

# Factors Impacting Psychological Empowerment of Rural Women Utilizing Microfinance in Selected Villages of Telangana

Sailaja Venuturumilli<sup>1</sup> S B Ponduri<sup>2</sup>

PhD in Management Sciences, Consultant in Management Studies, New Delhi, India
PhD in Management Studies, Department of Management Studies, RGUKT, Ongole, AP, India
\* E-mail of the corresponding author: vsailaramesh@hotmail.com

#### Abstract

In order to contribute for the growth of society, Indian government has been introducing various schemes to empower women by numerous initiatives in rural areas by allowing them to market their goods, by encouraging them by providing equal opportunities and rights so that they benefit from trade and finance. Self-Help-Groups (SHGs) are enabling rural women to participate by educating them for their rights and policies and by providing leadership opportunities in the process of empowerment. Rural women of Telangana are taking up various entrepreneurial activities and are being empowered in all spheres with the help of micro finance schemes promoted by the government. The present study aims to learn the demographic profile and psychological factors of rural women who are members of SHGs in two districts of Telangana. The empirical study has made an attempt to learn their psychological perceptions in order to find the relationship between psychological factors and empowerment in view of the trends taking place in micro finance. The factor analysis revealed three factors and results show that age, education and social status has significant relationship between psychological factors and empowerment while marital status and annual income does not show significant relation. The study shows that majority of rural women were aware of smartphone usage and it was suggested that, as empowerment starts from within at individual level, government schemes should focus on educating rural women about the new advancements taking place in micro financing to make them more self-reliant and financially independent.

Keywords: self-help-groups, micro financing, personal dignity, social support and empowerment

**DOI:** 10.7176/RJFA/13-13-03 **Publication date:**July 31<sup>st</sup> 2022

# 1. Introduction

Rural women are playing important role for achieving the transformational economic, political, social and environmental changes needed for "sustainable development in India". In order to eradicate poverty, numerous schemes are being announced by government so that poor people could benefit by in-time and cheap credit. Schemes to generate employment, food for work programs, to promote self-help groups in backward districts and urban areas such as self-employment schemes, increase wage employment for manual skilled as well as unskilled work are being promoted to participate in the growth process in the country. Hence, empowering rural women has become vital for all governments, both at state and central level for the welfare at individual level, their families and rural communities, as well as for the economic productivity in the national interest.

The Telangana government is providing opportunity for the poor weaker sections of society to participate in the growth process and is focusing in certain rural areas for poverty mitigation and these schemes are being strengthened and restructured with special programs from time to time. Schemes initiated by Telangana government to promote in-time and reasonable credit to the poor self-help-groups (SHG), for poverty alleviation, the opportunities availed by SHGs and the role of social empowerment is an unexploited area for the study.

StreeNidhi is a hassle-free program by Telangana government that provides comfortable access at very short time with credit that is available cheaper to the poor SHG members as part of the overall strategy of Society for Elimination Rural Poverty (SERP) and social mobilization. StreeNidhi provides credit to the SHGs living in remote villages of the state within few hours to fulfil the requirements of credit during emergency situations related to health, education, dairy, agricultural needs and other activities. In view of these efforts the rural community is interested to improve operational access for larger credit amounts from StreeNidhi as credit availability is connected to Village Organizations (VO) and Mandal Samakhyas (MS) according to the gradings with the main concern to develop robust foundations and to improve livelihood of the poor.

# 2. Psychological Empowerment

Psychological empowerment at individual level refers to the ability to perform various activities, be it accomplishing day to day actions or farm tasks or entrepreneurial activities with skills and confidence. It shows the self-determination while taking imitativeness, disclosing the degree of independence in behaviour, at work and in relationships. Various theorists defined psychological empowerment in different ways (Spreitzer, 1995; Thomas and Velthouse, 1990; Zimmerman, 1995). The psychological empowerment brings positive change for members in the groups as well as in individuals. It can be categorized into three types as: relational



empowerment, cognitive empowerment and behavioural empowerment (Rodrigues et. al., 2018). Psychological empowerment in rural women helps them to understand the government policies, schemes initiated by the government, current affairs, legal issues and ability to make household decisions. Women who are strong psychologically are keen to learn new trends, how to deal at work place and interact with officials.

#### 3. Literature Survey

It is important to explore and identify the factors the rural women encounter during the process of empowerment as they participate in various entrepreneurial activities. Earlier studies show that SHGs are helping rural women to gain better in productivity, for higher growth, prospects for development for the existing and future generations.

- i). A study on SHG of Stree Shakthi Scheme in Karnataka districts on impact of rural women shows that psychological empowerment helps the members in gaining overall wellbeing in the family and community, similar study findings also shows that members are benefitted from this scheme (Sudheendra Rao L N, Varsha P S and Lancy D'Souza, 2018). In another study, it is found that psychological empowerment of SHG members are impacted by demographic variables as age and experience, benefits by loan taken; and is supported by the results of Brody et. al., (2017) and Swain and Wallentin (2009).
- ii). The economic and entrepreneurial development of rural women is one of the most important parameters of women empowerment. Women's higher involvement in influencing and decision making is a result of increased income and self-employment. Easier access to financial services through SHGs makes a huge contribution to the sustenance for social security which is of paramount importance to the rural poor (Rahul, 2015).
- iii). SHGs are enriching economically independent and self-reliant women is a significant phenomenon especially in a world where inequality is a major concern. Some studies conducted by researchers suggest that there has been an increase in economic growth and development due to the increase in financial assets and income, in the Telangana region especially after women started joining SHGs (Vachya L, 2015). Due to the increase in monthly income, many women are now also be convert their kaccha houses into permanent structures. iv). The participation of SC and ST women in the Telangana district have contributed most to overall women empowerment (Sujatha, 2017). However, a study revealed that despite higher economic and social empowerment of women in the state of Telangana, they possessed low health and political empowerment. With respect to the Nalgonda district, studies emphasize government intervention as an important aspect for rural women to benefit from social entrepreneurship mainly because of the various government sources available for access to women (Jyothi, 2015).
- v). A study concerning Ranga Reddy district specifically suggests that transformation in the education system is of foremost importance in order to enhance the achievement and empowerment of women (Macha, 2019). Women entrepreneurs offer various solutions to management while creating new jobs for themselves as well as for others, the percentage of representation when compared to men is still less.
- vi). Psychological empowerment is essential for the progress and stability in national development. Usually, psychological empowerment involves person's decisions making capabilities, the choices that affect her and control she has over life choices. According to Naila Kabeer (2005), in order to realize tangible benefits from microfinancing, it requires certain time frame. The author in her findings shows apart from the access to financial services, rural women need more interventions other than education, political quotas, etc to empower them. The author says that to bring about essential structural transformation for true empowerment, the other interventions may simply create different entry points into that of the larger project, depending on context, commitment and capacity for the potential to become a reality.
- vii). Women in rural India, often encounter problems in issues that range from gender-biased barriers, health related issues, malnutrition, illiteracy, repeated childbearing, lack of financial mechanism and like. In spite of such challenges, rural women are actively undertaking promotional measures introduced by governments and are engaging themselves in agricultural activities, make and sell handicraft products thereby generating additional income for their families.

# 4. Objective and Concept Development of the Study

The main aim of the study is to examine demographic characteristics and study the role of social entrepreneurship activity from the psychological empowerment perspective of rural women who are members of SHGs. The Indian constitution ensures equality to women and empowers them by guaranteeing equal opportunity in all matters relating to employment by executing various Articles to prohibit discrimination on grounds of religion, race, caste, sex and place of birth. The government policies create an atmosphere that help to achieve transformation and support to facilitate the 'process', and reduce the hurdles. Ultimately, it is the women who have to empower themselves and became conscious of their oppression, by taking initiatives and to seize the opportunities in order to change their status (Vineeta Singh and Kishor Kumar, 2012).

In India, empowerment of women is profoundly dependent on multiple dimensions that consist of social



and educational status, geographical position (urban/rural), family conditions, age and gender bias. Rural women often face cultural and ecological diversity amongst the communities they live. In order to be independent, women should have strong will-power with positive mindset. Empowerment is multistage concept that include individuals, organizations and public, which are interdependent. According to Zimmerman (1995), psychological empowerment is the process of analysing the individuals; it comprises of strong mindset, controlling their lives and affairs and involvement in public activities (Rappaport, 1981, 1987; Zimmerman, 1995). A study in Bangladesh shows that in rural areas women associated with SHG are more optimistic in nature with more involvement in decision making and had more awareness about legal aspects and ownership of assets and political aspects (Hashemi et. al., 1996). Hence, empowerment efforts for rural women should be culturally and demographically relevant to the communities in order to make them develop strong will-power and mind-set.

### 5. Self Help Groups

The concept of Small Help Groups (SHGs) is built on providing microfinance to poor as an effective method for poverty reduction and with an aim to provide empowerment to rural women. Self Help Groups are small groups of women, usually, group of ten to twenty, that function as a savings first business model and the savings of member's are used to fund loans. SHGs come together from a similar class and region and help each other to solve their problems. With an intention for savings, SHG groups form as credit organization by combining their financial resources to make small interest-bearing loans to their members. Therefore, the process emphasizes in the first place for savings by defining terms and conditions for accountability of the loan in the group by chosen members. SHGs are creating awareness and empowering rural women that reflects in growth and sustainable community.

Recently, microfinance has gained substantial attention worldwide as a success tool for poverty reduction. The origin of SHG in India dates back to 1970s, since the formation of Self-Employed Women's Association (SEWA), witnessing growth over the past quarter century in various operating systems. In the 1992, NABARD launched Bank Linkage Project by linking with SHG Bank that has later grown as largest microfinance project in the world. In the year 1993, SHGs were permitted by NABARD along with RBI to have a savings account in banks that has shown the path for the SHG-Bank linkage program.

To promote self-employment in rural areas, in 1999, the Indian government announced Swarn Jayanti Gram Swarozgar Yojana (SGSY) by constructing SHGs. Later, this has grew as a national movement as the largest poverty mitigation program in the world, leading to National Rural Livelihoods Mission (NRLM). SHGs are helping women to enter politics by making them elected to various public offices and engaging the members in discussion with governing bodies making their role easier in politics (APMAS, 2005).

# 6. Various Schemes initiated by Telangana State

Telangana is one of the few states with strong interest on providing women equal growth opportunities and protection and is considered one among other states to function as a separate department for the development and welfare of women and children. While in other states, these functions are monitored by Social Welfare Department, main focus of the department is to have holistic development of women and children. For this to achieve, the department has been employing the world's largest and most unique Integrated Child Development Services (ICDS) program with a package of services that includes immunization, supplementary nutrition, health check-up and medical appointment services, pre-school non-formal education among many others. Also, Telangana is implementing various welfare schemes for upliftment of women and girl child in rural areas, by encouraging them to take up as, health volunteers and Anganwadi workers in order to encourage women empowerment.

StreeNidhi is a unique model that uses technology platform by providing reasonable and in-time credit to self-help-group (SHG) members. Rural women with technical knowledge are able to perform technology-based banking operations with ease and are creating success stories. The branchless banking operations under StreeNidhi are been run by SHGs, who work as the robust network with dedicated women, as unique institution operating in the state which is not found in other states in the country. Various other schemes are being promoted by the Telangana government that safeguard women against violence, support troubled women facing domestic violence, schemes that offers pregnant women by providing nourishing food and other services.

#### 7. Methodology

The respondents considered for the study are the rural women belonging to Nalgonda and Ranga Reddy Districts of Telangana Region who are part of the working SHGs, availing micro credit benefits of Telangana government. To evaluate the study, a convenient sample of 200 members were considered and were administered twelve questions related to demographic characteristics and seventeen questions related to psychological scope. All the questions were explained to them in regional language to get proper responses. The questionnaire was prepared under the supervision of expertise to evaluate psychological empowerment measures and was ensured for



responsiveness and applicability. The respondents were asked to reply to the questions on a five-point Likert scale, with agree to strongly agree. All the constructs have shown good internal consistency and construct validity and the responses were tested for reliability using Cronbach's alpha test and was found to be 0.864.

# 8. Analysis

The questionnaire was analysed for demographic characteristics of the SHG members to find mean and standard deviation. Later, factor analysis was applied to seventeen questions for factor reduction to identify the number of factors and to find the relationship between the identified factors and empowerment, the responses were shown in table 1 to table 4.

# 8.1 Participants Demographic Profile-1

The respondents age ranges from 19 years to 59 years with varied education background and belonging to different caste categories. From the table1, the age of the respondents ranges from 19 to 59 years, the maximum respondents being 30 to 39 years group, with 34 percentage and lowest respondents in the age group 50 to 59 years with 16 percentage. Majority of the respondents have primary education qualification with 45 percent, lowest being graduates with 9 percent. The type of family representing the responses shows nuclear family representing maximum percentage of 77 while smallest among the respondents are from joint family. While majority of the SHG members belong to less than one lakh income category with 81 percent, only 2 percent of respondents have income between 2 lakhs to 4 lakhs. Social status of the respondents shows that majority category is contributed by BC with 61.4 percent while other caste at 5 percent.

Table 1. Demographic profile -1 of SHG members

No	Characteristics	Category	Frequency	Percentage
1	Age	19-29	52	26
		30-39	68	34
		40-49	48	24
		50-59	32	16
2	Educational qualification	Primary	90	45
		High school	40	20
		Higher secondary	31	15.5
		Up to graduation	21	10.5
		Graduation	18	9
3	Type of family	Joint family	46	23
	1	Nuclear family	154	77
4	Annual income of the Families in Rs.	Below 1,00,000	162	81
		between 1,00,001 to 2,00,000	34	17
		2,00,001 to 4,00,000	4	2
5	Social status	SC	28	13.9
		ST	27	13.6
		BC	123	61.4
		OC	12	6.1
		Others	10	5

Table1. Source: Primary data

### 8.2 Participants Demographic Profile-2

Table 2 describes demographic characteristics about nature of entrepreneurial activities, number of working hours, awareness for government policies, loan taken from bank, number of years associated with entrepreneurial activities, repayment of loan on regular basis and use of smartphones for communication at work. The table.2 describes that majority of the respondents, 35 percent are involved in agricultural and related activities as rice is the key crop and staple food of the state, other related agricultural crops being tobacco, sugarcane, mango and cotton. While fifty percent women do not work specifically bounded with time, few members 7.5 percent only work for 1 to 3 hours. Among the respondents, majority of them 64.5 percent were aware about government policies. It can be seen that 38 percent of the respondents are availing loan that amounts to Rs1 lakh, followed by 38 percent taking loan amount for Rs25,000. The results show that 45 percent of the respondents are associated with entrepreneurial activities for more than six years. Also, 97.5 percent of them are repaying loan on regular basis. It can be seen that 89 percent of them know how to use smartphones for communication and at work.



Table 2. Demographic profile -2 of SHG members

S No	Characteristics	Category	Frequency	Percentage
1	Nature of Livelihood (Entrepreneurial	Agricultural and related activities	70	35
	activities) involved in	Handicrafts	50	25
		Live-stock management	24	12
		Household based activities	36	18
		Business	15	7.5
		Others	5	2.5
2	No of working hours	1 to 3 hrs	15	7.5
		3 to 5 hrs	50	25
		5 to 8 hrs	35	17.5
		No time bound	100	50
3	Awareness of Govt	Yes	129	64.5
	Policies	No	71	35.5
4	Loan taken from Bank	25,000	76	38
	in Rs.	35,000	2	1
		50,000	46	23
		1,00,000	76	38
5	Associated with	1 Year	35	17.5
	Entrepreneurial	2 to 4 Years	50	25
	activities (since years)	4 to 6 Years	25	12.5
		above 6 years	90	45
6	Repayment of loan on	Yes	195	97.5
	regular basis	No	5	2.5
7	Use of Smartphones	Yes	178	89
	_	No	22	11

Table 2. Source: Primary data

# 8.3 Factor Analysis

Factor analysis was applied for the responses using principal component analysis. Factor analysis of the score revealed three factors, that are consistent with the literature that measure psychological measures for empowerment that enables to understand individual perception for micro financing through SHGs. The first factor named Personal dignity and self-esteem has five items that measures an individual's ability and self-belief to do and accomplish certain tasks. The second factor, Motivation for well-being focuses on an individual's well-being and the third factor, social support that helps to determine choices, reveals about decision making and overall life satisfaction. All the three factors outline the how individuals see themselves, their family support and support from their work environment; all factors in consistent with psychological empowerment scale (Spreitzer, G. M, 1995 and Thomas de Hoop, et, al 2022).



Table 3. Psychological factors, Factor loadings, Variation; Mean and Standard Deviation

S No	Description of factors	Factor loadings
Persona	l Dignity and self Esteem; Mean: 4.2067 and Standard Deviation	0.6878;
This fac	tor accounts for 47.46 percent of Variation	
1	Increase in self-esteem	0.639
2	Increase in the ability to make their own choices	0.680
3	Increase in the ability to influence social change	0.798
4	Access the power to control own lives	0.786
5	Creating self–awareness about their capacity at work	0.686
Motivati	on for well-being; Mean: 4.1866 and Standard Deviation: 0.651.	5;
This fac	tor accounts for 9.08 percent of variation	
1	Bonding with family members	0.766
2	Sharing quality time with family	0.648
3	Sharing the risks associated with micro investments	0.690
4	Sharing common responsibilities in family	0.755
5	Taking decisions as which crop to grow or sell in market	0.620
6	Can discuss about problems in family	0.696
Social si	upport that helps to determine choices; Mean: 4.1615 and Stando	ard Deviation: 0.5650;
This fact	tor accounts for 6.39 percent of variation	
1	Spending quality time with others	0.625
2	Trusting entrepreneurial activities	0.678
3	Trusts someone to share her joy and sorrow	0.760
4	Can discuss about problems with friends	0.785
5	To be in unity in the community	0.810
6	Can count on someone when things go wrong	0.792

Table 3. Source: Primary data

A Keiser-Meyer-Olkin measure of sampling adequacy was 0.882 and Bartlett's Test of Sphericity was significant at 0.000. Table.3 shows factor analysis leading to three factors, which accounts for 62.93 % of the total variance. The factors are personal dignity and self-esteem, motivation for well-being and social support that helps to determine choices. The first factor comprises of 5 items is consistent with self-efficacy scale which is widely used scale with 47.46 % variation. The second factor is relevant for motivation with 6 items for well-being 9.08 % of variation and the third factor is relevant for social support with 6 items that helps to determine choices and accounts for 6.39 %. According to Thomas de Hoop et al (2020), these factors measures are broad measures for an individual's awareness for well-being and the ability to make decisions, or take action that has important implications that are adapted from quality-of -life (QoL).

One-way ANOVA was used to test if there is any significant relationship between psychological empowerment variables and certain demographic characteristics among SHG members. The results from table.4 show that age, education, social status has significant relationship with all the three psychological empowerment factors, (factor 1-personal dignity and self-esteem, factor 2 - motivation for well-being and factor 3 - social support that helps to determine choices) and are significant in determining the psychological empowerment of rural women. (p1=0.000, p2=0.000, p3=0.000, respectively); (p1, p2, p3<.05).

Table 4: ANOVA-Relation between influencing factors and demographic characteristics

Age and Psychological Empowerment	Mean Square	F	Sig
Factor 1: Personal dignity and self esteem	5.679	12.527	.000
Factor 2: Motivation for well-being	2.855	6.874	.000
Factor 3: Social support that helps to determine choices	1.849	5.897	.001
Education and Psychological Empowerment			
Factor 1: Personal dignity and self esteem	5.992	13.457	.000
Factor 2: Motivation for well-being	4.845	12.044	.000
Factor 3: Social support that helps to determine choices	1.685	5.394	.000
Marital Status and Psychological Empowerment			
Factor 1: Personal dignity and self esteem	1.053	2.237	.083
Factor 2: Motivation for well-being	0.640	1.150	.211
Factor 3: Social support that helps to determine choices	0.854	2.693	.045
Social Status and Psychological Empowerment			



2.950	6.405	.000
5.015	12.493	.000
2.217	6.857	.000
1.019	2.164	.091
1.287	3.056	.028
0.418	1.312	.269
9.436	21.484	.000
10.622	27.515	.000
4.706	15.549	.000
3.202	6.919	.000
1.568	3.732	.011
1.911	6.101	.000
	5.015 2.217 1.019 1.287 0.418 9.436 10.622 4.706	5.015 12.493   2.217 6.857   1.019 2.164   1.287 3.056   0.418 1.312   9.436 21.484   10.622 27.515   4.706 15.549   3.202 6.919   1.568 3.732

Table 4. Source: Primary data

For age, the results in table 4 shows that F-value at (5.679 df) = 2.527, (p1=.000); F- Value at (2.8+55 df) = 6.874 (p2=.000) and F-value (1.849 df) = 5.897(p3=.001); all three psychological empowerment factors are significant (p<0.05), therefore it can be said that age has influence on psychological empowerment. For education, the F-value at (5.992 df) = 13.457; F-value at (4.845 df) = 12.044 and F-value at (1.685 df) = 5.394; (p1=0.000, p2=0.000, p3=0.000, respectively), the results are significantly related to psychological empowerment. While aging brings maturity, education empowers women to control the situation and are able to manage more effectively, all the three factors appear to have significant relationship to determine women's psychological empowerment. Self-esteem is crucial in attaining confidence to pursue education, especially for rural women, while through motivation they can make appropriate arrangement to pursue education, overcoming difficulties if any. Similarly, for social status, the F-value at (2.950 df) = 6.405 (p1=.000); F-value at (5.015 df) = 12.493 (p2=.000) and F-value at (2.217 df) = 6.857(p3=.000), shows the association with empowerment.

However, for marital status, two factors - factor1-personal dignity and self-esteem, factor2 - motivation for well-being; (p1=.083, p2=.211, respectively; p>0.05) doesn't show significant relationship with the overall influencing factor, while the factor3 - social support that helps to determine choices (p3=.045, p<0.05) shows significant relationship with the psychological empowerment. From the table.4, it is observed that annual income does not show significant relationship on the three factors of psychological empowerment factor1: F-value (1.019df) = 2.164 (p1=.091); factor2: F-value (1.287 df) = 3.056 (p2=.028) and factor3: F-value (0.418 df) = 1.312 (p3=.269); p>0.05.

The results show that psychological empowerment process involves changes that happen internally rather looked up from external sources, therefore empowerment factors should support women themselves initially so that rational evaluation can take place gradually. Also, both parameters, loan taken from the bank and association between the entrepreneurial activity both show significant relationship with all the three psychological empowerment factors (p1, p2 and p3<p0.5), respectively signifies that they are sincere and capable.

#### 9. Discussion

The study discussed brief profile of rural women who are entrepreneurs, the psychological factors that influence entrepreneurship capabilities in view of recent trends taking place in micro financing. Demographic data from tables 1 and 2 shows that, though majority of them are having primary education, they know how to use smartphones at work place. Most of them involved in farming, are aware of government schemes and are repaying loan on regular basis. ANOVA test results show that rural women associated with SHGs have significant relationship with age, education, social status and with all the factors related to psychological empowerment. The positive relation between psychological empowerment with age and education infers that rural woman understand their potential with age and may get inspiration to learn skills to take on new challenges as self-esteem influences decision-making process, emotional well-being and relationship with others. Also, loan taken from bank for micro financing purposes and their association with entrepreneurial activity shows rural women are more capable of starting their own business; can take related decisions about business operations such as income, sales, and profits as these issues are associated with self-esteem and shows that they are having support from family and group members.

The results describe that there is no relationship between marital status and psychological empowerment, this implies getting married do not and empower rural women. By being psychologically empowered, women



can handle economic activities with ease. The results show that majority of them are earning below one lakh and hence small loans lift them out of poverty. With these small funds, over a period of time, they are either supporting their children's education or are replacing temporary partitions with brick walls, or starting their own business, which shows self-esteem is significantly impacting psychological empowerment of individuals. This implies that rural women with self-esteem, are able to evaluate their inner strengths, talents and limitations and are able to better deal with problems. As psychological empowerment is the driving force for women's decision making, it helps them to evaluate benefits from micro loan facilities offered by government, repay the loan in time and can help and motivate others in community.

#### 10. Conclusion

Government policies like StreeNidhi certainly will bring real change in the long run as they are encouraging financial independence to rural women by facilitating micro financing through online transactions. The study shows that the psychological factors have association between education and empowerment and that majority of rural women are using mobile technology and are aware of current trends based on technology. It is suggested that government schemes should involve educating SHG members, encourage them as how these technologies collectively are helpful to them and to the society by making use of smartphones and digital technology and about the benefits that result with schemes. Also, role of SHGs should be strengthened as they are playing important role for empowerment of women by delivering micro credit as an entrepreneurial activity. In spite of the challenges faced by rural women entrepreneurs, with the right kind of support from family and government initiatives through mobile and digital technology, physiological empowerment helps them for their individual growth as well as for the economic progress of the country.

Future research can address the limitations in the study by considering demographically diverse sample and across various regions in the country. Future studies may be carried to better understand psychological parameters of SHG members related to their mental well-being, overall quality of life to know the level of self-esteem and to access their group activities. In view of the trends in micro financing schemes, more in-depth qualitative studies should be done that help to understand the parameters for empowerment of SHGs that involves participatory learning skills, training for new technology based micro financing to access the markets and services.

## References

- APMAS, (2005), "SHG Bank Linkage: A Study in Andhra Pradesh", Hyderabad, APMAS Publication Unit, 2005
- 2. Brody, C., Hoop, T. D., Vojtkova, M., Warnock, R., Dunbar, M., Murthy, P., & Dworkin, S. L. (2017). Can self-help group programs improve women's empowerment? A systematic review. Journal of Development Effectiveness, 9(1), 15-40.
- 3. Jyothi, A., & Reddy, K.R.K. (2015), "Rural Women Empowerment Through Entrepreneurship A Study on Rural Women at Nalgonda District." Trends, Challenges & Innovations in Management-Volume II, 248.
- 4. Hashemi Syed M, Sidney Ruth Schuler and Ann P. Rile (1996), "Rural credit programs and women's empowerment in Bangladesh World Development," Volume 24, Issue 4, April 1996, Pages 635-653.
- 5. Naila Kabeer (2005), "Is Microfinance a 'Magic Bullet' for Women's Empowerment? Analysis of Findings from South Asia", Economic and Political Weekly, Oct. 29 Nov. 4, 2005, Vol. 40, No. 44/45 (Oct. 29 Nov. 4, 2005), pp. 4709-4718
- 6. Macha Sunanda (2019), "Attitude of Rural Women's Towards The Self Help Group (Shg), Paripex", Indian Journal of Research Volume-8 | Issue-2 | February-2019 | Print Issn 2250-1991
- 7. Rahul Sarania (2015), "Impact of Self-Help Groups on Economic Empowerment of Women in Assam", Published 2015, Semantic Scholar, Corpus ID: 212611876
- 8. Rappaport, J. (1981), "In praise of paradox: A social policy of empowerment over Prevention". American Journal of Community Psychology, 9, 1–25.
- 9. Rappaport, J. (1984), "Seeking justice in the real world: A further explication of value Contexts", Journal of Community Psychology, 12, 208–216.
- 10. Sudheendra Rao L N, Varsha P S and Lancy D'Souza, (2018), "Psychological Empowerment through SHGs: Influence of Selected Demographic Factors", The International Journal of Indian Psychology, ISSN 2348-5396 (e) | ISSN: 2349-3429 (p), Volume 6, Issue 4.
- 11. Sujata Kumari, Vandana Kaushik and Neeta Lodha, (2010), "Problems Faced by Rural Women Entrepreneurs of Rajasthan". Studies on Home and Community Sciences, Stud Home Comm Sci, 4(2): 115-119 (2010)
- 12. Vachya L (2015), "Microfinance livelihood initiatives and women empowerment in selected villages of Andhra Pradesh", January 2015, Journal of Rural Development 34(1):31-48



- 13. Vineeta Singh and Kishor Kumar (2012), "Empowerment of Rural Women", The Indian Journal of Political Science, July September, 2012, Vol. 73, No. 3, (July September, 2012), pp. 453-456.
- 14. Spreitzer, G. M. (1995), "Psychological empowerment in the workplace: Dimensions, measurement and validation", Academy of Management Journal, 38(5), 1442-1465.
- 15. Swain, R. B., & Wallentin, F. Y. (2009), "Does microfinance empower women? Evidence from self-help groups in India", International review of applied economics, 23(5), 541-556.
- 16. Thomas, K. W., & Velthouse, B. A. (1990), "Cognitive elements of empowerment: an 'interpretive' model of intrinsic task motivation," Academy of Management Review, 15(4), 666-681.
- 17. Zimmerman, M. A. (1995), "Psychological empowerment: Issues and illustrations", American Journal of Community Psychology, 18, 169-177.
- 18. Thomas de Hoop, Amber Peterman and Leigh Anderson (2020), "Guide for Measuring Women's Empowerment and Economic Outcomes in Impact Evaluations of Women's Groups", February 2020, Evidence Consortium on Women's groups.
- 19. https://www.streenidhi.telangana.gov.in/SNTG/UI/Home.aspx