



## **Problems Faced by Women in Rural Areas**

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### **ABSTRACT**

*The role of women folk in economic development is unavoidable and unforgettable. Each and every one of the work done by the women folk in various sectors made a tremendous changes in the India economy. Though women are in the high position they are not in a good situation and also struggle a lot both socially and economically in the rural areas. Women in the remote areas face challenges that impede their personal development and hinder community progress. This paper explores the multifaceted issues of limited access to education, economic disparities, inadequate healthcare, gender-based violence, limited political participation, and cultural barriers, environmental challenges, technological exclusion, and inadequate infrastructure. As a developing economy we can develop targeted strategies to educate and improve their overall quality of life.*

**Keywords:** *Sustainability, Communities, Development, Opportunities, Tradition*

### **1. Introduction**

The role of women folk in economic development is unavoidable and unforgettable. They play an important role in boosting the economic development. Work done by the female folk in various sectors made tremendous changes in the India economy. Though women are in the high position they are not in a good situation and also struggle a lot both socially and economically especially in the rural areas. Women are critical to the development and sustainability of rural communities, yet they often encounter unique barriers which make them stay in the four walls of the house and which are deeply rooted in socio-economic, cultural, and geographic contexts. Addressing these issues shows a path to the empowerment of women and also for the overall progress of rural societies.

### **Objectives**

- To identify the challenges of the women in rural areas
- To suggest solutions to overcome the barriers

## **2. Challenges of Rural Women**

### **i) Limited Access to Education**

Education is a fundamental right and a key driver of development in every one's life. However, in rural areas girls are systematically affected in educational opportunities. Families often prioritize boys' education due to traditional beliefs and economic considerations, viewing sons as future breadwinners. Girls may be withdrawn from school early to assist in the household responsibilities or to marry young. This educational inequity perpetuates poverty and limits women's opportunities for economic independence.

### **ii) Economic Disparities**

Economic chances for women in the village are often restricted. Many women rely on subsistence agriculture or informal employment, which tends to be less stable and lower-paying than formal jobs. Gender wage gaps are pronounced, with women frequently earning less than their male counterparts for similar work. Furthermore, women miss the access to financial resources, such as credit or land ownership and contract their ability to start small scale industries for their futures.

### **iii) Healthcare Access**

Healthcare is a significant concern for rural women. Rural areas are underserved by healthcare facilities and practitioners, making it difficult for women to receive necessary medical care. This is particularly concerning for maternal health; complications during childbirth can have severe consequences. Cultural stigmas surrounding reproductive health can also seek medical assistance, leading to preventable health issues. Without adequate healthcare access, women's physical and mental well-being suffers, further entrenching their vulnerabilities.

### **iv) Gender-Based Violence**

Gender-based violence (GBV) is an issue which spreads throughout the rural areas. Women often face domestic violence, sexual harassment, compounded by social separation and a lack of protections. Cultural norms may discourage women from reporting violence, and local law enforcement may be unsympathetic or ineffective in addressing their claims. This perpetuates a culture of silence around GBV, exacerbating its impact on women's lives and hindering their ability to participate fully in society.

### **v) Cultural Barriers**

Cultural beliefs and practices significantly shape the experiences of women folk. The cultural barriers can affect all aspects of life, from education and healthcare to economic

participation and political involvement. Challenging these entrenched norms is crucial for contributing to their communities.

#### **vi) Lack of Vocational Training**

Moreover, women often miss out on vocational training which can enhance their employability. This lack of vocational training leaves women underprepared for more skilled jobs, perpetuating their economic marginalization

#### **vii) Barriers to Leadership**

Barriers to leadership roles also exist, as women may be perceived as less capable or credible leaders compared to men. This perception can prevent women from gaining positions of influence in their communities, further marginalizing their perspectives.

#### **viii) Stigmatization of Women's Rights Activism**

Efforts to promote women's rights can also face stigmatization. Women who advocate for gender equality may be seen as challenging traditional values, leading to backlash or ostracization from their communities.

#### **ix) Environmental Challenges**

Women in rural areas often bear the brunt of environmental issues and natural disasters. As primary caregivers and gatherers of resources like water and firewood, they are forced to play the role of environmental degradation.

#### **x) Impact on Livelihoods**

Changes in climate can disrupt agriculture, which are essential for women's livelihood which leads to food insecurity, increased workloads, and economic instability, further compounding existing challenges.

#### **xi) Technological Exclusion**

In the digital world, access to technology is needed for economic and social advancement. However, uneducated women are facing barriers to accessing technology and the internet, lack of updating, market products, or connection with broader networks.

#### **xii) Lack of Training in Technology**

Though technologically advanced nations, lack training the women folk are not able to give their hundred percent results in the digital nation. This exclusion from the digital economy further exacerbates gender disparities in rural areas.

#### **xiii) Inadequate Infrastructure**

In many rural areas, inadequate infrastructure such as poor transportation, unreliable electricity, and lack of clean water poses significant challenges for women. These

deficiencies can affect their livelihood, healthcare, and employment opportunities, further entrenching their marginalization.

### **3. Remedial Measures**

Rural women are facing numerous challenges which stop their personal growth as well as the progress of their communities. The challenges require comprehensive and multifaceted strategies. The remedial measures that can be implemented to empower women and improve their overall quality of life in rural areas.

#### **i. Enhancing Access to Education**

Investing in schools, colleges and vocational training centers in rural areas can increase access for girls. Community awareness programs can help change attitudes toward girls'. Implementing scholarship programs for girls can alleviate the financial burden on families and societies. Incentives like stipends for school attendance can encourage families to give education.

#### **ii. Economic Empowerment**

Establishing microfinance institutions tailored to women can provide necessary capital to start business. Economic empowerment helps women to manage their finances effectively. Collaborations with NGOs and local businesses help to know the market conditions. Mentorship and networking opportunities can foster collaboration and knowledge sharing, helping women navigate business challenges.

#### **iii. Improving Healthcare Access**

Building more healthcare facilities in rural areas, staffed with trained professionals, can improve access to essential services, particularly maternal and reproductive health care. Implementing mobile health clinics can reach remote communities, provide preventive care and health education, and directly focus on women's health issues which empower women's health and well-being.

#### **iv. Combating Gender-Based Violence**

Strengthening legal protections against gender-based violence is essential. This includes enforcing laws, providing legal aid, and establishing shelters for victims. Raising awareness about GBV through community programs can help change societal attitudes, encouraging victims to speak out and seek help. Training law enforcement officials to handle cases of GBV sensitively and effectively can improve reporting and support for victims.

#### **v. Increasing Political Participation**

Training programs like leadership skills, advocacy, and managerial skill generate women leaders to participate in political processes and decision-making. Implementing

policies that require a certain percentage in local governance, women's voices are represented in decision-making.

#### vi. **Challenging Cultural Barriers**

Facilitating open discussions within communities about gender roles and women's rights can help challenge traditional norms and promote gender equality. Involving men and boys in gender equality initiatives can help change attitudes and behaviors of women.

#### vii. **Addressing Environmental Challenges**

Training women in agricultural practices can enhance food security and economic stability, making them more resilient to environmental changes. Resources like water and energy can reduce their workload and improve their quality of life, allowing them to focus on education and economic opportunities.

#### viii. **Bridging the Digital Divide**

Investing in infrastructure to provide reliable internet access in rural areas can open up opportunities for education, entrepreneurship, and information sharing. Offering digital literacy improve the knowledge and skills needed to utilize technology effectively, enhancing their participation in the digital economy.

#### ix. **Improving Infrastructure**

Investing in transportation infrastructure can facilitate a way to education, healthcare, and employment opportunities for women, reducing isolation. Improving access to clean water and sanitation facilities improve the well being for women and reduce the time spent on domestic chores.

### **4. Conclusion**

Women folk in the rural areas are facing so many problems. The challenges are complex and interrelated, requiring a multifaceted approach to address them effectively. Initiatives that promote education, provide economic opportunities, improve healthcare access, and foster participation in all activities are essential for empowering rural women. Additionally, efforts to change the attitude towards gender can create a better environment. By addressing these issues holistically by implementing these remedial measures, we can create gender equality. Empowering women in the rural areas not only enhances their lives alone but also strengthens the social and economic fabric of the society as a whole.

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