

# Investigate the effectiveness of empowerment methods in head of household women with dependent personality disorder for independence and self-sufficiency and withdrawal from financial support of the welfare organization of Isfahan province

Mahnaz Emami Kopaei<sup>1</sup>, Kazem Ghojvand<sup>2\*</sup>

<sup>1</sup> MA of Personality Psychology, Department of Psychology, Khomeini shahr Branch, Islamic Azad University, Khomeini shahr, Iran. <sup>2</sup>Assistant Professor, Department of Social worker, Khomeini shahr Branch, Islamic Azad University, Khomeini shahr, Iran

**Correspondence:** Kazem Ghojvand. Assistant Professor, Department of Social worker, Khomeini shahr Branch, Islamic Azad University, Khomeini shahr, Iran.

## ABSTRACT

The purpose of this study was to investigate the effectiveness of empowerment methods in head of household women with dependent personality disorder for independence and self-sufficiency and withdrawal from financial support of the welfare organization of Isfahan province. The research method was quasi-experimental and pretest-posttest with experimental and control group and the statistical population included all head of household women who were training courses for empowerment of the welfare organization of Isfahan province. The sample size was 30 people, 15 of them in the experimental group and 15 of them were randomly assigned to the control group. The instrument was a researcher-made questionnaire included 28 questions about empowerment methods in head of household women. To analyze the data, covariance analysis test was used. Therefore, the results of empowerment training significantly affected on empowerment of head of household women. Also, Empowerment training had a significant effect on empowerment of head of household women on the elimination of personality dependence, independence and self-sufficiency, but their autonomy and self-sufficiency were not significantly affected.

**Keywords:** empowerment, head of household women, dependent personality, independence and self-sufficiency, financial support, welfare organization

## Introduction

Based on the definition of a welfare organization, head of household women are women who are responsible for

providing their material and spiritual ways and means for themselves and household members. According to the statistics center of Iran, head of household women are those who, in the absence of the regular presence or support of an adult man, take charge of the household, and they are responsible for household economic management, main and crucial decisions<sup>[1]</sup>. Women's poverty has become a concern for politicians and researchers in recent years as a problem that has long existed in all human societies, so that, as it enters the Third, Millennium of the Development Process Center on global poverty reduction And empowering women and improving their well-being is one of the eight major programs at national and global levels<sup>[2]</sup>.

The issue of women in macro development and welfare issues historically dates back to Post-World War II developments

## Access this article online

Website: [www.japer.in](http://www.japer.in)

E-ISSN: 2249-3379

**How to cite this article:** Mahnaz Emami Kopaei, Kazem Ghojvand. Investigate the effectiveness of empowerment methods in head of household women with dependent personality disorder for independence and self-sufficiency and withdrawal from financial support of the welfare organization of Isfahan province. *J Adv Pharm Edu Res* 2019;9(S2):90-93.

**Source of Support:** Nil, Conflict of Interest: None declared.

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-Non Commercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

(1945), with different approaches, including welfare, equality, devitalization, efficiency and empowerment. The first focus was on women after World War II in Europe. Under the anti-poverty or devitalization approach, special emphasis was not placed on eliminating gender inequality among the poor. In other words, given that the wider gender inequality in underdeveloped regions and poorer countries, an attitude was raised whereby women of the Third World were considered to be the poorest of the poor, but with regard to patriarchal roots in societies and gender inequalities which is happening in the world to women, despite the advances made in women's social, political, and economic rights; women are still less accessible to education, employment, employment opportunities and profession training, and access to economic resources is difficult for them. Governments need to provide the opportunity to use social and economic resources more and more for women and girls as vulnerable sectors through policies that exist<sup>[3]</sup>.

One of the many problems for head of household women is the lack of education and the expertise necessary to have an occupation or status, which is why they are often unemployed or have part-time, informal and low income jobs. Although there are a lot of economic and social and even physical and psychological pressures on these women and sometimes their children, but qualitative data show that women who run poor and medium households are not any passive victims. They can overcome their problems with personal efforts and family support and government assistance<sup>[4]</sup>.

In fact, it can be said that the economic problem is the most important issue faced by head of household women in their lives. This problem becomes harder with the increase in the number of women's dependents. The factors that provoke the economic issue of head of household women, are network limitation of women's social relationships and, consequently, access to social capital. This limitation is sometimes due to the discontinuation of relationships with the ex-spouse's relatives, and sometimes due to loneliness preferences on relationships with others. Another issue that makes head of household women be the poorest poor, is the lack or weakness of social policies that rarely provide them with the least. The lack of a system that compensates for the loss of income by government agencies or the negligence of the effects of the services provided by these systems on the family situation is in many countries<sup>[5]</sup>.

The main objective of human development, the development of capabilities, the ability and prosperity of talent, the expansion of opportunities and employment, increased income, the improvement of quality of life and the healthy and creative life in a sustainable environment are the ultimate goal of development. The basic elements in human development patterns are productivity, equity, sustainability and empowerment. In this model frame, the productivity of active participation of people in the process of increased income and employment is considered. Equality is related to the possibility of equal opportunities and the opportunity to employ them. Reliability means the ability to save and compensate for any kind of physical, human and environmental capital;

empowerment is also used in the sense that development is done by people<sup>[6]</sup>.

Empowering means increasing the authority of a person to select resources and apply decisions that affect his life. When people have the right to choose, they will have more control over their living conditions. Usually the right to choose women is limited due to the lack of property and assets to the analysis of their desires and conditions. In fact, empowerment means expanding the assets and capabilities of individuals to the extent that they are able to provide family support for their lives and those under their care, decision-making, negotiation and with the skill they have earned<sup>[7]</sup>.

Meanwhile, in recent years, various ways and means have been developed by the Welfare Organization to empower head of household women. But it seems that these routes have not had a high effectiveness so far. Because the targeting many of these methods has focused solely on women's economic empowerment and is less focused on other dimensions of empowerment of head of household women, such as psychological and social empowerment. Therefore, head of household women face many difficulties and challenges in this regard, and it is necessary to study new methods and new ways for their comprehensive empowerment. In recent years, there has not been a good opportunity for scientific and academic review of the ways of empowering head of household women. The purpose of this study was to investigate the effectiveness of empowerment methods in head of household women with dependent personality disorder for independence and self-sufficiency and withdrawal from financial support of the welfare organization of Isfahan province.

## Method

**Methodology:** This study was conducted to study the effectiveness of empowerment methods in head of household women with dependent personality disorder for independence and self-sufficiency and withdrawal from financial support of the welfare organization of Isfahan province. The research method was quasi-experimental and pretest-posttest with experimental and control group.

**Statistical population:** The statistical population in this study includes all head of household women covered by the welfare organization of Isfahan in 2017 and have records in the welfare organization.

**Statistical sample and sampling method:** In this research, sampling was done as available. The sample of 30 women was selected from among head of household women under the welfare organization of Isfahan. Then they were contacted and the research objectives were fully explained to them and asked to attend the training sessions. The first meeting completed 30 researcher-made questionnaires. Then they were selected for the start of the training sessions. The experimental group was asked to attend 10 training sessions.

**Research instruments:** Family empowerment questionnaire for head of household women

This questionnaire was prepared by the researcher. The questionnaire contained 28 questions and its questions were as a response pack with a very high, very low, very low, very low, which they were concluded respectively scores of five, four, three, two, and one. This questionnaire measures the effectiveness of empowerment practices methods in head of household women in three areas: the elimination of personality dependency, independence and self-sufficiency, and the lack of financial support for the organization.

The method of conducting research

In order to conduct the research, 30 head of household women under the welfare organization of Isfahan were selected as sampling. 30 subjects in the experimental and control groups were equally divided (15 in the experimental group and 15 in the control group). The empowerment training method was then performed in 10 sessions (90 minutes each session) for 40 days for the experimental group. There was no training for the control group. After completing the sessions, the empowerment test (post-test) was performed again for the experimental and control groups. After data collection, the information was analyzed.

Data analysis methods: Covariance analysis was used at inferential statistics.

## Results

The main hypothesis of research: empowerment education of the welfare organization has an impact on the empowerment head of household women.

**Table 1. Results of covariance analysis of impact of empowerment training on increasing the empowerment of head of household women**

Variation resources	Sum of squares	Degree of freedom	Amount Value	Level of F	Effect size	Statistical power
Pretest	12/93	1	12/93	1/17	0/29	0/04
Group	2460/08	1	2460/08	222/89	0/001	0/89

The results of Table, observed F at the level  $\alpha = 0.05$ , show a significant difference between the mean score of post-test in empowerment of head of household women in the experimental and control group. Therefore, it can be concluded that empowerment education has affected the empowerment of head of household women.

The first hypothesis of research: empowerment education of f head of household women has an impact on the elimination of their personality dependence.

**Table 2. Results of covariance analysis of the effect of empowerment training on eliminating the personality dependence of head of household women**

Variation resources	Sum of squares	Degree of freedom	Amount Value	Level of F	Effect size	Statistical power
Pretest	0/33	1	0/33	0/09	0/76	0/003

Group	381/73	1	381/73	105/81	0/001	0/80	1
-------	--------	---	--------	--------	-------	------	---

The results of Table, F observed at the level = 0.05, show a significant difference between the mean score of the post-test and the elimination of the personality dependence of the head of household women in the experimental and control group. Therefore, it can be concluded that empowerment education has affected the elimination of the personality dependence in head of household women.

Second hypothesis of research: Empowerment education in head of household women is effective on their autonomy and self-sufficiency.

**Table 3. Results of covariance analysis of the effect of empowerment training on the independence and self-sufficiency in head of household women**

Variation resources	Sum of squares	Degree of freedom	Amount Value	Level of F	Effect size	Statistical power
Pretest	29/64	1	29/64	7/15	0/01	0/21
Group	744/20	1	744/20	179/68	0/001	0/87

The results of Table, F observed at the level  $\alpha = 0.05$ , show a significant difference between the mean score of post-test independence and self-efficacy in head of household women in the experimental and control group. Therefore, it can be concluded that empowerment education has influenced the independence and self-sufficiency in head of household women. Third hypothesis of research: Empowerment education of head of household women is effective on the lack of financial support of their welfare organization.

**Table 4. The results of covariance analysis of the effect of empowerment training on the need for financial support in head of household women 's welfare organization**

Variation resources	Sum of squares	Degree of freedom	Amount Value	Level of F	Effect size	Statistical power
Pretest	8/73	1	8/73	3/27	0/08	0/11
Group	7/55	1	7/55	2/83	0/10	0/10

Results Table, F observed in a significant difference at the level  $\alpha = 0.05$  don't show a significant difference between the mean of post-test scores of no need for financial support in head of household women 's welfare organization in experimental and control groups. Therefore, it can be concluded that empowerment education did not affect the need for financial support of head of household women.

## Discussion and Conclusion

Findings about the effect of empowerment training of welfare organization on the empowerment of head of household women

showed that there was a significant difference between the mean scores of post-test empowerment in head of household women in the experimental and control group. Therefore, it can be concluded that empowerment education has affected the empowerment of head of household women.

The overall findings of this study are in line with the findings of Tom Quist (2014)<sup>[8]</sup>, Mason & Smith (2015)<sup>[9]</sup> and Hashemi, Schuler & Riley (1996)<sup>[10]</sup>, as it was reported in foreign research that scientific, systematic empowerment programs Several, have come with strong financial resources and this continuity has led women to acquire adequate skills in a job, with the support of organizations to gain employment and financial independence. With financial independence, followed by living training, women are on the path to a healthy life and will rebuild their personality with personal and social confidence. Meanwhile, in internal investigations including Jafari (2006)<sup>[11]</sup>, Javan et al (2008)<sup>[12]</sup>, Nazketbar and Veisi (2009)<sup>[13]</sup>, Hosseini et al (2009)<sup>[1]</sup>, Fallahi Gilan et al (2010)<sup>[4]</sup>, Rabiyyi (2011)<sup>[14]</sup>, Momeni (2014)<sup>[15]</sup>, Shariat (1394)<sup>[16]</sup>, Mohammad Nabi (2016)<sup>[17]</sup>, and Goetz & Gupta (1996)<sup>[18]</sup>, conducted in Bangladesh, have an impact on organizational self-efficacy in the field of financial self-sufficiency of head of household women, which indicates incorrect and non-scientific planning of internal organizations for empowering independence and self-sufficiency of such women.

In explaining the findings of the research, it can be said that economic need is the most important issue in the head of household women lives. These women are at a low level due to lack of skills in a particular field, often lacking constant occupation and low levels of education, and even their economic status will continue to decline after death, leave, divorce and even falling vacancies. These problems will certainly lead to the most harm. Usually head of household women will eliminate most of the psychological and financial problems facing them with their employment. What is certain is that at first, they need to have a supporter which welfare organization supports them in the country. However, the Welfare Organization has been able to help with the personality and family life skills of the head of household women with holding educational classes, but according to the results of the training on empowerment and lack of autonomy and self-sufficiency, it has not been able to make any difference and it is necessary that these types of training check and provide financial resources for their employment.

## References

- Hosseini S.A., Ssattar Forouzan, A., Amirfariar, M., (2009). Mental Health of Female Heads of the Family Covered by the Welfare Organization of Tehran. Social research 3. 119.
- Momsen, c. E. (2012) Gender and Development. Translation of Venus Technical. Tehran: Tehran University.
- Khani, Fazileh (2014) Gender and Development. Tehran: Social Cultural Research Center.
- Fallahi Gilan, Ruhollah. Roshanfekar, Payam and Kalantari, Abdolhossein (2014) Study of socioeconomic status of female headed households. Danesh Shahr Journal, No. 29, 61-50.
- Shadi Talab, Jaleh and Karimi-Nejad, Ali (2007) head of household women poverty. Women's Research Quarterly, No. 3, p. 215-201.
- Rosen Bavem, H. (2012) The family constitutes a structure against society. Translated by Mohammad Sadegh Mahdavi, Tehran: University Publication Center.
- Al-Arabi, S.(2015). Social support, coping methods and quality of life in hemodialysis patients. University of Texas Medical Branch at Galveston.
- Törnqvist, A., & Schmitz, C. (2009). *Women's economic empowerment: Scope for Sida's engagement*. Sida.
- Mason, O., & Smith, L., (2015). Women's Empowerment And Social Context: Results From Five Asian Countries. The World Bank, Washington, DC.
- Hashemi, S. M., Schuler, S. R., & Riley, A. P. (1996). Rural credit programs and women's empowerment in Bangladesh. *World development*, 24(4), 635-653.
- Jafari, Mehrtash (2006) Investigating the Impact of the Relief Committee's Services on the Empowerment of Female Heads of Households. Master's Thesis, Faculty of Social Sciences, University of Tehran.
- Javan, Jafar; Yasoori; Majid; Ahmadian Shalchi; Nasrin; and Rahnema, Mohammad Rahim (2008). Study of the Household Status of Households. Geography and Regional Development Magazine, No. 11, pp. 30-14.
- Nazketbar, Hossein and Veisi, Reza (2009) The social, cultural and economic status in head of household women in Mazandaran province. Journal of Social Welfare, Thirteen Years, No. 27, p. 45.
- Rabiei, Marjan (2011) Investigating the multivariate role and mental health of head of household women with a focus on badger women on the Metro. Master's Thesis, Faculty of Social Sciences, University of Tehran.
- Momeni, Neda (2014) Comparative analysis about head of household women. Journal of Economics, Vol. 14, No. 3 & 4.
- Shariat, Zahra (2015) The effect of life skills training program on personality empowerment for economic independence of head of household women. Master's thesis, Ferdowsi University of Mashhad.
- Mohammad Nabi, H., (2016) The role of the welfare organization's empowerment plan in economic self-sufficiency in head of household women in Kerman. Master's thesis, Kerman University.
- Goetz, A. M., & Gupta, R. S. (1996). Who takes the credit? Gender, power, and control over loan use in rural credit programs in Bangladesh. *World development*, 24(1), 45-63.