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Women's Health Rights and Empowerment

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Abstract:

The term "women's empowerment" refers to the promotion of women's self-worth, their ability to make independent choices, and their capacity to drive social change for themselves and others. This paper aims to identify the conditions, factors, and methods that empower women and mothers to engage in social action and promote health movements. While advancements in medical knowledge have been significant, experts agree that the most substantial improvements in health will stem from changes in behavior. This article seeks to assist researchers and women's advocates in understanding why this is the case. Specifically, it introduces a tool designed to identify both barriers to and facilitators of women's health-seeking behaviors. Unlike traditional approaches that focus solely on psychological or personal factors related to health seeking, this method considers the individual within their broader sociocultural context. Despite rapid advancements in technology and information technology, women in many developing countries continue to be deprived of their rights and basic needs. In India, women have faced numerous challenges of inequality and deprivation over time, leading to issues such as illiteracy and poverty. This study aims to explore the relationship between gender characteristics, health, and women's empowerment.

Keywords: Health, Barriers, Approaches, Technology, explore,

Introduction:

The lack of access to medical resources and health awareness programs for women in developing countries has profound implications for their well-being. It's concerning to observe how societal taboos surrounding reproductive healthcare and sexually transmitted diseases impede women's ability to obtain crucial information and resources. This dearth of knowledge directly contributes to practices such as unsafe sex and abortions, posing significant risks to women's health. Moreover, inadequate healthcare information often leads to high mortality rates during pregnancy and childbirth, as women may not receive proper prenatal care or know how to address complications. Addressing these challenges necessitates not only providing women with

comprehensive healthcare services but also challenging cultural stigmas and fostering open dialogue about reproductive health. Empowering women with knowledge and resources is crucial for enhancing their health outcomes and overall well-being. Indeed, the limited access to education and resources regarding women's health issues is a pressing concern, particularly in underdeveloped and developing regions. Women and girls in these areas often encounter substantial barriers to accessing medical facilities and essential information about their health. This lack of access deprives them of the opportunity to make informed decisions about their well-being, perpetuating cycles of poor health outcomes and inequality.

Women's rights are suppressed, especially the rights to healthcare and education. This is a pervasive problem that has to be addressed immediately. In addition to preventing women from accessing necessary resources and information, disregarding their health needs. Prioritizing the empowerment of women and girls via education, healthcare access, and gender equality advocacy is imperative in addressing these issues. All people, regardless of gender, can have the chance to lead healthy and satisfying lives if we acknowledge and remove the structural obstacles that women encounter when trying to access healthcare and information.

Achieving gender equality and improving societal well-being require addressing women's health, rights, and empowerment. Women's health is defined by a number of elements, including socioeconomic status, cultural standards, and access to healthcare. These characteristics include physical, mental, sexual, and reproductive well-being. Ensuring equal opportunities, freedoms, and legal safeguards while opposing discrimination and violence against women are all part of defending women's rights. Increasing women's agency, voice, and participation in decision-making at all societal levels is a key component of female empowerment. Women's health, rights, and empowerment are prioritised since doing so not only promotes justice and equity but also helps communities and people reach their full potential.

Health and Rights:

There is a close connection between women's rights and health. Women's fundamental right to health and well-being is jeopardized when they do not have access to healthcare, particularly services related to sexual and reproductive health. Adverse consequences include unwanted pregnancies, unsafe abortions, maternal mortality, and the spread of sexually transmitted infections (STIs), including HIV/AIDS, can result from inadequate access to reproductive healthcare. This infringes upon women's reproductive rights and jeopardizes their physical health. On the other hand, abuses of women's rights, including discrimination or violence based on their gender, can have a negative effect on their physical and mental well-being. For example, victims of domestic abuse may experience long-term health consequences, mental health issues like anxiety and depression, and

physical harm.

Health and Empowerment:

Women's health results are greatly impacted by their level of empowerment. Women who feel empowered are more likely to seek out the healthcare services they require, make educated decisions about their health, and use resources for treatment and prevention. On the other hand, women's empowerment may be hampered by their health. Women's participation in decision-making, work, and education may be limited by ill health, which feeds the cycle of inequality and poverty. Inadequate access to reproductive healthcare, such as contraception and maternal care, can increase the likelihood of unwanted births, maternal death, and restricted possibilities for education and employment.

Rights and Empowerment:

Women's rights and empowerment are mutually reinforcing. Upholding women's rights, including the rights to education, property ownership, political participation, and freedom from discrimination, is essential for their empowerment. Empowered women are better positioned to advocate for their rights and challenge discriminatory norms and policies that undermine gender equality. Through education, economic opportunities, and leadership roles, women can assert their rights and contribute to societal advancement. Conversely, when women's rights are curtailed, their agency and influence in decision-making processes are stifled, perpetuating cycles of marginalization and disempowerment, which hinders efforts to achieve gender equality and social justice.

Review of Literature

"Women's Health"

Charlotte Perkins Gilman's "The Yellow Wallpaper" (1892): This well-known short tale provides a window into how women's mental health was handled in the Victorian era and is an invaluable tool for comprehending the relationship between gender and mental illness. Patricia P. Rieker and Elisa J. Sobo, editors, "Women and Mental Health" (2000): This multidisciplinary compilation of essays explores the biological, social, and cultural aspects that impact women's mental health. It addresses issues like trauma, eating disorders, depression, and anxiety.

Gender Disparities in Healthcare:

The Institute of Medicine's "Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care" (2002): This groundbreaking study, while not explicitly addressing gender, reveals racial and ethnic differences in healthcare quality and access, providing light on more general healthcare inequity issues that also impact women.

Michael S. Kimmel's 2000 book "The Gendered Society" delves into the ways gender norms

affect several facets of society, such as healthcare. Kimmel's sociological analysis sheds light on how gender expectations affect women's healthcare experiences and results.

Women's Health Policy:

Penny Vera-Sanso and Shoba Raja's edited book "Women's Health in the Majority World: Issues and Initiatives" (2008): This edited collection looks at women's health issues in low- and middle-income nations, analyzing the effects of political systems, cultural norms, and socioeconomic variables on women's health outcomes.

Louise B. Russell and Judith D. Moore, editors, "The Affordable Care Act and Women's Health: From Coverage to Care" (2014): The provisions of the Affordable Care Act (ACA) in the United States are examined in this collection of essays along with how they may affect women's access to reproductive health services, maternity care, and preventive care.

Gender Bias in Medical Research:

"The Invisible Women: Data Bias in a World Designed for Men" by Caroline Criado Perez (2019): This book, while not solely centered around health, illuminates the widespread gender prejudice in numerous societal domains, such as healthcare and medical research. It uncovers the methodical marginalization or underrepresentation of women in clinical trials and investigations. Marianne J. Legato's book "Gender Medicine: The Groundbreaking New Science of Gender- and Sex-Based Diagnosis and Treatment" (2004): Legato's work promotes a more inclusive and comprehensive approach to women's health by advocating for the consideration of gender disparities in medical research and clinical practice. An overview of the wide range of disciplines and viewpoints represented in the literature on women's health is given in this review. Promoting gender equity and enhancing health outcomes for all depends on recognizing and addressing the unique health demands and problems encountered by women, from reproductive rights to mental health to healthcare access.

Data Analysis, Discussion, and Implications:

The research contributes to the understanding of women's health rights and empowerment by providing an analysis of how social structures and social location affect the health of women, and by linking this with the current status of women's health and health care. It is confirmed that a large and pervasive body of research shows that men as a group are healthier than women, and that societal ideas about masculinity and femininity have had implications for the health status of women. The gender differences in health resources, access to care, health status, and quality of illness care have been maintained and increased as a result of these ideas and their subsequent behaviors. Using a variety of secondary data collected in the study of women's health, the researchers present an analysis of the economic, political, and sociocultural factors that affect the health and health care

access of women. The findings provide insight into how far women have come in their struggles for health rights and empowerment, as well as how far they have yet to go. Lastly, the article examines the current phenomena of global feminism and its relation to women's health. This investigation focuses on the subject of women's health rights and empowerment by examining three feminist theoretical frameworks: egalitarian, equality-of-condition, and liberation. It is based on the premise that health, health care, and health policies are not gender-neutral, and that any analysis of health issues and of health care must take gender into account.

Conclusion:

Empowering women is not only a question of justice; it is a necessary first step towards building a society that is really inclusive and egalitarian. In addition to addressing the rights and opportunities of half of the world's population, women's empowerment paves the way for societal advancement on the whole. Here's a thorough analysis of the reasons why women's empowerment matters an equitable and welcoming society Every everyone, regardless of gender, has equal rights, opportunities, and access to resources in a just and inclusive society. In order to realize this goal, women's empowerment is essential because it breaks down the obstacles that have historically kept women at the margins of society and limited their participation in a variety of activities. Women who are empowered can actively participate in Promoting Gender Equality: In addition to being a basic human right, gender equality is also a prerequisite for attaining sustainable development. Ensuring equitable access to healthcare, work opportunities, education, and political representation is essential to empowering women. Societies can fully utilize the potential of all of their members when women and men are treated equally.

This promotes creativity, productivity, and general prosperity. Tackling Discrimination Against Women: Women continue to face discrimination in a number of ways, such as unfair pay, restricted access to healthcare and education, gender-based violence, and cultural norms that limit their freedom of choice and autonomy. Initiatives aimed at empowering women seek to confront and demolish these prejudiced systems and viewpoints, fostering an atmosphere that is more courteous and inclusive and allows women to flourish without having to worry about violence or discrimination. Encouraging Women's Participation: Diverse viewpoints and the implementation of laws and procedures that take into account the needs and interests of all citizens are made possible by women's involvement in all spheres of society, including politics, business, science, and culture. By encouraging women to take up leadership roles and participate in society, we can build more representative and functional institutions that better serve the needs of the community at large. Ensuring Equal Opportunities: This refers to giving everyone, regardless of gender, the same opportunities to achieve and reach their full potential. Nonetheless, structural disparities frequently

prevent women from pursuing leadership roles, careers, and further education. Eliminating these obstacles and fostering an atmosphere that supports women's growth and significant contributions to society are key components of empowering women. This could entail measures like affirmative action plans, gender-sensitive education initiatives, and campaigns against harassment and violence against women in the workplace.

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