

The Obstacles of Women Empowerment in the Mountainous Range: A Case Study of Garhwal Himalayas

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ABSTRACT

Women's empowerment has been recognised as a significant component of economic growth. It is the mechanism by which people have to make strategic life decisions to obtain that ability. The sustainable women empowerment has received a greater support in recent years from significant international bodies and women empowerment foundations. It has been supported by enhanced adoption of programmes aimed at boosting women's empowerment. According to the UN-SDGs, implementing reforms to provide gender equality, access to economic opportunities and rights to ownership is a critical goal that must be fulfilled to attain the empowerment. Several studies have shown that entrepreneurship initiatives assist women in becoming successful self-employed and thus economically and socially motivated. The main objective of the study is to address the obstacles faced by the women in the Garhwal mountainous range. The study focuses on the issues and challenges of women. It has been used the quantitative research methodology in this study. The empirical data gathered from the 100 female residents of Uttarkashi and Tehri Garhwal districts of Uttarakhand through a scheduled questionnaire. The data has been analysed through the SPSS software using statistical techniques. The study revealed that the women are faced many problems. Many of them are suffered with the financial crisis and family problems which have burden them a lot. Apart from the financial matters, there is a lack of family support to the female residents of the hilly range. This study will be utilised to develop a strategy to cope up the hurdles of women empowerment and will create the tactical planning for the emancipation of women.

Key Words: Women Empowerment, Mountainous Range, Obstacles of Women, Garhwal Himalayas

I INTRODUCTION

Women are the most significant, respectable and economically sustainable component of the society because they are not rewarded their efforts. But they change and they're getting tough. They showed an interest in becoming alone. Their desire to use their talents in remunerative work no longer receives support. The start-ups come with fresh and new ideas. With hard work and dedication, they change the scenario of society. Empowering women is the first step in the creation and dedication of policies that are responsive to recognition of the overall contribution and their expertise (Rahman, 2012). The role and representation of women in society is one of the main factors to determine the progress of growth. There must be a strong emphasis on the overall social, economic and cultural growth of women in order for society to be very well established. Our efforts to empower women must be increased and their success must be intensified. It is our spiritual, social and constitutional duty, through equal rights and opportunities, to ensure change. Women today have dominated the entire world with their intelligence, beauty and elegance. (Onditi & Odera, 2016). It is noted that gender parity is attained in primary school enrolment at all the stages. The failure to release and leverage women's energies and skills. By 2011, the ranking of women in parliament rose to 20%, compared to 18% in previous years. Thus, following growth and prosperity, the data across multiple only

significant gains from 3.9% in 2014 to 4.5% in 2015. The restriction of women's socio-economic advancement has rightly been linked to outdated legislation, cultural and religious systems that weaken women's empowerment and complete access to education opportunities. (Narayana & Ahamad, 2016).

The Uttarkashi is an Uttarakhand state district of the Garhwal region in Northern India with its head office in the City of Uttarkashi. It has six Tehsils: Barkot, Dunda, Bhatwadi, Purola, Chiniyali Saur, Mori, etc. In the Himalayas, Uttarkashi District is large, and there is the source of both Yamunotri rivers Ganges and Ganges which attract thousands of Hindu pilgrims. It is also called as a district of Ganges. The town lies on the main road to Gangotri and is also an important Hindu pilgrimage center. This town has many Hindu temples. It is located in the northern part of Himachal Pradesh, to the north-east by Tibet, to the east by the district of Chamoli, to the south-east by the district of Rudraprayag, to the south by the district of Tehri-Garhwal and to the west by the district of Dehradun. The 2011 census reports that the District of Uttarkashi has 330,086 inhabitants. Over the decade 2001–2011 population growth was 11.75%. Uttarkashi has a sex ratio of 959 women per 1000 men and a frequency of 75.98%. The first language of the district is known as Garhwali, while Hindi is used as common language. Mahasu Pahari and Tibeto-Burman Jad are minority languages (which the 2011 census called "Bhotia").

Tehri Garhwal is a district in Uttarakhand, India, in the hill state of Uttarakhand. Its head office is located in New Tehri. The population in the district is 618,931 (Census 2011), a rise of 2.35 percent over the last decade. It is surrounded in the east of the district of Rudraprayag, in west the district of Dehradun, in north the district of Uttarkashi and in south the district of PauriGarhwal. The Himalayas are part of TehriGarhwal. The Principally State, ruled by Parma (Shah), was TehriGarhwal or Garhwal Kingdom. Subsequently it was incorporated as part of British India's UP Hill States Agency, which now includes Tehri Garhwal and most of the Uttarkashi district. It was about 10,800 km² in 1901 and had a population of 268,885. inhabitants. Dry season crops include wheat, garlic, masoor, red gram, bengal, rape, mustard and pea. Rice, barnyard millet, finger millet, black gram, sesame and soja are found in wet season seeds. In the area there are also various fruits and spices. According to the Tehri Garhwal census of 2011, the district has 169 people per square km (440/sq mi) population density. Over the decade 2001–2011, their population growth rates were 1.93%. The ratio of Tehri Garhwal for 1000 males is 1078 females and 75.1 percent. The district's first major language is Garhwali, which is 90% according to the 2011 census. Hindi is generally used but is only 6 percent of the first language.

II LITERATURE REVIEW

According to Srivastava & Srivastava; 2017, there are several factors responsible for women empowerment in the hilly areas of Uttarakhand. Factors like access to employment, desire for generating incomes, Awareness against the social exploitation, positive attitude towards the female education, assist the family members, participation in financial decision-making, ability to educate and facilitate the financial awareness among the rural women are the major eminent factors for the development of women empowerment.

Women are the core component of Uttarakhand economy. But they don't own the land they work on. The community not allowed them to make decision - making authority about land, sales and investment in major economic matters. Neither does the land generate so much production nor it gives the sufficient income to women for decision-making ability to take care of their and the child's welfare. The absence of financial earnings and the difference between job opportunities and benefits bridges the gap between women empowerment and development (Tomar, 2018). Women are exempt from decision-making procedures due to their low social status. As a result, there has been no growth. Significant changes in women's quality of life in most remote areas in hilly region's regions. In reality, little understanding

exists in the essential needs of mountainous women. (Dighe, 2008).

Women's education disparagement since ancient times we have seen women ignoring education in general. The Indian tendency 'Ladki to parayadhanhai' is general. The education of women after independence is therefore given a lot of attention. The degree of women's literacy is also rising gradually. It increased to 39.42% in 1991 from 18.7% in 1971 and in 2001 to 64%. While the trend towards literacy has improved, there have been challenges. A curse to do so the donation or sum given by the girl's parents is general trend in India at the time of the marriage ceremony. It was called dowry in the later stage. In India, so many dowry cases reported every year. Indian women and their parents face a very serious issue. Women's abuse The tradition in Indian society can be seen in sexual abuse, female obsession, dowry, domestic violence etc. Rural society has a high incidence of such issues. It is mostly because the old rituals and traditions are spoiled. (Goyal & Prakash, 2011).

The numerous problems in Indian society include child abuse, sexual harassment, human trafficking, child labour and so on. Problems with organisations Women are facing many issues in the workplace in relation to different matters. Sexual assault and other disputes can often occur at work. The factors that cause women's harassment in an organisation are excessive bossing, unfair changes, unnecessary requests by high authorities, etc. Family and social issues Family and society must be aware of the problem of women. Works are often more intensive and proportionate than men. Women usually neglect and take second place in religious and cultural practices. Regardless of the case, the women take responsibility for this act. There is still a tendency to see women as children's factories. (Madankar, 2014). In many emerging regions, where women are accountable for farming production and sale, a huge number of women serve as unpaid workers, in particular, and are seen as aid workers for the agricultural partners when needed in a farm. Most of the women usually have a rural income that gives the household a cash flow. Women must be motivated strongly. Empowerment refers to rising individuals and communities' economic, political, social, education, sex or spiritual influence. Empowerment may also be a mechanism to improve individuals or groups' ability to make decisions and turn them into desired results and behaviour. Empowerment is accomplished by greater opportunities, standards, activities and a global life context. Empowering the women is an important tool to foster growth and reduce poverty; empowered women contribute to the health, efficiency, and prospects of the next generation of whole families and communities. When women are empowered, whole families profit, which often have a devastating impact on future

generations. Hunger and malnutrition are among the steps to be taken to guarantee the most minority communities, who are mostly rural women who are engaged in small-scale agriculture, especially in developed countries, the need for animal farming, higher income and better living conditions. (Alabiet.all, 2019).

Women in India have been found to be very financially unstable. Some women participate in services and other work. Therefore, they need financial strength to keep up with men on their own legs. On the other hand, has shown that women are less skilled than men. The 2001 census shows that the literacy rate for men in India is 76%, while that of women is just 54%. Therefore, it is very important to increase education for women to facilitate them. It also considered some women to be too fragile to function. They eat less, but they work more. From a health perspective, therefore, women who must be weaker must be strengthened. The rape, the abduction of girls, dowry, and so on are so many instances. For these purposes, it needs all sorts of empowerment to safeguard itself and its innocence and integrity. In short, it is impossible for women to gain empowerment without women having to come and support themselves. There is a need to devise the reduction of feminized poverty, to encourage women's education and to avoid and end women's abuse. (Shettar, 2015).

Women empowerment has been recognized as a significant source of economic development. Women entrepreneurs are creating new jobs and providing societies with various solutions to management, organization, and problems of industry. They remain, however, a minority of all businessmen. Female entrepreneurs also face obstacles gender - specific to business start-ups, such as discrimination against land, matrimonial and inheritance laws and/or cultural practices; lack of access to the formal financial mechanisms; restricted movement and access to knowledge and networks etc. to ensure that they can effectively launch business programs. Women still have not adequate rights and privileges and resources and opportunities, i.e. fair wages and integrity in jobs, property and community rights, access to and ownership of land including financial services and credit, notwithstanding their contributions to family and society. All this includes raising policymakers' awareness of gender issues in various policy fields, such as taxes, state budgets and employment. (Indoria, 2019).

The effect on women of the old-fashioned gender-based society is still a big challenge for many women's businesses. Independent firms are also considered an area of male dominated and these conservative views can be difficult to surpass. Otherwise, women entrepreneurs face more challenges with their companies than coping with the

leading paradigm. In relation to this, a study by showcased that, women have lower personal financial assets compared to men. For that reason, women need to obtain additional resources than men to enjoy the opportunity, for a given opportunity and for a person equally capable; because they control less wealth. Another Robb and Susan study states that it has grown into an own subfield that 97 percent of eldest entrepreneurs are men and might not be so sympathetic to female-centered companies to the issue of women having a rough time obtaining their money compared with men who have a similar occupational chance (Ali & Salisu, 2019).

Economists use their observable characteristics as proxies for empowerment because empowerment is an unquantifiable latent variable. There are also greater bargaining powers for women with high proxy worth including higher spousal age rates, access to external jobs or a high degree of political participation. Therefore, getting outward jobs, functional mobility and public engagement are indicated by the high level of empowerment own identification documents for the national government's rural job guarantee system, proxies for external employment; is able to leave households without authorisation, representing physical mobility; and participates in weekly village councils (Laszlo et.al, 2017).

It is important for women in a Conservative Society like India to budget for the government and help their families on a personal level. In these circumstances, women's entrepreneurship is also facing fundamental problems:

- Rigid competition from male institutions.
- Core scarcity
- Family disputes
- Low-risk tolerance
- Minimal economic ability
- Entrepreneurial education requisites in addition to the fundamental issues, access to finance and loan facilities for women is a major problem. (Raj, 2014).

In terms of the low participation of women both on one hand and on the other, gender disparities affect and are a major factor in ensuring the continuity of employment for women's social and physical conditions. Such employers' actions and attitude towards women may be because of its discriminatory nature. Women definitely do not have equity capital, wealth, investment rights, education, skills and training, trust in decision-making and lack of capacities to take risks, etc. Women in and around the home and the community dominate the narrow social thinking than they are interested in the dynamic jobs, such as a hiking and other business. Lack of resilience and lack of disclosure poses barriers to women's participation in tourism activities late in the

market and, in some cases, negative behaviour or attitudes of society and the family members. They therefore have little trust in the law of wealth and household properties and thus have very little political/legal role knowing the relevant policies and rules (Palikhe, 2018).

III OBJECTIVES AND METHODOLOGY

(a) Objectives

- (i) To find out the major obstacles faced by the women of Uttarkashi & Tehri Garhwal districts of Uttarakhand.

- (ii) To disclose the motivations of women empowerment in these districts.

- (b) **Research Methodology** - Quantitative research design used in this study. A structured research questionnaire has used to collect the data from 100 women respondents from Uttarkashi & Tehri Garhwal districts of Uttarakhand. The questionnaire has divided into 3 parts that are demographic profile of the respondents, and part 2 contains the motivational factors of women empowerment and third part contains the obstacles and problems faced by the women in their work engagement. The data analyzed through the SPSS software with the help of Descriptive analysis and Variance analysis.

IV DATA ANALYSIS

Table 1

Demographic profile of the respondents

Demographic profile					
Particulars		Frequency	Percent	Mean	Std. Deviation
Age of the respondents	Under 20	25	25	1.95	.672
	20-40	55	55		
	41 and above	20	20		
	Total	100	100		
Marital status	Married	91	91	1.09	.288
	Un married	9	9		
	Total	100	100		
Educational qualification	No Primary Education	15	15	2.52	.990
	Primary Education	33	33		
	High School Education	43	43		
	Graduate	3	3		
	Higher Education	6	6		
	Total	100	100		
Prior Occupation	Farmer	19	19	2.45	1.167
	Seasonal Worker	44	44		
	Self Employed	19	19		
	Entrepreneur	9	9		
	Homemaker	9	9		
	Total	100	100		
Family Profile	Nuclear family	39	39	1.65	.702
	Joint Family	48	48		
	Others	13	13		
	Total	100	100		

The above table shows the demographic profile of the Garwali women. There has been 20-40 age group members are high as compare to other groups with a percentage of 55%. The mean value of age of the respondents is 1.95 which seems to be a moderate comparative group. Educational qualification has a highest mean value of 2.52 which has a high impact

on the women entrepreneurship. The mean value of Prior occupation of women in the Gharwali area is 2.45 as it depicts the second highest priority of the social group. There is a mean value of 1.65 has laid for the family profile of the respondents and the lowest mean value of 1.09 has been obtained for the marital status of the community.

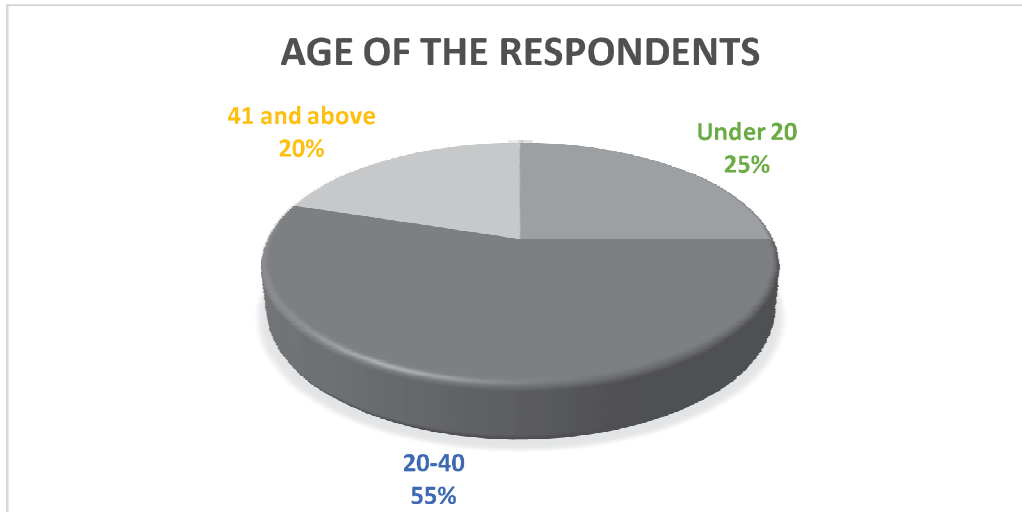


Fig. 1 Age profile of Respondents

The above graph depicts the Age group of the respondents. There is highly 55% of the respondents are belonging to 20-40 age group as they are the backbone of the families. The Girl respondents under

20 are nearly 25% in the community. The seniors with an age group of 41 and above are the least with a 20% respondent in the community.

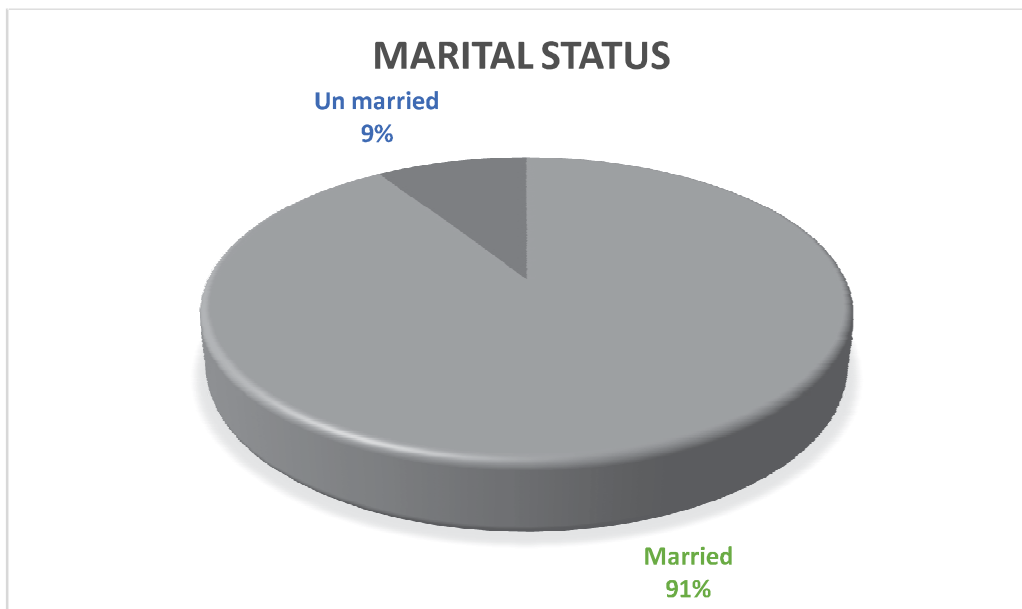


Fig. 2 Marital Status of the Respondents

The graph-2 reveals that there is 91% of the Garwali respondents are married as they have a pressure on

marriage form their childhood and the rest of 9% are unmarried due to their age group.

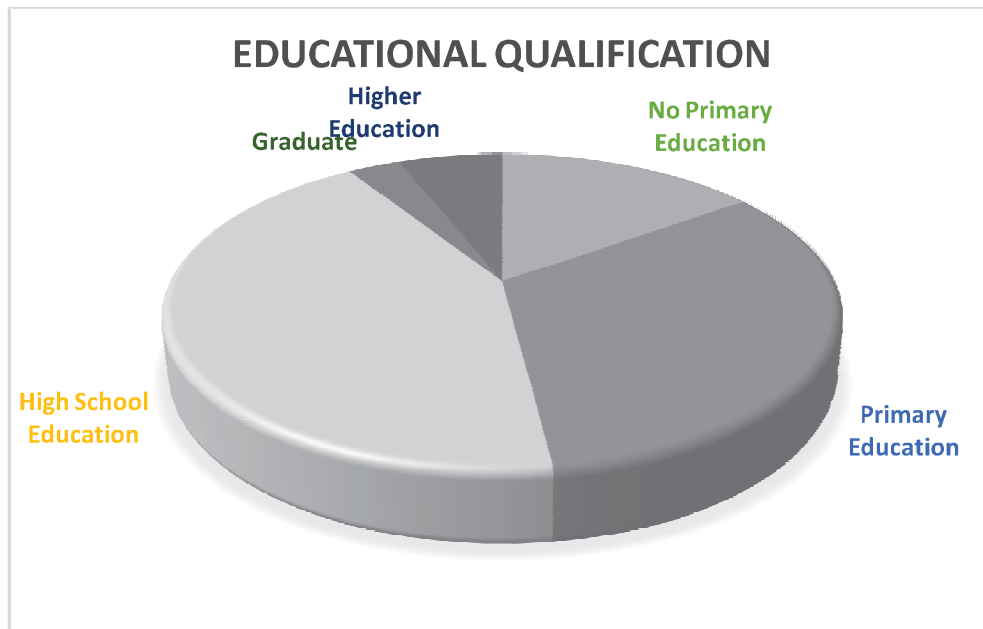


Fig. 3: Educational Qualification of the respondents

The above graph shows the educational qualification of the respondents. The community with a highest percentage of 43% is having a qualification of high school education. 33% of the respondents are have a

qualification of primary education. 15% of the respondents at least haven't any primary education in the group. There is only 6% of women are highly educated by completing their higher studies and only 3% of the groups are graduates.

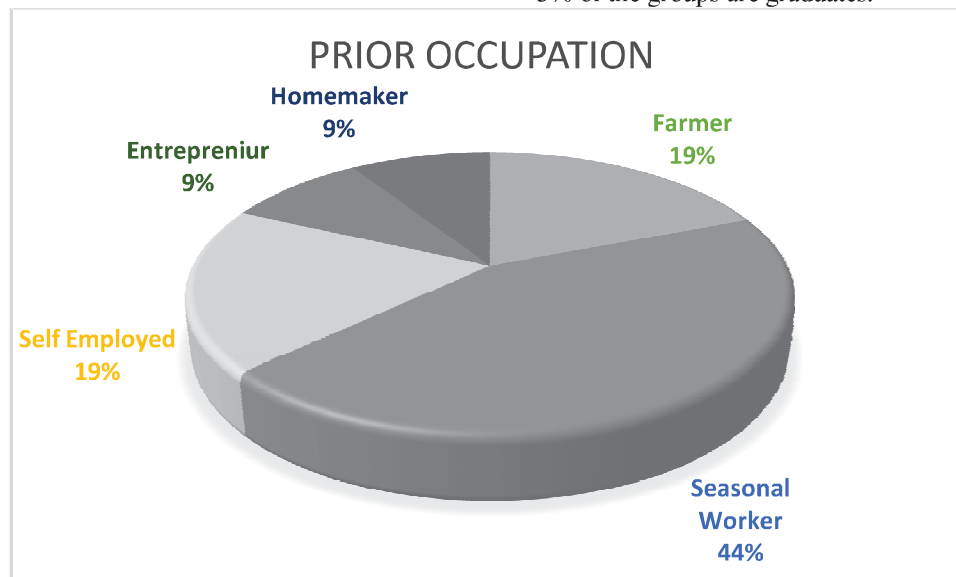


Fig. 4 Occupation of the Respondents

The Graph-4 depicts the occupation of the Garhwali women. The seasonal workers are the highest working women with a 44% of the overall respondents due to the tourism and travel Industry.

There is a similarity in the proportion of self employed women and farming women with a 19% response. The rest of the women are entrepreneurs and home makers with a 9% response.

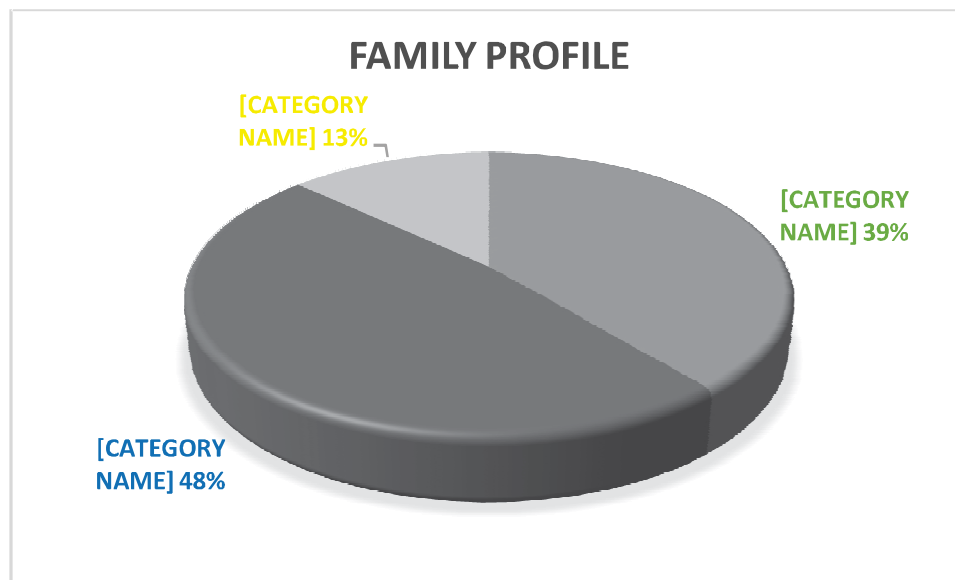


Fig. 5: Family Profile of the Respondents

The above graph reveals that there has been a scenario of Joint Family exists in the Garhwali Community. 48% of the respondents are belonging to

the joint family in the group. 39% women are of nuclear family and the rest of 13% are belonging to others like single or dependent for their families.

Table-2
One-Way ANOVA table for the Motivations of women Empowerment

Particulars	Mean	SD	F Value	Sig. (p value)
Desire to generate more income	3.43	1.297	1.32	.002
Personal satisfaction	3.59	1.207	.690	.001
Desire for a balanced lifestyle	3.77	1.136	2.578	.005
Utilizing the opportunity in this business	3.84	1.195	.879	.003
Strike balance between work and family	4.11	0.931	1.353	.002

The above table depicts the motivational and behavioral factors for the women entrepreneurs. The motivations like desire to generate the more income for family, personal satisfaction, desire for a balanced lifestyle, opportunity utilization and balance between the family and official work are highly significant. There is a highest mean value of 4.11 has been obtained for the balance between work and family

life as a highest motivational factor. Utilizing the business opportunities are the second highest motivational factor with a mean value of 3.84. Personal satisfaction is highly significant with a p value of .001 and mean value of 3.59. A significant value of .002 has been obtained for the both factors desire to generate income and work life balance.

Table-3
Challenges/Problems faced by the Women entrepreneurs & Workers

Particulars	Frequency	Percentage
Financial Problem	8	8
Lack of Family Support	33	33
Transportation	19	19
Lack of education	22	22
Others	18	18
Total	100	100

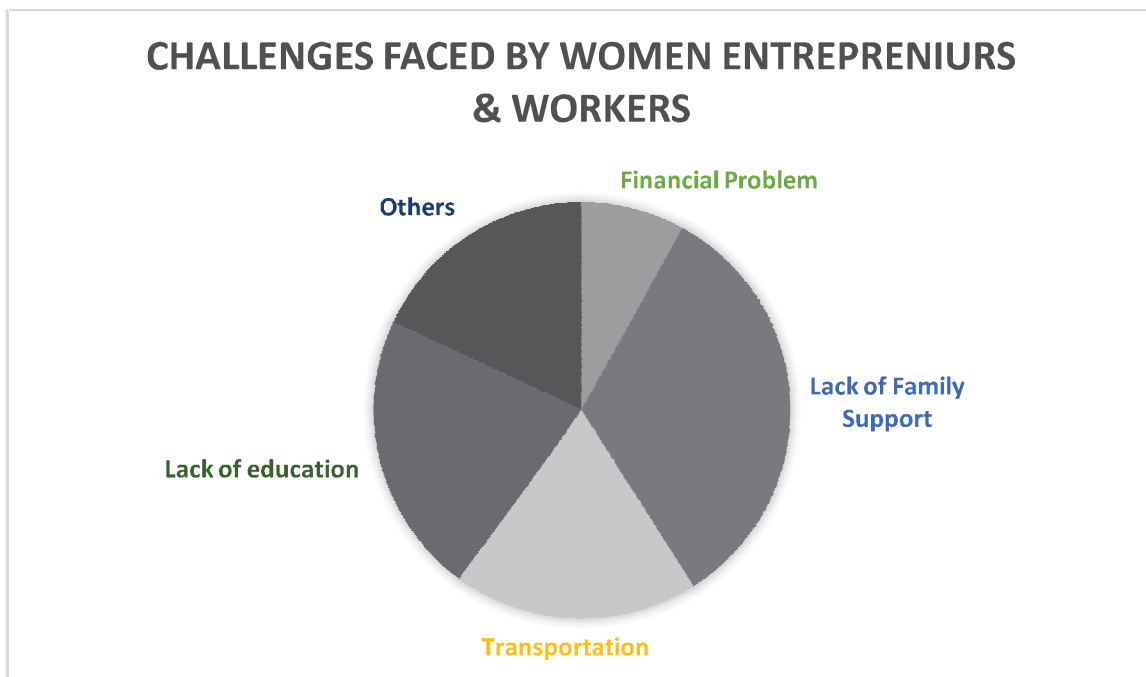


Fig. 6 Challenges Faced by Women Entrepreneurs & Workers

The Above Graph shows the Challenges/Problems faced by the Garhwali women in their occupation. It has been observed that 33% of the respondents are highly suffered with lack of their family support. 22% women are struggling with lack of education and 19% of the women are suffering with transportation facilities for their farming and industrial areas. Though there is a limited no. alof entrepreneur, 8% of them are facing a finance problem for their enterprises. Rest of the 18% of the women respondents are suffering with other problems like child marriages, domestic violence etc.

V DISCUSSIONS

The two districts Uttarkashi and Tehri-Garwal are the traditional enriched districts. Both of them are privileged with the full of natural resources. The Radi Gaondivides the Uttarkashi district into two parts. Barkot, Purota, Naugaon and Mori are the main villages of the main part and on the side Chiniyalisaur, Batwari, Dunda are the main blocks. The Barkot block is the highly benefited area as compare to other blocks of the Uttarkashi. The women are engaged with the farming of Apple and Tomato and sell them into Sabji Mandis of Dehradun. The women also take the government beneficiaries for their self-employed and entrepreneurial development. On the other side, the women in the Chiniyalisaur block are highly engaging with their firms and paddy fields, but not received any infrastructure facilities for their growth. They are producing sufficient firming products for their consumption only. Due to lack of irrigation &

transportation facilities they could not effort to sell their products.

Tehri-Garhwal district is filled with natural treasures. The district has divided into Chamba, Ghansoli, B.Puram and Pratap Nagar etc. blocks. The women in this district are highly struggled and suffered. There is a least employment for women. Women are not allowed to migrate from the village for their educational growth. There is a family burden in women and they are only allowed to work in the paddy fields. The district has a problem of water scarcity and women are bound to get the water for their fields by walking 17kms nearly.

In the above both districts, Tourism is the prospects for the women. They get the seasonal employment of working as a porter for constructing the roads; self employed by doing a shops and small hotels and sell their hand-craft products. Besides that, Women in the Garhwali community are bound to suffer many problems. Lack of education, lack of family support, lack of Transportation facilities, lack of Medical facilities, domestic violence, Child marriages, sexual abuse etc. are the brutal problems of the women. In some villages women are forced to stop their education and lead the life like slavery.

VI SUGGESTIONS & RECOMMENDATIONS

Following are some recommendations for overcome the challenges of Garhwali women Empowerment and avoid dependence on others & escape exploitation in day to day life.

- (a) To consider the Garhwali women not only as employee but as potential contributors to the growth of the community and economy of Uttarakhand.
- (b) To engage the women in income generating activities in home based or village based industries and should allow them for a better education.
- (c) There should be innovative and strategic plans implement in promoting the hand-craft activities & Products where larger share is received by the Garhwali women.
- (d) The family support should be given to Women and encourage them to lead a entrepreneurial life
- (e) To facilitate participation in productive firming work that ultimately leads to increase in social empowerment of woman.
- (f) The Infrastructural facilities should be implemented for the growth of agricultural markets in the region.

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