

## Vocational Trainings for Economic and Psychological Empowerment of Farm Women: A Study of Nainital District

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### ABSTRACT

Various organization and institutes have taken the responsibility to train rural women in different sectors. Krishi Vigyan Kendras are working at grassroot level to empower the women in agriculture and allied fields by imparting training in different subject matter areas. KVK, Jeolikote had played significant role in improving the conditions of hill women and the study conducted in Nainital district falls in its jurisdiction. Data from 90 selected respondents shows significant difference between beneficiaries and non-beneficiaries in the level of economic & psychological empowerment. Three fourth of the beneficiaries had high level of empowerment whereas only 15.55 per cent of non-beneficiaries were having high level of empowerment. Majority of beneficiaries had high expenditure level followed by high level of control over the economic resources. Most of the respondents had high level of critical consciousness among beneficiaries group. Whereas majority of beneficiaries had high level of role perception followed by none of the beneficiaries were found to have low level of role perception.

**Keyword:** Empowerment, Krishi Vigyan Kendra, Training, Women

### INTRODUCTION

Women have emerged as a diverse interest group in the last few centuries basically because of the bourgeoisie democratic revolutions of 17<sup>th</sup> century that ruled out women from their concept of equality. In spite of the fact that the women's contribution and role to the country's development is equal to that of men, they still experience a diverse variety of limitations that restrain them from assimilating their full potential for expansion. This clear difference was based on gender. Since then women as a commune have waged fight for recognition of their rights as a human being. The government schemes and laws have been formulated and designed to meet the path of

women empowerment. In addition to government role the institutions like state agriculture universities and NGOs worked to develop women capabilities and skills through its training programme and other initiatives. Krishi Vigyan Kendra, Jeolikote in Uttarakhand organizes different kinds of training courses for the farmers and farmwomen in different subjects. In between the years 2017-2018 most of the vocational trainings were organized for farm women included Tailoring, Knitting and Handicraft, Mushroom cultivation, Post harvest technology, Poultry management, Candle making & Food processing (Figure 1).

However, the success of these trainings with regards to women depended upon the type of empowerment and

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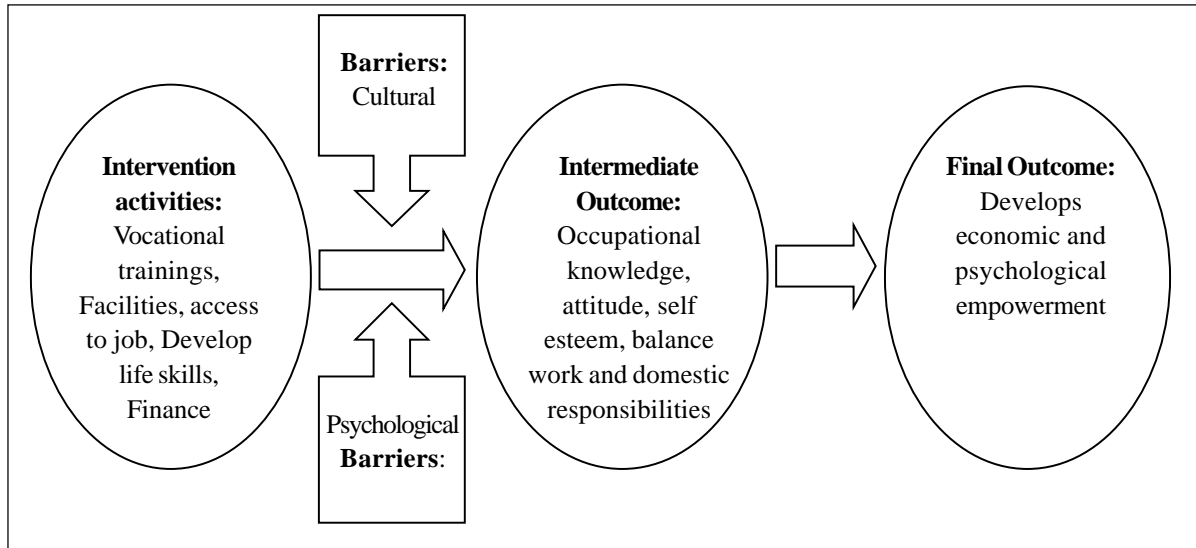
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**Figure 1: Diagrammatic representation of vocational training targeting women's outcome**

how these trainings do help them to have better life, needs to be measured and accessed. Women's Empowerment in Agriculture Index (WEAI) is a first comprehensive survey-based innovative measuring tool for, evaluating and learning about women's empowerment and inclusion in the agriculture sector. It is introduced by International Food Policy Research Institute (IFPRI), Oxford Poverty and Human Development Initiative (OPHI), and USAID's feed the Future in February 2012. WEAI is constructed by calculating the weighted average of the 5DE (Five domains i.e.= decisions about agricultural production, access to and decision-making power over productive resources, control over use of income, leadership in the community, and time allocation) and GPI (Gender parity of empowerment within the household) giving 90 per cent weightage to 5DE and 10 per cent to GPI. As different measurement tools like indexes, scales and formulas are designed by various organizations and scholars to analyse the effectiveness of these trainings imparted by different institutions and understand how these trainings affected and contributed in their status change and empowerment.

## METHODOLOGY

The present study was conducted in Uttarakhand state. Out of thirteen districts of the state, Nainital was selected purposively for the present study as Krishi Vigyan Kendra, Jeolikote has been working in this district.

Bhimtal block was selected purposively as KVK Jeolikote is located in this block and maximum numbers of vocational trainings are organized by KVK in this particular block. Selection of three Villages was done randomly. A complete list of trainees who had undergone trainings during 2017-18 conducted by KVK Jeolikote in the villages were obtained from KVK personnel. Equal numbers of non beneficiaries were selected from the villages by using proportional allocation method from which the beneficiaries were selected. Thus constituting the total sample size of 90 women in which 45 were beneficiaries and 45 were non beneficiaries. Interview schedule was administered to generate data and the collected data was statistically analyzed through frequency and percentages standard deviation, chi-square and z test.

## RESULT AND DISCUSSION

Effectiveness of the vocational trainings generally, refers to sustainable socio-economic and psychological changes introduced by the given intervention in the lives of farm women in terms of economic and psychological empowerment. In the context of present study, Empowerment has been operationalized as a process where farm women become independent of doing things on their own and upgrading themselves both economically and psychologically. It was measured by using a scale developed by Shilparani (2016) with slight modifications.

Economic empowerment was measured to which farm women were involved in different types of earning income through source and expenditure, have control over economic resources, provide financial contribution to family support and are operating bank accounts independently. It is evident from the Table 1 that majority of beneficiaries (82.88%) had high expenditure level followed by 75.55 per cent of beneficiaries had high level of control over the economic resources. It was also found that majority of beneficiaries 64.44 per cent were found to have high level of financial contribution towards the family. Whereas more numbers of non beneficiaries (75.55%) had low level of financial contribution. However by the regular training and motivation most of the beneficiaries 64.44 per cent were able to operate bank work independently. Further, majority of beneficiaries (68.88%) had high level of economic empowerment. None of them was found to have low level of economic

empowerment. This might be because KVK played a significant role through training to start new ventures which made them more economically empowered. Whereas more number of non beneficiaries (62.22%) had low level of economic empowerment and only 8.88 per cent of beneficiaries had high level of economic empowerment. The findings of the study was in line with the study conducted by Nashine (2014) who also found that beneficiaries had high level of economic empowerment as compared to non beneficiaries.

Psychological empowerment refers to degree of perceived change in decision making ability, critical consciousness, role perception and self perception of farm women as a result of training received from KVK. Most of the respondents (55.55%) had high level of critical consciousness among beneficiaries group. Majority of beneficiaries (80%) had high level of role perception

**Table 1: Components of economic empowerment (n=90)**

Category	Beneficiaries (n <sub>1</sub> = 45)		Non beneficiaries (n <sub>2</sub> = 45)	
	Frequency	Percentage	Frequency	Percentage
<b>Types of expenditure</b>				
Low (less than 8)	0	0	19	42.22
Medium (8-12)	8	17.77	19	42.22
High (above 12)	37	82.22	7	15.55
<b>Control over economic resources</b>				
Low (less than 6)	0	0	34	75.55
Moderate (6-9)	11	24.44	11	24.44
High (above 9)	34	75.55	0	0
<b>Financial contribution</b>				
Low (less than 3)	0	0	34	75.55
Medium (3-5)	16	35.55	7	15.5
High (above 5)	29	64.44	4	8.8
<b>Capability of operating bank account</b>				
Low (less than 3)	0	0	25	55.55
Medium (3-5)	16	35.55	5	11.11
High (above 5)	29	64.44	15	33.33
<b>Overall</b>				
Low (less than 25)	0	0	28	62.22
Medium (25-34)	14	31.11	13	28.88
High (above 34)	31	68.88	4	8.88

**Table 2: Components of psychological empowerment (n=90)**

Category	Beneficiaries (n <sub>1</sub> = 45)		Non beneficiaries (n <sub>2</sub> = 45)	
	Frequency	Percentage	Frequency	Percentage
<b>Critical consciousness</b>				
Low (less than 9)	0	0	8	17.77
Medium (9-11)	20	44.44	24	53.33
High (above 11)	25	55.55	13	28.88
<b>Role perception</b>				
Low (less than 9)	0	0	10	22.22
Medium (9-12)	9	20	33	73.33
High (above 12)	36	80	2	4.44
<b>Self esteem</b>				
Low (less than 7)	0	0	18	40
Medium (7-10)	6	13.33	27	60
High (above 10)	39	86.66	0	0
<b>Decision making ability</b>				
Low (less than 5)	0	0	9	20
Medium (5-7)	6	13.33	26	57.77
High (above 7)	39	86.66	10	22.22
<b>Overall</b>				
Low (less than 31 )	0	0	12	26.66
Medium (31-48)	10	22.22	28	62.22
High (more than 48)	35	77.77	5	11.11

**Table 3: Distribution of respondents according to women empowerment (n=90)**

Category	Beneficiaries (n <sub>1</sub> = 45)		Non beneficiaries (n <sub>2</sub> = 45)	
	Frequency	Percentage	Frequency	Percentage
Low (less than 57)	0	0	25	55.55
Medium (57-72)	11	24.44	13	28.88
High (more than 72)	34	75.55	7	15.55

followed by none of the beneficiaries were found to have low level of role perception. Most of the beneficiaries (86.66%) were also found to have high level of self-esteem while none of them was found in low level of self-esteem. None of the beneficiaries was found to have low level of decision making ability while few of non-beneficiaries 22.22 per cent had high level of decision making ability.

Data in Table 2 depicts that more than three fourth of the beneficiaries (77.77%) were high on psychological empowerment followed by 22.22 per cent of beneficiaries

were with medium level of psychological empowerment. None of them was having low psychological empowerment. This might be due to the confidence generated after starting the venture by beneficiaries. Majority of the non beneficiaries (62.22%) had medium level and 26.66 per cent of beneficiaries had low level of psychological empowerment. The findings of the study was in line with the study conducted by Nashine (2014) who also found that beneficiaries had high level of psychological empowerment as compared to non beneficiaries.

## Women Empowerment

The quantitative analysis with Table 3 shows a summary of the effect of vocational trainings on employment, income, and earnings. Specifically, we highlight the effect of vocational training on self-employment and empowerment. The overall women empowerment was calculated for both the groups based on the collected sample data. Data in Table 3 represents that all most equal number of respondents in both the categories had medium level of empowerment that is 24.44 per cent of beneficiaries and 28.88 per cent of non beneficiaries. Significant difference was found between beneficiaries and non beneficiaries in case of high level of empowerment that is 75 per cent of the beneficiaries had high level of empowerment where as only 15.55 per cent of non beneficiaries were having high level of empowerment.

## CONCLUSION

The results highlight the analysis of vocational training programs conducted by the Krishi Vigyan Kendra Jeolikote that had a significant impact on skill upgradation of the beneficiaries. Participation in training programmes helped the trained women to develop more skill and

generate more knowledge of income generating activities like fruit preservation, candle making and stitching of cloths etc. Women beneficiaries who had received trainings were more psychologically and economically empowered, hence enabling the women to sustain their small scale enterprises activities through regular training and support from KVK personnel. Therefore, there is need to strengthen Krishi Vigyan Kendra operating in regional area, so that the significant change in the quality can be observed in that area.

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