

Development of Life Skill Programme for Empowerment of Women Working in Unorganized Sector and Its Effectiveness

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ABSTRACT

There is no tool for development more effective than the empowerment of women. - Kofi Annan.

The major aim of the study was to develop life skill programme for women workers in unorganised sector and to study its effectiveness on their life skills ability. Single experimental group design was used with pre and post-test. Life skill ability test was constructed by the researcher consisting 7 life skills. Sample Consist of 60 women working in unorganised sector from Chandrapur city in Nagpur Region. Life skill programme was implemented for 54 hours spread over 27 days using life skill programme. the total programme was 60 hours. data was analyse using t-test. result revealed that life skill programme has a moderate effect on life skill ability of experimental group.

Key Words: Life skill programme, Women empowerment, Unorganised sector.

I. INTRODUCTION

Woman is the base for the creation of mankind. Woman is a stream liner, manager and chief executive for the development of the family society and ultimately accelerator for peace and harmony in the world. As a streamliner woman acts a stimulus for the economic progress of the family. A highly literate female longs for economic self-sufficiency through a source of organizational employment and be a part of financial strength for the family and herself. Women plays very prominent role in the household activities, on par with the husband dominated families. Most of the Asian countries are characterised by the involvement of the large proportion in agriculture and low per capita income in the production and processing of agriculture products they include land owners, tenants, wage labours and contract labours one special features of the agriculture dependence regions is the preponderance of specially women labour at 3 various stages of its production. Thus, the status of women labour is one of the important aspects in India.

From our childhood days, we hear sayings like-

! 'Self help is the best help'

! 'Unity is strength'

! 'United we stand, divided we fall'

The world health organization has defined (in 1997) life skills as, "the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life."1 World

Health Organization (1995) conceived life skills as, “everyday skills which help the people to play the vital role by relating them to intellectual or vocational discipline.” The organization further highlighted that life skills are to be used in combination with more than one life skills. They further named; problem solving, decision making, creative and critical thinking, self-awareness, coping with stress, effective communication, empathy as major life skills. The organization further reported that thinking skills, social skills and emotional skills can be applied if used under cluster because they contribute towards perceptions of self-efficacy, self-confidence and self-esteem.

WHO (1993) enlisted ten life skills as very important namely:

1. self-awareness,
2. critical thinking,
3. creative thinking,
4. decision making,
5. problem solving,
6. effective communication,
7. interpersonal relationship,
8. empathy,
9. coping with stress and
10. coping with emotions.

II. WOMEN EMPOWERMENT

Women’s empowerment refers to the process of enabling women to have greater control over their lives and to be able to make their own decisions. This can include empowering women to participate fully in the economy and in the political process, as well as empowering them to make decisions about their own health and well-being. Women’s empowerment is important because it can lead to a range of positive outcomes, including increased economic growth and development, improved health and well-being, and greater gender equality. In India, women’s empowerment has been a key issue for many years. Despite some progress in recent decades, women in India continue to face significant challenges when it comes to gender equality. These challenges include discrimination, lack of access to education and employment, and gender-based violence.

III. UNORGANIZED SECTOR

In recent years, the issues relating to empowerment and advancement of women have gained much attention. The policy makers, anthropologist, social workers and the government are leaving no stone unturned for preventing and eliminating all forms of women exploitation and atrocities committed on them by their employers, colleagues and even friends. However, the women working in unorganised sector still remain at the periphery even when they constitute almost 96 percent of the total unorganised workforce in the country.

As per ‘Ministry of Labour and Employment: “Unorganized sector means an enterprise owned by individuals or self - employed workers and engaged in the production, and where the enterprise employs workers, the number of such workers is less than ten. The sector which is not registered or sale of goods or providing service of any kind whatsoever and no fixed term of employment is called unorganized sector.”⁷

Plantation Labour, housemaids, handloom workers, fishermen, weavers, toddy tappers, beedi workers, etc. Many companies are outside the control of government. They have rules and regulations, but these are not followed. Employees in the organized sector have fixed working hours and they are paid if they work overtime. Workers in the unorganized sector are paid low wages which are not regular

Objective of the Research study:

- i. To select women working in unorganized sector.
- ii. To study the attitude about life skill in women working in unorganized sector.
- iii. To know the views of social workers about life skill of women working in unorganised sector.
- iv. To know the opinion of member of women commission about women empowerment in unorganised sector.
- v. To develop life skill programme for empowerment of women working in unorganised sector.
- vi. To study the effectiveness of developed life skill programme on women working in unorganised sector.

Research Method:

In this study, the researcher had adopted single group, pre-test post-test experimental group design.

X O1 Y

where, X = Pre-test scores Y =Post-test scores

O = Experimental Group

Hypothesis:

H1. There is no significant effect of life skill development programme on empowerment of women working in unorganized sector.

Sample:

For the present study women working in unorganized sector will be selected from Chandrapur city in Nagpur Region of Maharashtra. 60 women will be the sample for the present study chooses by Purposive Sampling Method.

Tools:

Observation, Pre-test and Post- test.

Life Skill Development Programme:

Data Analysis:

Mean, SD and t-value of pre-test and post-test of experimental group regarding life skills of students at elementary level

Group	Sample Size	Mean	Standard Deviation	t- value
Pre- test	40	295.74	19.69	8.36**
Post- test	40	315.62	16.08 **	

significant at 0.05 level of significance

above describes the mean and standard deviation scores and t-value of pre-test and post-test of experimental group regarding life skills of students at elementary level. The mean scores of pre-test and post-test of the experimental group are 295.74 and 315.62 respectively and standard deviation scores are 19.69 and 16.08 respectively. The calculated t-value is 8.36 which is greater than the table value at 0.05 level of significance. Therefore, null hypothesis i.e. there is no significant difference between the pre-test and post-test of experimental group regarding life skills of students at elementary level is rejected.

IV. CONCLUSION

Life skills enable women to prepare and cop with difficult situations to achieve their goals, from the above study, it can conclude that developing different life skills among women working in unorganised sector require planning, patients and collective efforts of everyone related to them.

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