The Impact Of Women's Empowerment On Sustainable Development In The District Of Sargodha

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ABSTRACT

There is clear discrimination based on a person's gender in all walks of life in Pakistan. Women's rights are constantly being trampled upon. Promoting fundamental women's rights on an equitable and partnership basis is central to achieving sustainable development. The Millennium Development Goals (MDGs), as well as sustainable development, the end of poverty, and the establishment of sound governance, depend on the participation and leadership of a fully empowered female population. The purpose of this research is to assess the effects of women's empowerment on sustainable development by identifying the various socio-cultural and economic factors that influence women's empowerment in the domestic sphere. Multistage random sampling was used to select a total of 384 women from the district of Sargodha in Punjab, Pakistan, to interview for this study. Binary logistic regression is used in addition to descriptive and bivariate analysis. Issues of key concern for women's empowerment in the study area were identified, including women's and husbands' education; access to and control over economic resources; guarantees of property rights; economic independence; enhanced decision-making capacity; a supportive environment; paid employment participation; knowledge of contraception and family planning matters; and a supportive environment. This research emphasised the significance of government and NGO involvement and individual level suggestions in empowering women and achieving sustainable development, MDGs, and SDGs.

Keywords: Women's Empowerment; Millennium Development Goals; Sustainable Development; Logit Model; Pakistan.

I. INTRODUCTION

One of the primary focuses of foreign aid is on empowering women. A fair and equitable distribution of resources is essential for present and future sustainable development. Promoting fundamental women's rights on an equity and partnership basis is central to achieving sustainable development. Empowering women is essential to long-term economic growth, social justice, and environmental stability (Baker, 2006). Women are the primary focus in the three areas of sustainable development in third world countries: environmental protection, economic prosperity, and social justice. Regarding the environmental pillar, it is argued that women are instrumental in promoting sustainable development patterns in natural resource management due to their domestic, agricultural, and cultural roles and their knowledge of the local environment. In the SD pillar of economic well-being, it is widely acknowledged that economic well-being cannot be achieved if one group is massively underprivileged compared to

the other and if all members of society are underutilizing their skills.

Regarding the pillar of social equity, the connection between gender equity and social equity and the widespread acceptance that discrimination against any one social group makes it impossible for any society to survive and live in dignity in the long run are essential. Equal rights for women are a priority for the World Bank's aid programmes. This concept was developed on the grounds that empowering women is a means to an end, and that social justice is an essential part of human welfare that is basically worth pursuing. Several high-level international conferences over the past two decades (such as the Beijing Platform for Action, the Beijing+5 declaration and resolution, the Cairo Programme of Action, the Millennium Declaration, and the Convention on the Elimination of All Forms of Discrimination against Women) have all articulated the similar dual rationale that women's empowerment is an important precondition for poverty reduction, sustainable development, and better governance. Because a society can only fully benefit from its development process if its benefits are shared equally among men and women, boys and girls (Kishor and Gupta, 2004), and the degree to which this occurs is influenced by the value placed on the sexes in that society.

Gender roles are fundamental to any society. The patriarchal system is an obstacle to women's advancement and empowerment (Khan, 2010). Both economic growth and women's empowerment, which Jameel (2011) defines as "increasing women's access to the components of development" like health care, schools, jobs, legal protection, and political representation, are intertwined. This research, however, focused on the correlation between increased agency and progress (sustainable development). Two arguments are offered for this claim that

empowering women will hasten societal progress. Firstly, equity is valuable in and of itself because the current state of affairs, where women are worse off than men, is repulsive and disgusting. The second line of reasoning was that women are crucial to progress.

Various scholars have used different concepts and words to define women's empowerment, but there are a few key overlapping terms that explain empowerment as choice, control, and power. "Affect one's own well being" can be a definition of agency in some contexts. In their definition of women's empowerment, Sen and Batliwala (2000) state, "the process by which the powerless gain greater control over the circumstances of their lives." Some definitions emphasise inward change, arguing that women ought to have agency over their own lives and be free to make decisions that are in their best interests (Sen, G. 1993; Kabeer, 2001; Rowlands, 1995). As defined by Kabeer (2001), empowerment is "a process of the expansion of the ability to make strategic life choices in a context where this ability was previously denied," which is a perfect summary of the goals of development. women. In a variety of settings, women's empowerment can take on different forms (Malhotra and Mather, 1997; Mason, 1998). Naqvi and Shahnaz (2002) found that where a woman lives has a major impact on her ability to advance in her career, and Jejeebhoy's nuclear family system from the year 2000 was a major factor. Traditional norms and social practices discriminate against women even though women's economic empowerment has increased in recent decades thanks to advances in education and employment opportunities. Kabeer (2008).

Pakistan ranks 146 out of a possible 187 on the Human Development Index (HDI). Pakistan has the worst situation in the world (144th) in terms of women in the labor force [2]. When compared

to the male labour force participation rate of 68.50 percent, the FLFPR is significantly lower at only 20 percent. Numerous studies have drawn attention to the gender gap in Pakistan's labour force participation rate and identified various household, "socio economic and demographic factors which hinder women's participation" in the labour market (Naqvi and Shahnaz, 2002; Hafeez and Ahmad, 2002; Ejaz, 2007). This large gap between men and women in the workforce is indicative of Pakistan's patriarchal social system, which places barriers in the way of women's independence and mobility. A meagre 47% of women are literate [3], which is significantly lower than the 81% of men. Almost one-quarter of the population of Pakistan is poor. The majority of the poor are women. The delivery care percentage is only 43%, and the maternal mortality ratio is 250. The present study is a significant attempt to examine the impact of women's empowerment on sustainable development, which has been the subject of scant prior research. This empowerment takes many forms, including women's increased agency in the home and political participation, as well as greater control over their own and their children's health care.

II. Literature Review

Although international agencies have long legitimised the concept of women's empowerment what constitutes empowerment and how it is measured are still hotly contested topics in the development literature. By defining women's empowerment as the "process of the expansion of ability to make strategic life choices in a context where this ability was previously denied," Kabeer's (2001) "Resources, Agency, Achievements: Reflections on the Measurement of Women's Empowerment" provides a crucial definition. The research detailed the three interconnected facets of empowerment: access to resources, agency, and

accomplishments. Empowering women is a complex and multifaceted idea. Women's empowerment has been measured in various ways across studies (Malhotra and Mather, 1997; Mason, 1998; Jejeebhoy, 2000; Jejeebhoy and Sather, 2001; Chaudhry and Nosheen, 2009; Iram Naz et al., 2010), with mobility, household decision power, access to resources, and control over resources being the most common. In addition, "women may be empowered in one dimension of life and not in another," as several studies have shown (Malhotra et al., 2003; Kishore and Gupta, 2004).

Research by Naqvi and Shahnaz (2002) found that where a woman lives has a major impact on her ability to make decisions about her own life. The Female Liberation and Freedom Plan (FLFP) is widely considered a crucial factor in advancing women's equality (Ashraf and Ashraf, 1993 in estimating "the gender wage gap in Rawalpindi"; Azidet al., 2001 in analysing the "Poverty, FLFP and cottage industry"; Ejaz, 2007). Jameel's (2011) "Women's empowerment and economic development" explored the two-way connection between women's independence and monetary growth. Both development and women's empowerment can help close the gender gap. This paper examined the research on both sides of the empowerment-development nexus and concluded that the links are not strong enough to maintain themselves and that a sustained effort on the part of policymakers is required to finally bring about gender parity.

Research by Zahir et al. (2009), titled "The Socio-Economic and Demographic Determinants of Women's Work Participation in Pakistan: Evidence from Bahawalpur District," examines the various socioeconomic and demographic factors that influence women's labour force participation. The 164 participants were spread across both urban and rural Bahawalpur locations. Women's education was

found to be a key factor in the study's conclusion that women are underrepresented in the workforce. It is undeniable that women have made significant contributions to human progress. Male youth's perspective on women's integration participation is crucial if they are to become active participants in development.

Women's empowerment in Pakistan was discussed by Naz et al., (2010) in their article "Women Empowerment and Youth Perception in Pakistan." The article focused on the perspectives of young people (aged 14 to 24) in Pakistan. Although men's ideas are evolving, the country of Pakistan's male-dominated culture is slowing their implementation. When it comes to deciding on a family size, women in Pakistan also face significant barriers to empowerment. For example, Khan and Awan (2011) in "Examination of the Roots of Women's Empowerment in Their Societal Contexts The evidence from Pakistan assessed W.E in the contexts of family planning and economic decision making "at the level of the family. The Pakistan Social and Living Standards Measurement (PSLM) survey was used to collect data at the household level (a total of 15453 households were surveyed). Women were found to have less influence in economic matters overall, though this varied by state and region. The level of influence Pakistani women had over household finances was generally lower than that of men.

Absolute and relative disempowerment of women compared to men in India was also found in the study "Women's empowerment in India and its states: evidence from NFHs" by Kishore and Gupta (2004). They used two sets of indicators: one focused on women's beliefs about gender equality and the other on their level of environmental agency. Participation in household decision-making and mobility were used as indicators of women's sense of agency.

Desai examined "the conceptual and methodological issues" of W.E. in her paper "Human Development Research Paper 2010/14: Hope in Hard Times: Women's Empowerment and Human Development." Women's economic and political participation, as well as their access to quality education and healthcare, were also examined over the course of the study's 20-year time frame. Conceptual issues addressed the expanding agreement that women's empowerment is both a process and an outcome; that is, that it is the exercise of one's own discretionary power over one's own resources.

Murphy (2012) argues that a better understanding of the social pillar of sustainable development is preferable, and he explains why W.E. and equity are essential tools for its achievement in his article "The Social Pillar of Sustainable Development: a Literature Review and Framework for Policy Analysis." This study fills a gap in the literature by examining the primary factors that contribute to women's empowerment in the extremely underdeveloped and impoverished regions of Sargodha, where they are still socially excluded, vulnerable, and oppressed. The role of women's empowerment in achieving sustainable development is also barely explored in the academic literature.

III. METHODOLOGY, DATA SOURCES, AND VARIABLES' DESCRIPTION

Sample

Women over the age of 15 in the Punjab province's district Sargodha were included in the study. This includes those who are married, divorced, separated (but not divorced), widowed, and those who have never been married . The information was gathered from three tehsils (districts) using a multistage random sampling technique: Sahiwal, Sargodha, and Bhulwal. The first step involved picking

tehsils at random. As a result, selecting from just half of the tehsils was adequate for the purpose of this study. Second-stage district unions numbered 161. This led to the random selection of one union council (UC) in each of the three tehsils (Sahiwal, Sargodha, and Bhulwal). All of the towns under the purview of each chosen UC were counted toward the total count of respondents in order to ensure a representative sample. There were 384 total participants, and they were spread out evenly among all of the villages based on their combined populations. Between the months of July 2012 and August 2012, the survey was carried out. Size of sample 384.

Method

Logistic regression is used to assess the predictive power of various variables that are either numerical or categorical. In Logit, the non-linear probability model, the endogenous or dependent variable is dichotomous, with '1' representing the probability of success and '0' as the probability of failure (Gujarati, 2004). The logit is the natural logarithm (Ln) of odds of Y, and odds are ratios of probabilities () of Y

happening (i.e., a woman is empowered) to probabilities $(1 -)$ of Y not happening (i.e., a woman is not empowered). Assuming that Pi is a Bernoulli variable and its distribution depends upon the vector of predictor X, and is the row vector.

The Logit function to be estimated is written as:

$Z_i = {}_1 + {}_2X_i + u_i$ ------------------1

Where,

$(P_i/1)$ odds ratio, i.e., in favour of women's empowerment.
It varies from - to +.
L_i is Logit (outcome of interest)

A women is empowered i.es he has decision power in domestic sphere , autonomy in personal and child related health issues and is politically empowered if the value of L is positive .The negative value of L represents that a women is disempowered(has no household decision power ,no freedom regarding personal and children health issues, and is politically disempowered).

VARIABLES

Table 1 DESCRIPTION

Dependent variable	Description
WE1	Female respondents have household decision making power. If a woman has decision power in the domestic sphere, 1 If a woman has no household decision power, 0
WE2	=political empowerment If a woman has political empowerment, If a woman has no political empowerment
WE 3	= freedom in personal and children's health issues. 1. If a woman has autonomy in personal and children's health issues, =0, if a woman has no autonomy in personal and

	children's health issues
Explanatory Variables	
AGE	Age of respondent
MARTS	Marital status
PEDU	Educational level of the respondent
EDUH	The educational level of the husband
PINC	Personal income of the respondent
POCU	Personal occupation of the woman
TPFM	Type of family; 1, if she lives in a nuclear family and '0' for a joint family system.
NOWNCH	Number of respondents' children
DPRC	decision to purchase respondents' cloth =1, if she purchases herself, and '0' otherwise.
OWNA	Ownership of animals, assets, or land = 1, if she owns and '0' otherwise. Do you have property rights? =1, if yes, and '0' otherwise.
STAYP	Who decides to stay with the parents=1, if she decides alone and '0' otherwise.
VISFR:	Who decides about a visit to friends? =1, if she decides alone and '0' otherwise.
FRDERN	freedom in the use of own earnings=1, if yes, and '0' otherwise.
WATV	Do you have time to watch TV?
MOB	Can you use mobile
The SESTEM	Ranking of self esteem according to Rosenberg's scale High self esteem shows empowerment. Low self esteem shows disempowerment.
POLEM =	1, if she is politically empowered and '0' otherwise.
HISUS	=1, if she has freedom in personal and children's health matters, and '0' otherwise.
RCONS	Reason to consult the specific source of medication
CWTR	Access to clean water =1, if yes, and '0' otherwise.
COMED	Cost of medication per family per month Remaining The explanatory variables of model 3 are the same as mentioned in models 1 and 2.

Operational Models

Model 1

WE=f(AGE,MARST,PEDU,EDUH,POCU,PINC,TPFM,NOWNCH,CONDH,PRCCL,OWNA, PRTR,STAYP,VISFR,FRDER,WATV,MOB,SESTEM,POLEM, HISUS,VIOL)

Model 2:

WE=f AGE, MARTS, PEDU, HAGE, EDUH, OCCU, PINC, HHINC, TPFM, NOWNCH, CONDH, KITH, NTOIL, SAVP, OWNA, PRTR, FRDER, PVILP [7], WATV, MOB, SESTEM, VIOL, HISUS, DECP,)

Model 3:

WE=f AGE, MARTS, PEDU, HAGE, EDUH, POCU, PINC, HHINC, TPFM, NOWNCH, CONDH, KITH, NTOIL, OWNA, PRTR, CONSPH, RCONS, FRDER, CWTR, KOCON, COMED, WATV, MOB, SETEM, VIOL, HISUS, DECP,)

IV. RESULTS AND DISCUSSION

Descriptive Analysis

A descriptive analysis presents the demographic, socio-cultural, and economic situation of women and their families residing in the study area. It includes frequency and percentages. A descriptive analysis of a few important variables is presented to show that women are discriminated against in almost all fields of life.

Table 1: Frequency Distribution

Education level	Frequency	Occupation	Frequency	Income	Frequency
Illiterate	249 (64.8)*	Housewife	233 (60.7)*	less than 5000	118 (30.7)*
Primary	54 (14.1)*	self employed	31 (8.1)*	5000-10000	13 (3.4)*
Below metric	20 (5.2)*	privately employed	14 (3.6)*	11000-15000	9 (2.3)*
Metric	21 (5.5)*	govt job	25 (6.5)*	16000-20000	4 (1.0)*
Intermediate	9 (2.3)*	live stock	37 (9.6)*	above 20000	14 (3.6)*
Graduation	9 (2.3)*	work in fields	34 (8.9)*	n.a	226 (58.9)*
above Graduation	22 (5.7)*	Labour	10 (2.6)*	Total	384 (100.0)*
		Total	384		

Values in parentheses represent percentages

Table 2: Frequency Distribution and Percentage of Respondents, Their Husbands and Others Who Make Household Decisions

Decision about…	Decision				

	maker			
	Wife	**Husband**	**Jointly**	**Others**
Sale and purchase of property	45 (11.7) *	174 (45.3) *	132 (34.4) *	33 (8.6) *
Sale and purchase of jewellery	97 (25.3) *	134 (34.9) *	121 (31.5) *	32 (8.3) *
Home appliances	75 (19.5) *	131 (34.1) *	140 (36.5) *	36 (9.4) *
Sale and purchase of animals	62 (16.1) *	177 (46.1) *	106 (27.6) *	39 (10.2) *
Schooling of children	71 (18.5) *	85 (22.1) *	174 (45.3) *	27 (7.0) *
Budget of household	87 (22.7) *	128 (33.3) *	129 (33.6) *	40 (10.4) *
Cooking	156 (40.6) *	81 (21.1) *	122 (31.8) *	25 (6.5) *
Who Purchase your cloth?	233 (60.7) *	64 (16.7) *	59 (15.4) *	28 (7.3) *
Decision of another child	36 (9.4) *	169 (44) *	163 (42.4) *	4 (1.0)*

Values in parentheses represent responses of women in percentage

Table 3: Frequency Distribution

Access to Media	Frequently	Often	Never
Have time to watch TV	76 (19.8)*	291 (75.8)*	17 (4.4)*
Can use mobile	85 (22.1)*	134 (34.9)*	165 (43.0)*
Use internet	11 (2.9)*	19 (4.9)*	354 (92.2)*

Values in parentheses represent percentages

Table 4: Frequency Distribution

Question	Yes	No
Do you own assets, land or property?	95 (24.7)	289 (75.3)
Do you have property rights?	28 (7.3)	356 (92.7)

Bivariate Analysis

Pearson's Correlation showing the relationship of household decision power, political empowerment and freedom in personal and children health matters and variables affecting them

Table 5: Frequency Distribution

Variables	Household decision power	Political Empowerment	Personal and children health matters
Education level of the respondent	.140**	.806**	.059*
Education level of the respondent's husband	.211**	.775**	.059*
Condition of house	.118*	.197**	……..
Type of family	-.184*	-.172**	-.110*
Freedom in personal and children health issues	.1*	.108*	……….
Political empowerment of the women	.221**	……	.180*
Personal income	……..	.108*	.185*
Self esteem	……	.285**	……
Marital status	-1.17*	……	-.197**
Household decision power	.221**	.221**	.100*
Number of children	…..	……	-.129*

Overall present study in bivariate analysis, found the positive correlation of women education, her husband education, personal income, paid job involvement, self esteem, condition of house with the getting empowerment in domestic decisions, political participation and freedom in ersonal and children health decisions.

LOGISTIC REGRESSION ANALYSIS

Overall Significance of the Models

Step wise binary logistic regression including and excluding the variables at various stages according to their relative importance in the models (using the 2LL likelihood method) was used for the prediction of women's empowerment using the proxy of household decision power, political involvement, and her freedom in personal and children's health matters. The Omnibus test of the coefficients of the model demonstrated the overall statistical significance of the model, including the influence of all independent or explanatory variables. It gives the goodness of the fit of the model.In model 1, where women's domestic decision making capacity is used to indicate women's empowerment, O.T shows that the model is statistically significant at all steps at x^2 (7) =120.379 at p .001, while chi-square (x^2) is significant at all steps of the model building [8] [9]. For model 2, x^2 (25) = 340.594 at p .001 and model 3 at x^2 (18) = 89.11 at p .001, while chi-square (2) is significant at each step of the models, suggesting the statistical significance of all the models at every step of the model building.

Model summary included -2log likelihoods, Cox and Snell R2 and Negelkerke R2. -2loglikelihoods means that models were compared by taking two times the difference between the models' loglikelihoods. The H-L test was also applied and the results were ^{2} (7) of 7.819 and was insignificant at (p .05). m22 (8) of 10.454 (insignificant, p .05), ^{2}(8) of 10.862 (insignificant, p .058), suggesting that models were fit to the data well.

The Wald Chi-Square statistics is like the Z-Test and has been used to check the significance of the each predictor.

Model 1: Household Decision Power

In this model, logistic regression was conducted with the dependent variable of the women's household decision making capacity, i.e., the degree of women's participation in household, personal, and children's decisions. The present study asked various questions for analyzing the decision making power of women within the domestic sphere. A Principal Component Analysis (PCA) with varimax rotation was conducted to reduce the number of variables and a decision making score was constructed for each respondent; a score below mid value is coded as zero and one otherwise.

The results showed a significant positive relationship between women's freedom in making the decision to visit and stay with their parents and household decision power. After marriage, generally "women are considered the personal property of men." (Z. Azhar et al., 2012).All basic decisions were made by men. The constant burden of domestic work, child and elderly care, meant women had no time to relax and release their tension. So women's unfreedom to visit and stay with their parents showed that women were disempowered in making some basic decisions in their life.

Political empowerment was highly significant as a predictor of empowerment in the present model. As political empowerment increases, women's empowerment also increases. Stromquist (1995) considered political participation the most important determinant of women's empowerment, as political participation develops capacity among women to analyze, manage, and mobilize resources for social change. If women had awareness about political matters, had the right to vote and to participate in political matters, then they could play a positive role in household decision making, which is also logically acceptable.

The present study also showed a positive relationship between self-esteem and women's empowerment in household decision matters. Husbands and other family members' insulted behavior toward women undermines their self-respect and reduces their physical and mental capacity (Babur, 2007). Greater confidence and higher self esteem increase women's confidence in realizing that women are also equal with men and the objective of gender equity can be achieved, which will facilitate the achievement of MDGs and sustainable development.

Another significant factor that created a positive effect in creating awareness among women to be empowered in rural areas was television. TV was the most accessible and commonly used mass medium by women in the study area. The 95.6% of respondents watch TV frequently or less frequently, while only 4.4% of females residing in the study area had no access to television. Another study by Khan et al. (2010) showed that the most commonly used mass medium in Punjab is television. The significant value of exponential beta (Exp =1.701) shows that TV plays a significantly positive and influential role in creating awareness among women about their rights, which ultimately may

help them to be empowered in the domestic sphere in making basic household decisions.

Women's freedoms in purchasing clothes also indicate a positive relationship with women's empowerment in domestic decisions. It means giving women control to make decisions regarding ordinary household purchases enhances women's empowerment in the domestic sphere. So women's expansion of involvement in small and big household purchases shows that they are more empowered (Kabeer, 2001). Various studies used women's involvement in household decision making as an indication of empowerment (Malhotra and Mather, 1997; Sather and Jejeebhoy, 2001; Kishore and Gupta, 2004).

The women's freedom in personal and children's health matters showed a negative relationship.

Various studies indicate that women may be empowered in one dimension of life and not in another (Malhotra et al., 2003; Kishore and Gupta, 2004).

As (Rowlands, 1995) defined women's empowerment 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." In the same manner, results of the present study suggest that political involvement of women and defending their interests as a group, higher self-esteem, awareness about their rights and independence in making some basic household decisions would lead them to be empowered in the household and they did not live as subordinate in the house.

Table 6 Binary Logistic Regression Estimates Of Women's Empowerment In Domestic Decision Making

EXPLANATORY VARIABLES:	COEFF (S)	LN (ODDS)	SIG.	(Z-TEST)		ODDS RATIO
STAYP	0.932	0.171	.000	29.565	1	2.539
POLEM	0.087	0.035	.012	6.285	1	1.090
PRCCL	0.653	0.160	.000	16.709	1	1.922
WATV	0.531	0.199	.008	7.112	1	1.701
SESTEM	0.135	0.043	.001	10.089	1	1.145
HISUS	-.094	0.046	.040	4.229	1	0.910
MOB	-.663	0.158	.000	17.663	1	0.156
CONSTANT	-4.107	1.265	.001	10.542	.	

Model 2: Political Empowerment

In this model, the dependent variable was women's political participation, which is not only an important objective but an instrument for stimulating the society for social and political empowerment; it eventually encourages the overall development and refinement of the

society. Women's participation in politics would not only help them in revising the discriminatory policies but would help to form new policies that will bring about changes in society because women constitute more than half of the population and how can sustainable development be possible without the development of women? A principal component

analysis with varimax rotation technique was also applied in this model to form the proxy of political empowerment score, which was constructed for each respondent.

Results of the model suggested that overall, the education level of the respondents had a significant positive relationship with the political empowerment of women. It was divided into five groups from illiteracy to university level education to predict the impact of respondents' different educational levels on political empowerment of women. From category one (PEDU1), which shows illiteracy, to PEDU7, has a significant positive relationship. It is evident from the odds ratio of Exp () that it is higher for a higher education level. The higher value of Exp () indicates that the higher education level of women improves women's empowerment in the political sphere. The majority of women in the study area were illiterate, and there was the lowest number of respondents in the sample for the high category of education. So, representation of these educated respondents for political empowerment is negligible. Higher education for girls would enable women to attain more and more leadership positions at all levels of society, from health clinics in the villages to parliaments in the capitals. (President of the World Bank at the 4th UN Conference)

Higher education would provide and enable women to participate in better economic opportunities. Education also had a positive effect on social outcomes like fertility, mortality rate, children's health and education, life expectancy, and distribution of income (Zahir et al., 2009). The level of education for women is the most important prerequisite to bringing awareness and development in society. Various empirical studies indicate the positive association between education and W.E. (Saraft and Yano, 2007; Sridevi, 2005; Heaton et al.

2005). This result supported the reinforcement of pathways to women's education.

HEDU refers to the education level of the husband and was significant at p 0.01 with the probability that as husbands would be well educated and have awareness, their mindset would be different from illiterate people's. The men's educational level has also been categorized into seven categories from HEDU1 TO HEDU7, i.e., from illiteracy to above graduation level. The higher value of Exp () indicated that for women's political empowerment, education is not enough but men's education is also vital because, generally, women face two types of hurdles for political participation, i.e., domestic and societal (Mehmood,2010). Domestic and societal problems could be reduced by changing the male attitude that women were inferior to men and that they were just subordinate and housekeepers. Education also provides confidence, awareness, and knowledge, which not only help to take decisions about their own lives but also the lives of their intimate partners. Similar views were shared by (Kishor and Gupta, 2004; Sridevi, 2005; Khan et al., 2010) in their studies.

Household decision power of women was another significant predictor of women's political participation level. The value of Exp() = 2.855 at p 0.01 clearly suggested that if women had better decision-making power at home, then it would help them in making a conducive environment for political empowerment of women and taking decisions in society for changes.

The personal income of the respondents also showed a significant relationship with political empowerment. The personal income of the respondents reduced the financial dependency of the males and increased their control over

resources, which leads the women towards empowerment. Various studies support these findings. (Jones et al., 2006; Khan et al., 2010). This variable had six categories. PINCM1 (category 1), which is less than five thousand, showed a negative relationship, which may suggest that so much lower levels of income did not contribute to women's empowerment. PINCM5 [Exp () =4.605 at p 0.01] showed a highly positive and significant relationship with women's empowerment. It means if women were economically empowered and less dependent on men for their economic needs, then this financial independence would empower them in other aspects of life also. They had their own political affiliation and cast their vote according to their own will. Paid job involvement or work for pay is vital for women's empowerment (Malhotra and Mather, 1997). So far as categories 2, 3, and 4 are concerned, their representation in the present sample is negligible [11]. In other words, we could also say that many educated and high income females in urban areas were seen as least concerned about exercising their right to political empowerment.

In such far-flung, neglected and rural areas, it seems implausible for women to show significant political empowerment as they were able to earn an income.

Married and divorced marital status showed a positive and significant relationship, while separated and widowed women had negative and insignificant relationships with political empowerment. This could also be justified by the fact that, due to the patriarchal system, women's participation in politics was very restricted and this field is considered for men. The situation is now better and women participate in politics (they may be married), but their participation is not so effective because male members of their families rule behind them.

Freedom of women regarding personal and child related health issues showed a negative relationship, but this relationship was insignificant as the value of the variable was Exp() = 0.255 at p 0.01 less than one.

Table 7 Estimates of The Determinants Of Political Empowerment Of Women Using Logistic Regression

Explanatory Variables	Coeff(βs) ln (odds)	S. E	Sig.	WALD (Z-Test)	Df	Exp (β) Odds Ratio
DECP	1.049	0.395	.008	7.041	1	2.855
HISUS	-1.365	0.446	.002	9.391	1	.255
PINC	…..	…..	.052	10.945	5	…..
PINC1(less than 5000)	-.312	1.587	.844	.039	1	.732
PINC2(5000-10000)	18.181	9.60	.998	.000	1	7.868
PINC3(11000-15000)	-20.478	2.11	.999	.000	1	.000
PINC4(16000-20000)	-19.726	6.09	.997	.000	1	.000
PINC5(Above 20000)	1.527	.467	.001	10.686	1	4.605
EDUH EDUH1(Illiteracy)	….	…..	.000	68.161	7	….
EDUH2(Primary)	1.527	0.603	.011	6.418	1	4.603

EDUH3(Below metric)	4.449	0.651 0.593	.000	46.641	1	85.544
EDUH4(Matriculation	3.935	0.643	.000	44.097	1	51.184
EDUH5(Intermediate)	2.872	0.981	.000	19.931	1	17.678
EDUH 6(Graduation)	4.927	8.4	.000	25.198	1	137.934
EDUH7(Above Grad)	23.028	4.01	.998	.000	1	1.002
	-14.664		1.00	.000	1	.000
PEDU	….	…..	.001	25.808	7	….
PEDU 1(Illiteracy)	2.280	0.507	.100	20.251	1	0.59
PEDU 2(Primary)	3.281	1.034	.002	10.061	1	0.91
PEDU3(Below metric)	21.046	6.09	.997	.000	1	1.36
PEDU4(Matriculation)	22.496	1.12	.998	.000	1	2.44
PEDU5(Intermediate)	24.583	1.09	.998	.000	1	1.70
PEDU 6(Graduation)	42.191	9.31	.996	.000	1	
PEDU7(Above Graduation)	19.479	4.01	1.00	.000	1	
MARTS	…..	…..	.058	9.121	4	…..
MARTS1(Married	0.104	1.581	.948	.004	1	1.109
MARTS2 (Divorced)	2.095	.788	.008	7.070	1	8.127
MARTS3(Sepration)	-1.812	1.271	.154	2.032	1	.163
MARTS4(Widow)	-18.099	2.833	.999	.000	1	0.000
Constant	-4.414	0.659	.000	44.412	…	0.012
Log Likelihood =110.616	McFadden R^2 =0.373	Size of sample = 384				

Model 3: Freedom in Personal and Child Related Health Issues:

Women's restricted access to basic health care facilities is a denial of basic human rights. "Women's empowerment is a means to other ends" (World Bank), such as reducing child mortality rate, improving education and health status of children. It is widely acknowledged that "Healthy mothers build healthy nations". A Proxy for women's empowerment in personal and children's health issues was formed through PCA.

Results of the model suggest that women's freedom in use of their own earnings had a significant positive relationship with women's empowerment in personal and child health issues. The value of Exp() = 1.696 at p 0.01 clearly indicates that if a woman had a paid job or a source of earning and she had control over the use of her own earnings, she was empowered in personal and children's health issues and disempowered otherwise. Women's personal income and control over its use is also important for the development of Pakistan because a large part of women's income goes to children's commodities such as books, tution, food, health, etc. (Hafeez and Eatzaz, 2002). So women's freedom and control over the use of their income was beneficial for women and their children's health.

Violence against women damages women's empowerment in other spheres of life also. Violence had a significant negative relationship with women's freedom in personal and children's health issues. Violence not only causes injury; it increases a woman's "long-term risk of a number of other health problems, including persistent pain, physical disability, drug and alcohol abuse, and depression" (Ellsberg, 2005). The value of Exp() =.316 at p 0.001 suggests that if women become victims of violence, it undermines women's freedom in personal and children's health matters. It could also be interpreted as violence creating "physical, mental, sexual and reproductive health" problems for women (Moreno et al.,2006).

The present study indicated a significant positive relationship between respondents' knowledge of contraception and women's empowerment in health issues related to women because the increased number of children, abortions, and pre mature deliveries badly affect women's health. The value of Exp () =1.789 at p 0.001 indicates that an increase in knowledge of women regarding the use of contraception will contribute to their better health status.

One occupation of women (labour) has a positive relationship while others have a negative relationship. It can be justified because the majority of women who are engaged in any earning activity in the study area do labour rather than do any government job or business. So women who do labour and earn an income show a positive impact of their income on their health and their children's health.

Table 8 Estimates of the determinants of women empowerment in personal and children health issues using logistic regression

Explanatory Variables	Coeff (βs) ln(odds)	S. E	Sig.	WALD (Z-Test)	Df	Exp (β) Odds Ratio
KOCON	.582	0.254	.022	5.256	1	3.45
VIOL	-1.153	0.545	.034	4.473	1	0.316
FRDERN	.528	0.162	.001	10.582	1	1.696
POCU	…..	…..	.032	15.344	7	…..
POCU1(Selfemployed	-.596	0.451	.186	1.748	1	.551
POCU2(Privatelyemployed	-3.369	1.088	.002	9.589	1	.034
POCU3(Govt. job)	-1.137	0.490	.020	5.380	1	.321
POCU4 (Live stock)	-.068	0.392	.863	.030	1	.935
POCU5Work in fields)	-.010	0.432	.982	.001	1	.990
POCU6 (others)	-.276	1.277	.829	.047	1	.759
POCU7(labour)	.281	0.747	.706	.142	1	1.325
AGE (21-30)	0.826	.681	.225	1.470	1	2.283
AGE (31-40)	-.536	0.637	.400	.707	1	.585
AGE (41-50)	-.561	0.651	.389	0.743	1	.571
AGE (50 and above)	-1.003	0.676	.138	2.204	1	.367

MARTS	…..	…..	.006	14.569	4	….
MARTS 1(Married)	-1.106	.770	.151	2.064	1	.331
MARTS 2 (Divorced)	-.905	1.216	.457	.554	1	.405
MARTS3 (Separation)	.403	1.079	.709	.139	1	1.496
MARTS 4 (Widow)	-3.325	1.091	.002	9.286	1	.036

V. CONCLUSIONS AND POLICY SUGGESTIONS

The study found that household economic conditions had a direct impact on women's empowerment. Women living in better economic positions and enjoying the full amenities of life are more empowered than those living in acute poverty and miserable positions. These findings led to the conclusion that poverty contributes to women's disempowerment and economic development positively influences women's empowerment. The study concluded that the expansion of educational facilities without any discrimination for women and education of household heads, awareness, access and control over economic resources, guaranteeing property rights, economic self reliance, enhancing decision making capacity, supportive environment, paid job involvement, knowledge of contraception and family planning matters are the issues of key concern for women's empowerment in the study area, which will ultimately pave the way for achieving sustainable development and fulfilling the global commitments of MDGs and SDGs (Sustainable Development Goals).

The study suggested that at the government level, more allocation of funds and shifting of resources for village-based training to improve income generating capabilities of women; effective local communities to provide quick justice and a supportive environment for women; provision of educational facilities; the beginning of "less complicated laws" for property distribution and to provide job opportunities to females near to their houses; and strong "political will" from women's leadership to give priority to solving problems related to women.

TV was the most accessible and commonly used mass medium by women in the study area. So the introduction of a local TV channel in the study area (which before did not exist) and more programmes related to women's empowerment will bring awareness about their rights. Many people, especially men, do not like to see any modification in women's positions due to some traditional norms. So, to change their minds, many conferences, seminars, and symposiums in rural areas in their local language should be organized to change the thinking of the people, especially men. At institutional level, the role of NGOs is very important in addressing women's empowerment issues, especially in rural areas.

Women should have political enlightenment so that they can forward their troubles to political leadership and decide to vote for those leaders who take an interest in solving their issues and fulfilling their commitments.

Dedication and strong commitment at local, national and international level is required to improve status of women in society.

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