Social Empowerment

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ABSTRACT

The social empowerment is necessary like economic empowerment, empowerment of women and children. It means empowerment in the social concept and removing the social barriers from the society like social problems and it leads to social awakening also. It also includes the empowerment of women and children and also the empowerment of society also.

The social empowerment is not easy like economic empowerment because social empowerment includes the sustainable development in society. It is overall inclusive growth of the society..

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Introduction

The social empowerment is also the concept like economic empowerment and educational as well as cultural empowerment. For the smooth running of the society, there is necessary of social empowerment means find out the solutions to the existing social problems, and by this creating the healthy society for the good development of individuals.

The social empowerment means not only finding the solutions to the existing social problems ad also creating the good will among the individuals and preparing the good citizens for the society. It also aims at supporting humanitarian values and creating peace and cooperation among the individuals.

Methodology;-

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SOCIAL EMPOWERMENT: DEFINITION & THEORY

WHAT IS SOCIAL EMPOWERMENT?

Social empowerment is the process of building the autonomy, power, confidence and other necessary means to enact change and pave the way for a better future. Social empowerment takes place at both the individual and the collective level. For an individual, social empowerment could look like gaining the inner and outer resources to make personal choices, such as what to eat, where to live and other decisions that allow us to control our environment and way of life.

On a collective level, social empowerment looks like organizations and institutions that help marginalized groups of people gain the resources to be empowered, such as material assets, good health, education, social belonging, self-esteem, self-confidence and economic opportunity. The goal is to give people who lack access to these resources a sense of identity, community and well-being so they can thrive and to eliminate systems that keep them without necessary resources and perpetuate marginalization.

WHO BENEFITS FROM SOCIAL EMPOWERMENT?

In general, many who identify as part of a group that is largely marginalized can benefit from social empowerment, but everyone benefits when society improves for all groups of people. Social empowerment efforts are most often directed toward advocacy for BIPOC, women, the LGBTQIA+ community, people with disabilities and those living in poverty. The most marginalized members of these groups tend to lack access to basic needs, health care, education and more. Social workers and others who aim to provide empowerment to marginalized individuals and communities strive to instill certain skills, education, resources and community engagement in these groups so they can thrive.

How Can You Contribute to Social Empowerment?

The gateway to contributing to socially empowering others is to first be able to recognize what's blocking these groups from thriving. In social work, these blockages are divided into two categories: direct power blocks and indirect power blocks.

Direct power blocks are the systems and structures that prevent people from achieving important goals, such as better employment conditions, higher education or safe housing. Individuals and communities are directly blocked from empowerment when they don't have equal access to quality schools, fair lending practices in housing or ethical treatment in the workplace, to name a few. To help dismantle these direct power blocks, we can work to cultivate awareness, as well as provide ways to take action against mistreatment and advocate for policy reforms and corrective laws.

Indirect power blocks are more challenging to tackle. These indirect blocks are the result of internalized oppression. Groups with personal and historical experiences of widespread mistreatment often absorb negative messaging about their worth. They internalize narratives about who they are, what they can achieve, the options they have and what kind of quality of life they are able to live, and then those narratives are passed down through generations. These blocks are deeply ingrained and often require therapeutic interventions, such as trauma-focused cognitive behavioral therapy, to help individuals shift their mindset.

WHAT IS EMPOWERMENT THEORY IN SOCIAL WORK?

Empowerment theory in social work uses intervention methods to help guide people toward building autonomy and control in their lives. This theory recognizes that oppression is a primary contributor to disempowerment, which is experienced across a number of marginalized groups. Empowerment theory seeks to empower individuals and communities to gain personal, interpersonal and political power to better their lives. This work also strives to challenge systems that hinder these groups from meeting their needs.

HOW DOES EMPOWERMENT THEORY SOCIAL WORK HELP INDIVIDUALS AND COMMUNITIES?

Implementing empowerment theory requires social workers and advocates to thoroughly understand marginalized groups and the systems, policies and practices that deter their success. They must also consider a range of perspectives and be able to ask critical questions.

Those who put empowerment theory to work tend to use this five-step framework to help marginalized groups and their allies solve problems:
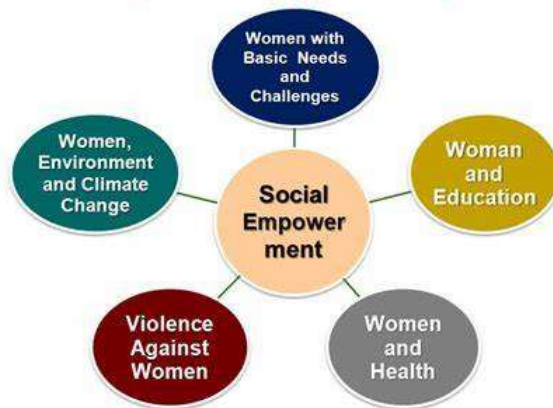
1. Identify problems
2. Define strengths
3. Set goals
4. Implement interventions
5. Evaluate success on a collaborative level

Pillars of Empowerment Theory

To better understand how empowerment theory is used to help people unravel social barriers, looking at how social workers and advocates help individuals build awareness is key. The empowerment approach works to help develop awareness in the following areas.

- **Self-Efficacy:** To change their outer world, individuals must begin with the belief that this is even possible. This requires challenging indirect power blocks and limiting beliefs around the positive changes that can occur. In this stage, social workers help explore these beliefs, how they began and how to change them.
- **Critical Consciousness:** An awareness of the systems at play is also necessary. When individuals understand the social, economic and political realities that got them where they are and continue to keep them there, they then can see clearly that their challenges are not random or entirely their fault, but work to problem-solve and dismantle these systems. This awareness also inspires groups to share and problem-solve together regarding limitations they collectively face.
- **Tool Development:** After awareness comes intervention and putting that awareness into action to heal and grow at the micro and macro levels. This looks like therapy, case management, self-advocacy, political advocacy, program development and other means of working to establish access to
- resources.

The Main Areas of Human Security and Social Protection (Social Empowerment) Domain

Women with Basic Needs and Challenges

Women, Environment and Climate Change

Social Empowerment

Woman and Education

Violence Against Women

Women and Health

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Women with basic needs and challenges;- The providing the basic needs to women means there should be respect to women. There are also so many challenges faced by women are sexual harassment, gender discrimination, social inequality, treating as second grade citizen, male dominance society etc.

It we provide the basic needs, and life security to women and treating as a girl is equal to boy in family then we can prepare her to face challenges in her life.

Women, environment and climatic change;- Women and environment are also supports like each other. Some time due to many changes in the environment, it is difficult her to adjust the environment. The environment means also, the atmosphere in which she is living. The atmosphere should provide her life security, financial freedom and equal status with men.

The climatic changes affect the women in physically as well as mentally also. Some time due to changes in her body like pregnancy, lactating time, some time it is difficult her to adjust with climatic changes also.

Violence against women;- Violence against women is a burning issue before the world. Child marriage, Domestic violence, by her in-laws, sexual harassment in the working atmosphere, rape and murder cases, job insecurity, over responsibilities, are the many violence against women. The dowry harassment cases, and fatal infanticide cases are common even in the modern age also. It we find the solutions for these problems, and then only we can achieve the empowerment in the social field also.

Women and health;- Having the good health is some time is not possible for women. Due to family responsibilities, it is not possible for women to achieve the good health. Due to taking care of children, in-laws, it is not possible to take the nutritious food and most o the time; she has to suffer from mal nutrition and many diseased. Most of the time, when she was under pregnancy she has to suffer from nutritious food and rest.

It we provide her good and happy atmosphere and taking care then most of the problems regarding health will suffer.

Women and education;- Education is necessary for the overall development of the women. By getting the and education the women will get matured personality development and the family will be educated. There is a slogan '' If one woman learns then it is equal to open a school'' This shows the importance of woman's education.

Importance of social empowerment;- The social empowerment is necessary for the overall growth of the nation because it leads to all-round development of the nation . If the society is empowered, then it leads to the development of human beings.

The economic empowerment depends on the social empowerment which is depends on the women empowerment and it is main aspect of the progress of the nation.

Conclusion;- The social empowerment is the main interesting aspect of the economic growth of the nation it is mainly depends on the empowerment of women which constitutes the 49% of the population.

So there should be more stress to the social empowerment which depends on the empowerment of women.

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