%).

## **6.2 Conclusions**

As this study is concentrated to analyze the women empowerment through community based organization in Shanischare VDC. Women have lower decision making power and they have sub-ordinate role in family and in society. They are deprived from their right and responsibilities. They have low decision making power their male counterparts. In major household activities, men played a dominant role. The females who have higher

education background and employed have higher decision power than merely illiterate households.

There is one typical aspect for women: they go for shopping, selling their farm produces and look after the family shops in both rural and semi-urban areas. At the VDC level, the women have their traditional family role, but at there is a rising level of awareness and understanding that women can participate in some income earning activities, not stopping their household activities, rather sharing the same with other women in the family and doing some works in extra or idle time.

Empowerment of women, particularly women's active role in their personal areas and family aspect, is a concern for long around the globe. The governments of Nepal have also attached priority since long in women empowerment through basic literacy, adult literacy, health services, skill training, agriculture training, animal husbandry etc. The VDCs in collaboration with CBOs and the CBOs independently carry out various types of program to empower women in education, health and income. One typical program of the CBOs is IG programme for women, which generally contains few components viz. literacy training, skill training, husbandry training, savings mobilization and small loan distribution.

The explicit objectives of the CBOs programme are to increase women's income, and build their capacity in decision areas in personal and family matters. The implicit objectives remain as protecting women's individual choices as human rights, sensitizing the men and the society about women's strength to work outside and earn income, and creating an enabling environment for the women to work side by side with men in the society

CBO has the potential to have a powerful impact on women's empowerment. Although CBOs is not always empowering for all women, most women do

experience some degree of empowerment as a result. Empowerment is a complex process of change that is experienced by all individuals somewhat differently. Women need, want, and profit from credit and other cooperatives. Strengthening women's financial base and economic contribution to their families and communities plays a role in empowering them.

The three organizations – Kalika Amma Shamuha, Tinghare Mahila Shamuha, Jhalkynaya Mahila Shamuha farming Programmes at Shanischare VDC, which were under the current study. Around 80% of the women who participated in these programs managed to initiate income earning activities and engage in related field. The income of the women engaged in work remains around NRs. 5000 to 6000 on the average. These women also more or less have savings with different savings groups and cooperative firms.

It was not clearly known through field work and interview that how many of the women's husbands welcome that their wives work outside and earn for the family, but the impressions of the participant women as well as of their family heads suggest that family heads do not disagree at this. The women's income however small adds to the total family income and meet small family expenses. Most of the women buy materials, particularly education materials and food stuffs for their children, buy their personal items like cloths etc., and save little by little from their income.

For the purpose of their works, the women have to visit markets and institutions, meet and bargain with different people, and participate in different groups and forums, which fall in the implicit objectives of CBOs Programme. This is a promotion of individual choices and rights. This denotes enabling women in the decision making about their personal matters. Whatever small amount the women earn, they contribute to the family, and they are more or less recognized in the family as income earners. This situation makes the family heads respectful to the women's choices and



views. The women claim that they have a say in the family following involvement in income earning.

Women's decision making capacity also depends on the family background, family size, education and occupation of the family members, particularly of the family heads. The survey data show that following CBOs Programme intervention, the women having 1–5 members in family enjoy more participation and respect in the family than those having more than 5 members in family. The women having more educated family members have gained more decision making capacity, and again the women having more professional or skilled workers in the family the more they enjoy family respect and decision making capacity.

So, the extent of the success of CBOs Programme is related to the family size, educational background and occupation of the family members of the participant women. What is evident here is that the CBOs implement the Programmes respond to the demands of the women for their own capacity building. Many women did not participate in CBOs Programme, but got training from institutions to same purpose – income earning and capacity building. It is not that the women have the trend for doing work and earning income only thanks to CBOs intervention with Programme; rather the CBOs keep pace with the growing trend and add to their efforts of earning and capacity building.

### **6.3 Future Research**

There could be many aspects to explain the empowerment of women in addition to other issues which this study has not addressed. This research could not look into all aspects of decision making. The research could not address the decision making capacity of women at societal level. Moreover, the research could not deal with factors like education, age, marital status of respondent women, which may greatly influence their decision making capacity.



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**Appendices:**

**Appendix 1- : For Participant Women**

**SECTION I**

1. Name of the CBOs that provides you training: \_\_\_\_\_

2. Name of participants (Optional):

3. Age :

4. Address: \_\_\_\_\_ ward no. \_\_\_\_\_, Shanischare.

5. Marital Status:

Single     Married     Divorced/Separated/widowed

6. Education :

a) Illiterate b) Just literate c) Primary School d) High school

Intermediate level e) Graduate

7. Family member (how many members in family): \_\_\_\_\_

Please specify details on your family members.

SN	Relationship with you	Age	Gender M/F	Education	Occupation	Remarks

## SECTION 2

1. When did you join the CBOs? \_\_\_\_\_

Training details:

SN	Theoretical Training	Practical training	Duration

Group information (if any):

Saving (Rs.)	Loans Receive Total (Rs.)	Loan Paid (Rs.)

2. Why did you join this program?

- a. Family encouraged                      b. neighbor or friends encouraged  
c. CBOs or social mobilizer encouraged      d. Self motivated

3. What did you use to do before you had joined this program?

Occupation (before training): \_\_\_\_\_

4. If any other training taken before this skill development training

5. How do you decide when the savings will be used and for what?

- a. I decide on my own      b. I decide jointly with my husband  
c. My husband/father/brother decides for me  
d. Any other family member decides

6. What did you do after training? \_\_\_\_\_

7. When did you start current work/business? \_\_\_\_\_

8. How did you start the work/business? [This will lead to the intervention of the CBOs]

- a. Family invested and helped                      b. Ngo invested and helped  
 c. Self- managed    d. If any others

9. How much did you earn that time [before training]?

- Range: a. upto 1500                                      b. 1500-3000  
 c. 3000-5000    d. above 5000

10. How did this program help your business increase your income?

- Range: a. upto 1500                                      b. 1500-3000  
 c. 3000-5000    d. above 5000

11. What type of the various social activities you are involved in?

- Puja/Worship/Feast                       Saving groups/cooperative  
 Campaigns like on health/education    Women groups  
 Political meetings                               if any others

12. What type of the household chores you usually perform daily in your family (Before and After Training)?

Activities	Involvement before				Involvement after			
	Full	Moderate	Less	Nil	Full	Moderate	Less	Nil
Cooking/Training								
Taking care of children								
Helping children in education								
Shopping								
Attending guest								
House maintenance and repair								



13. Who is the predominant decision maker in your family?

a. Father/ Husband

b. Mother

c. Self

d. Jointly

14. Do you think your after involvement in CBOs income activities, it helped you in making personal decisions making?

Yes

No

15. Do you think your after involvement in CBOs income activities, it helped you in making family decisions making?

Yes

No

16. In the following cases, how much do you think you can decide on your own? Before CBOs Programme

SN	Area	How much you can decide on you own				Who decide/influence?
		0	1	2	3	
	Buying personal items					
	Visiting places					
	Visiting market/institutions					
	Arranging recreational facilities					
	Meeting with people					
	Others					

After CBOs programme

SN	Area	How much you can decide on you own				Who decide/influence?
		0	1	2	3	
	Buying personal items					
	Visiting places					

	<b>Visiting market/institutions</b>					
	<b>Arranging recreational facilities</b>					
	<b>Meeting with people</b>					
	<b>Others</b>					

0 – Not at all

1 – to a less extent

2 – to a moderate extent

3 – to a great extent

17. Do you think that following your working/earning your family members give importance to your opinion/decision?

SN	Area	How much your opinion is heard (Before)				After			
		0	1	2	3	0	1	2	3
1	<b>Child education and health</b>								
2	<b>Child marriage</b>								
3	<b>Purchases;</b>								
4	<b>Others;</b>								

18. Do you spend money on family/ personal matters?

s

No

19. Do you think that following participation in the program you have more awareness about personal or family matters [cite some examples for her understanding]? Give examples.

Yes

No

## Appendix 2- : For Family members

### Section 1:

1. Name (optional):
2. Relation: ----- of participant woman: -----of  
CBOs:-----
3. Profession:.....
4. Guess/understand the income. \_\_\_\_\_
5. Who are the income earners of the family?

### Section 2:

1. What is your \_\_\_\_\_ doing now?  
\_\_\_\_\_
2. Did you suggest her to join the program?
  - a. Yes
  - b. No
3. What did she do after the training/program?
  - a. Opened her own business
  - b. working
  - c. nothing
4. Why is she doing this business? Or, what are the reasons/needs for/what encouraged her to do this?
  - a. To earn money
  - b. for family support
  - c.....
5. When did she start this?
6. Who helped her to start this business?
  - a. Family members
  - b. Neighbors'
  - c. CBOs
  - d. Others \_\_\_\_\_
7. Do you think the program help her to be self-reliant?

- a. Yes      b. No      c. Don't know

If yes, to what extent do you think?

- a. very much      b. moderate      c. less extent

8. What did this program give to her?

- a. Skill      b. Money      c. Confidence      d. awareness  
 e. if any others \_\_\_\_\_

9. Can she manage it (properly)?

- a. Yes      b. No      c. Don't know

**Section 3:**

10. Who takes the decisions of the family matters?

- a. Male head in the house      b. female head in the house  
 c. Jointly (Including male and female)  
 d. all members in family including children

11. Does she give her opinion, view in family decisions?

- a. Yes      b. No      c. Don't know

12. How appropriate is her opinion/view in family decisions?

SN	Area	How much her opinion is appropriate (Before)				After			
		0	1	2	3	0	1	2	3
1	Child education and health								
2	Child's marriage								
3	Purchases;								
4	Visit to market; institution								
5	Arranging recreational facilities								
6	Others;								

**Section 4:**

13. How much does she earn per month from her business/enterprise?

\_\_\_\_\_

14. Do you/family members expect her income for the family needs?

- a. Yes
- b. Not at all
- c. During emergency only
- d. Don't know

15. Does she contribute her income for family expenses?

- a. Yes
- b. No
- c. Don't know

If yes, to what extent does she contribute in following areas:

SN	Area	Her contribution (Before programme)				Her contribution (After programme)			
		0	1	2	3	0	1	2	3
1	Child education and health								
2	Child's marriage								
3	Purchases;								
4	Visit to market; institution								
5	Arranging recreational facilities								
6	Others;								

**Section 5:**

16. What works does she do in the family? \_\_\_\_\_

17. What did she do before attending this program? \_\_\_\_\_

18. She used to do certain works in house before she started this business.

Who manages those works now?

**Section 6:**

19. Do you think is it better for her to stay home and do the household works?

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20. How does the society take as she works outside and look after a business?

- a. Very good      b. good      c. bad      d. don't know

Surveyed by:

Date:

### **Appendix 3:- Checklists for Focus Group Discussion [for group members]**

1. What do you know about this program?
2. How could this program empower the participants?
3. What changes do you observe in the participants following their participation in the program and start of their business?
4. Do you think their level of awareness and self-confidence has increased due to program intervention/business and income?
5. Do you think they have more roles now in making decisions in personal and their family life?

### **Appendix 4:- Semi-structured questionnaire, or, checklist only for Community Social leaders**

1. What do you think about women empowerment?
2. Why do the women need to be empowered?
3. How do you think the women can be empowered in individual life?
4. How do you think the women can be empowered in family?
5. How much effective is such program [in personal/family/social life]? [mention the specific program now]
6. Following intervention [mention training and other activities of the program] these women are working/doing business outside house [mention what they are doing, how they are doing]. How are they keeping with the family and how do you look at them?
7. Do you observe any changes in behavior or activity in the participants [you can mention few participants, if they know] following the intervention?
8. Can such program contribute to overall development of the community?
9. [In case they are not satisfied with the intervention then} How can the women be empowered from your viewpoint?