

## **CHAPTER 6**

### **CONCLUSION AND SUGGESTIONS**

The present research is an attempt to study the empowerment of women through Self-Help Groups participation in skill development programmes with an objective of bringing out a portrait of adult education intervention in empowering women through skill development programmes in Nepal. Several development programmes have had their share in bringing about change and development in the lives of poor women. These particular study looks at empowerment women as a process for a desired outcome. The process includes approaches of agencies and motivational factors of women participant in skill development programmes. The outcomes reflect the impact on quality of life measured at four levels social, economic, psychological, cultural and political well-being.

The type of SHG are comprises majority of women folks from rural areas among which most of them have been operating for more than five years with members between 7 to 15 members. SHGs have actively found to be involving in different adult education programmes as well raising voice against anti-social activities. The result also indicates that group savings were more and were managed better among urban SHGs then rural SHGs. The study also concludes that higher caste groups were the majority of members of SHGs with very few SHGs operating among the Dalit. Most of the SHGs had members in the middle age group with most of them perceived to have attended literacy class with very few members with proper educational status. The study also concludes moderate income being earned among the SHGs.

The study result shows mechanism of credit coupled with the mobilization and organization of women on the basis of strengthening and collective action with needful educational training activities empowers women. Both Government and Non Governments role in empowering women is found to be moderate and not up to the expectations. However both agencies are constantly working on improvement of women both in rural and urban. Despite geographical hurdles both agencies are found in making efforts to reach rural women's. Both Government and NGO's are intensively showing improvement in the areas of women empowerment. Agencies with co-operation with the SHGs are able to implement skill development programmes at both village and city level with a long term vision for empowerment of women. Non-governmental agencies approaches to empowerment of women had well-developed reflecting policy. It is unfair to be claimed that NGOs or the Government agencies in Nepal have poor response to women empowerment. There is some clear evidences found that both the agencies are steadily contributing towards empowerment of women. The result of the study indicates that the selected government and non-government agencies are steadily improving and are able to undertake necessary activities, approaches and plans in bringing about change in women status in Nepal. The extent of effective role being played can also be observed in the findings that both the agencies are able to participate to tipping the poise between the grass root levels and at the state level.

Despite some significant role being played by both agencies, there are some areas found to be weaknesses, such as with regards to awareness. Awareness creation on rights, resource and ongoing and upcoming programmes were low especially among the rural SHGs groups. The study result shows that only few members of the SHGs were aware and have knowledge on rights and legislations. Which are basic

signs of illiteracy, negligence, ineffective enforcement of law, unfavourable attitude etc. Women should be aware about their rights, legislations and available resources to improve their overall development. It is clear that women empowerment can be seen as a variety of several correlated and mutually reinforcing components among which the study concludes the basic component is awareness building. Research studies have found education is responsible for making women aware of their rights and opportunities. It is also found educated women are able to recognise the importance of it and are able to seek. Therefore for accurate dissemination of knowledge and information for awareness among women both literacy classes and media should be used effectively. Any development activities therefore need to emphasize on building awareness among the rural masses which would create an environment of motivation for empowerment among women.

The study also concludes that motivational aspects of participation of women are the main ingredient for empowerment. The result shows that there is a steady change in the attitude towards self-development among the women folks of SHGs. Both intrinsic and extrinsic factors are influencing women to participate in skill development programmes. These factors are also found to significant among most of the SHG members irrespective of their educational status. Though higher education are found intrinsically more influencing when compared to low educational status of women groups. Therefore it becomes important to put more emphasis on building awareness among the rural masses through means of educational assistance which would create an environment of intrinsic motivation more among women.

Regarding the opinion of SHG members on skill development programmes, it can be concluded from the results that the skill development programmes was considered useful and effective. SHGs women members perceived the programme

had to potential to empower them in certain areas such as decision making, self-reliance and confidence building. The study also further identifies the strength and weaknesses of skill development programmes. The programme was also observed to be need-oriented and training materials were well structured and presented in sound order. The use of adequate audio-visual equipment' swas an area that was agreed to some extent a weakness that requires attention hereafter in future skill development programmes. With regards to opinion on role of agencies involve, SHG women members perceive that the agencies involved had played an effective role in training them. The only weaknesses perceived was with regards to assistance required aftermath of training programme has ended. Complaints and assistance registered were also not taken seriously for immediate and necessary action. Therefore NGO's and Governmental Organisation should engage for training of trainees and workshops should be conducted regularly for effective planning and implementation of skill development programmes.

Despite the effective role played by governmental non-governmental agencies, higher influencing factors among women and well planned programmes. Women in a patrilineal country like Nepal, constraints are bound to be multiple in natures. Similarly, Nepal considered to be poor country, with lack of infrastructure and professional workers in the field of Adult education, it is obvious of numerous constraints among disempowered. With respect to skill development programme, multiple constraints such as lack of finance, , lack of availability of inputs and raw material, lack of marketing facilities, lack of infrastructure facility, lack of knowledge on obtaining loan, lack of mutual understanding among members, lacks of funds were the major binding constraints that prevailed before and it is prevailing even today in Nepal. The study concludes that age and location of SHG was

significant contributing factor to these multiple constraints. Lower age group SHG members had to faced issue regarding the group functioning and cohesion within the group. Family interference, lack of awareness, funds and loans were constraints among the middle-aged group. And among the older-age group marketing of products and lack of education was the major issue of participation in skill development programmes.

SHGs participation in skill development programmes had a positive impact upon quality of life of the members. These also had an impact upon the households, society and the community as a whole. SHG members were able to undertake income generation activities as a result family needs and personal needs were moderately being achieved. For some of the SHG members they were able to maintain savings and also perceive they were capable of buying small assets with their savings. Skill development programme also had enable women to involve actively in household decision related to any kind. They had also gained confidence of the family which was found to be more satisfying among the high income groups. The programme also had positive effect upon women's freedom and choice which is core component of empowerment. SHG women members are actively found involving in community based recreational activities which is a positive sign taking into consideration the stereotypic belief that women are meant to be in a four wall of corners. Though skill development programme major component was economic upliftment, the programme had an impact on many aspects of women's in work. SHG member's after participation in skill development programmes, there has been in their attitude, they have become rationale for economic development. The study also concludes that due to lack of education among the women, there was a lack of ideas in income generation and maximum opportunities were not being able to grab.

Therefore working agencies had to play a lot in ensuring economic well-being among the SHG members. Skill development programme is also found to ensure cultural freedom can be achieved. The study also concludes that sense of self-worth and self-perception were steadily improving among these women after participation in skill development programmes. With regards to political well-being, skill development programme had failed to bring any major changes that could pave a way for effective leaders in national development. As female population constitutes more than male population in Nepal, involving agencies needs to also take into consideration the importance of women participation in political activities. The study also concludes that income is the significant factor in determining better quality of life among these SHG members.

Participatory technique with consultation by the women themselves on the different needs will be the best possible ways of linking empowerment and sustainability objectives. It is clear that women's felt needs, strategies and constraints and a process of negotiation between women and involved development agencies offers a facilitating setting for women to be participants in their own development processes. There are several examples of women making a generous income out of the micro-enterprises. With growth and technological advancement, the seed for skill to cope and sustain has become a need among larger population both men and women. Different adult education programmes had proven to some extent the effectiveness and its impact on women's life. However relapse cases were also found thereafter due to lack of follow up programmes and no application of the learned skills in day to day activities. Skill development programmes was the identified areas of intervention in the development of the masses. The result of the study depicts clearly it has been successful to greater extent and concludes a successful

intervention of adult education through skill development programmes in empowerment of women.

Skill development programmes is important and should be part of any organizational strength, reaching women to be empowered and to be able to challenge gender inequality and economic injustice. The present study attempts to bring out hope that could draw the attention of the authorities, departments and organisations concerned with micro-finance, adult education and SHGs on various issues and areas of improvement in respect of the development of women. To make the SHGs really meaningful and successful through skill development programme, government at different levels has to intervene in a large scale as a facilitator and promoter and not confined to as financial provider. It is therefore important to view skill development programmes the need of the hour, rather than a substitute for effective policies to be able to transform national and international development of women. A coordinated & integrated effort, timely and periodic appraisal, motivation & widespread awareness would certainly go a long way to inculcate self-confidence in the minds of women to empower themselves.

## **SUGGESTIONS**

The participation Self-Help Groups in skill development programmes have indeed positively contributed towards the progress of women in Nepal. On the basis of the findings of the study following suggestions have been made which would help to improve the functioning of the Self-Help Groups and the members and in turn would help the empowerment of women.

### ***For Government and NGO's***

1. Both government and non-governmental organisations should work together in planning and implementation of development programmes for women.

2. SHGs should be promoted even among the Dalit population
3. Awareness building activities needs to be given more priority during planning and implementation of any developmental programmes.
4. Trained members of both organisation should to be encouraged to trained fellow colleagues
5. SHGs should be consulted before designing course curriculum, deciding training venues and duration of training programmes.
6. Priority should be given to enhance literacy levels among the rural women.
7. Use of audio-visual in skill training programmes needs to be incorporated in the method of skill development programmes.
8. Government and NGO's should work out in creating cells in each VDC for solving problems of SHG
9. Both Government and NGO's should focus on specialized key activities taking into consideration the availability of local resources, possessed occupational skills of women and the supporting market conditions.
10. To increase the awareness among the public and for better marketing of products, SHG product should be advertise in newspapers, radio, television and films.
11. Necessary linkages and networks for supply of raw materials must be created to solve the issues of shortages of raw materials.
12. Both Government and NGOs must help SHGs in procuring loans and available funds.
13. Government and NGOs must work out to identify and help SHG on marketing areas and methods of supply of products manufactured.

14. Post follow-up programmes and new emerging skill needs to be identified and must be implemented.

15. Government must take into consideration necessary establishment of infrastructure such as roads and electricity.

***For Self-Help Groups***

1. Self-Help Groups should try to work independently.
2. Group meetings needs to conduct regularly.
3. Group leader needs to rotate among the SHG members depending upon the choice of the group members.
4. SHGs needs to seek information on different skill development programmes, schemes, legislation and rights which will enable them to identify opportunities.
5. Co-operation among the members is sole responsibilities of group leaders therefore need to be prioritized.
6. Unity among SHG should be improved with healthy competition.
7. Educated women among the young age group should be encouraged as legal advisors for SHGs.
8. Rural SHGs should participate actively in representing village development committees
9. SHGs should indulge in political activities and campaigns.