

AN EMPIRICAL STUDY ON THE IMPACT OF SHG PARTICIPATION ON SOCIO-ECONOMIC EMPOWERMENT OF RURAL WOMEN

Prof. B. Vijayalakshmi¹, Yadlapalli Santhipriya²

¹Professor, Department of Business Management, Sri Padmavati Mahila Visvavidyalayam, (Women's University), Tirupati-517502, A.P, Ph:9849552836

²Research Scholar, Sri Padmavati Mahila Visvavidyalayam, (Women's University) Tirupati-517502, A.P, Ph:6300936249

vijayamba65@yahoo.com¹
santhipriyayadlapalli@gmail.com²

1. Abstract

The Research study aims to determine how important the Self-Help Groups (SHGs) are to women empowerment in the rural sector by examining the essential dynamics like engagement in the SHG activities, access to microcredit and financial services, skill building and skill training programs and group bonding and peer support. The research involves the utilization of empirical data comprised of 200 women members of SHGs in rural areas to test the correlation between the variables discussed as independent variables and the level of empowerment among women through the application of the statistical tests available such as Pearson correlation, chi-square tests, and regression analysis. The results show that the involvement of SHGs has a high and positive influence on the economic, social and psychological empowerment of the women. SHGs have also become a potent agenda wherein financial empowerment can be achieved and the ability to make substantial decisions and the feeling of comradery among the women can thrive. This paper identifies the usefulness of SHGs as a tool of grass root development and gives recommendations that can help to make their existence more effective. The findings not only add to the knowledge base in women studies as well as rural development but provide and insight to policy makers and development practitioners.

Keyword: Rural Women, Socio Economic Empowerment, Self Help Group

2. Introduction

The rural women are an important population segment in India; their empowerment will be a major requirement to social-economic prosperity of this country. Nonetheless, women in most regions in rural India are still coping with social, economic, and cultural obstacles that reduce their choices and access to mainstream growth. Challenges like poverty, illiteracy, gender discrimination, inadequate access to the resources, and role of traditional society have been factors that have displaced the existence of women in the rural areas in the past. Under this, Self-Help Groups (SHGs) have become a successful community-level organization that targets to raise women at grass-root level through group strength, solidarity, and financial empowerment.

Self-Help Groups are small informal groups of mainly women of similar socio-economic backgrounds who meet voluntarily in order to save regularly, obtain credit, carry out entrepreneurship activities and assist one another to grow. SHGs have been instrumental to orient microcredit flow, enhance their financial literacy, vocational training and were able to offer women a platform to air their grievances and comment on decision making process. Such groups do not only have economic rewards but also enhance confidence, leadership and social awareness to the members.

This empirical research is aimed at examining the role played by SHGs in empowering rural women. In particular the study uses four fundamental independent variables of the community approach including the participation in SHG activities, access to microcredit and financial services, skill development and training as well as the extent to which the groups are cohesive and how they affect these matters of empowerment notably economic independence, decision-making power, mobility, and self-confidence. Through the statistical data that will be

collected using statistical tools regarding the members of SHG, the research aims at offering evidence-based information towards the success of SHG in changing the life of the rural women as well as measures to be taken by the government in enhancing SHG movement in India.

3. Review of literature

Singh, R. (2025), The recent research by Singh (2025) was based on the life-changing aspect of SHGs to the lives of rural women in Uttar Pradesh. The study based on field-level interviews and quantitative survey and examined the extent to which microcredit using the model of SHGs resulted in enhanced financial independence of the women. The members registered gains in self-confidence, participation in family decision-making process and socialization. Other than economic results, there was social empowerment since women had started attending local panchayat activities and education programs.

Lakshmi, M. and Rani, P. (2023), Lakshmi and Rani investigated in a mixed-method design in rural Tamil Nadu the effect of SHG-led training on the empowerment of women. They found out that SHGs not only provided women with a source of financial credit but they also provided essential business and vocational skills in the process. Female students who received training in tailoring, dairies, and digital marketing experienced a remarkable gain in the income after one year. Moreover, these women gained more mobility and decision-making ability.

Verma S, Thomas J. (2021), This paper has addressed the topic of psychological/social empowerment by participation of SHG among women in Karnataka. The authors used an empowerment scale among whom women in SHG with duration of membership greater than two years recorded major empirical results of high scores in terms of decision-making capacity, expressing ability and confidence in opinions as well as participating in group activities such as sanitation programs in the village.

Das, P. (2019), Das undertook a longitudinal research work of 5 years to monitor the economic development of females enrolled in SHGs in Odisha. His study revealed that the ability to get credit by means of SHGs enhanced the stability of income, and women were able to venture in small business enterprises like vegetable selling, tailoring, and poultry businesses. Women also indicated that they were able to cope with emergencies such as health costs or school fees of children much better.

Kumar, A. and Rao, S. (2018), The study conducted by Kumar and Rao in Andhra Pradesh involved the effect of group dynamics and group dynamics namely trust, shared goals and emotional bonding on the outcome of empowerment. As demonstrated in their study, the women in SHGs with a strong group identity had a greater possibility of initiating joint ventures and projecting concerns on domestic violence or discrimination based on gender. The researchers adopted surveys as well as participatory observation and discovered that groups that had high levels of peer support had observed an increased degree of participation in the village level governance

Bhatia, N. (2017), Bhatia analyzed the role played by SHGs in poverty reduction in Rajasthan and Bihar. She discovered that SHG members registered a 30-40 percent increment in the average household income between members and non-members. Code to microfinance allowed the engagement in productive activities that subsequently raised the level of food security and health among women and their households. Women also said that they are less dependent on money lenders and have enhanced knowledge on health and hygiene

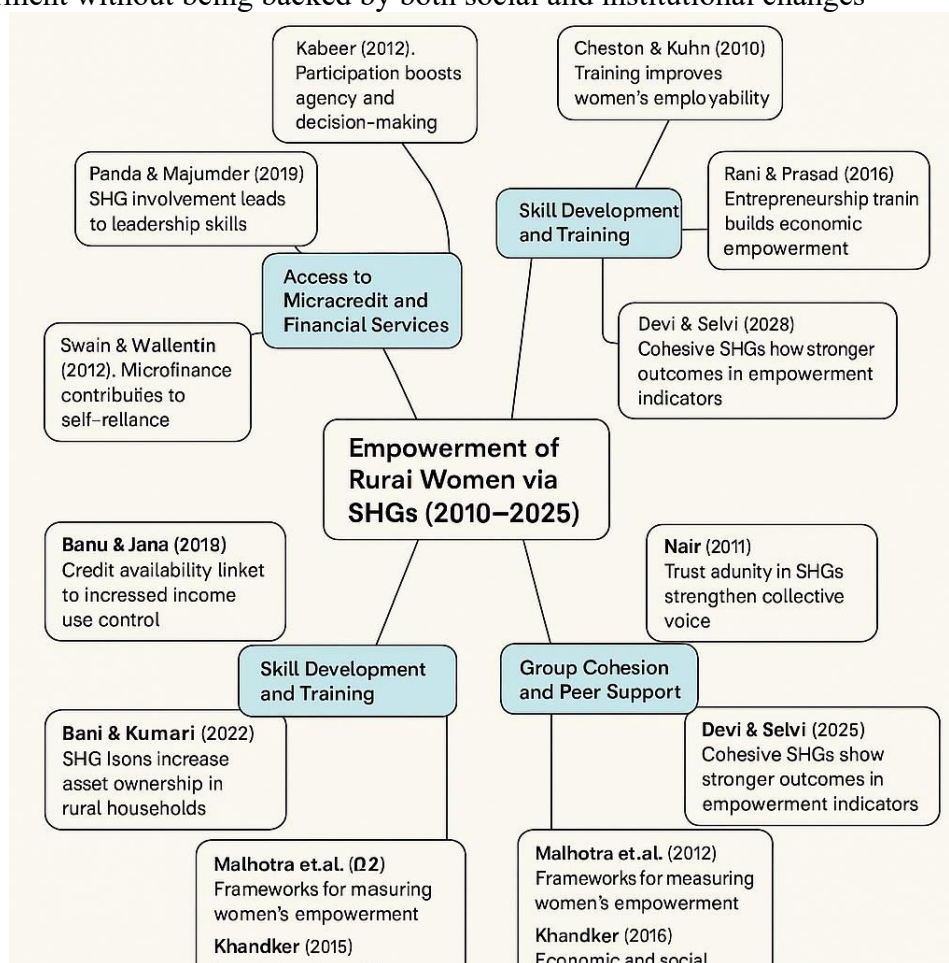
Reddy, L. and Sharma, D. (2015), In this research study conducted in Telangana, psychology component of empowerment was examined. Based on psychological scales and case study practices, Reddy and Sharma reported that SHG membership subsequently resulted in a decrease in inferiority complex and social shyness. The women who before that were afraid of appearing in front of people started to attend village events and make decisions together. It was

also revealed that there was a positive relationship with length of membership in SHG and empowerment.

Narayanasamy, A. (2014), Narayanasamy examined skill-developing programmes in SHGs of tribal areas in Kerala and Jharkhand. The result showed that after they had gone through systematic training in crafts, computer skills and organic farming they were more productive and self-reliant. There was an increased retention and success in SHGs which were mentored periodically by local NGOs. Post training hand-holding, availability of raw material and reasonable pricing are what the study stressed to make the process of skill development empowering.

Jain, S. Gupta, M (2012), Jain and Gupta did a comparative research study between SHGs that were under the government schemes and the SHGs that had been run by NGOs in Madhya Pradesh and Gujarat. Their results showed that there was improved training, documentation, and grievance redressal mechanisms in NGO assisted SHGs. The authors came to a conclusion that NGO participation enhances accountability, community mobilizations, and sustainability of SHGs in the long-term basis.

Kabeer, N. (2010), The ideas of Naila Kabeer proved to be the theoretical guideline to comprehend the women empowerment by SHGs. She claimed that it is necessary to consider empowerment not only as economic/social upliftment but as a journey to the attainment of the capacity to make strategic life choices. Kabeer indicated that credit alone will not result into empowerment without being backed by both social and institutional changes



4. Objectives of the Study

1. To examine the impact of women's participation in SHG activities on their economic, social, and psychological empowerment.
2. To analyze how access to microcredit and other financial services through SHGs influences the empowerment of rural women.
3. To assess the role of skill development and training programs offered by SHGs in enhancing the empowerment levels of rural women.
4. To study the effect of group cohesion and peer support within SHGs on the social and psychological empowerment of rural women.

Hypotheses (H1 to H4)

1. H1: Participation in SHG activities has a significant positive impact on the empowerment of rural women.
2. H2: Access to microcredit and financial services through SHGs significantly enhances rural women's empowerment.
3. H3: Skill development and training programs provided by SHGs have a significant effect on the empowerment of rural women.
4. H4: Group cohesion and peer support within SHGs positively influence the empowerment of rural women.

6. Research Methodology

The current study comprises a quantitative research methodology which can be used to determine empirically the effectiveness of Self-Help Groups (SHGs) in empowering the women in rural areas. The research design is such that it aims to examine how the four major independent variables i.e. participation in SHG activities, access to microcredit and financial services, skill development and training programs, and group cohesion and peer support can have a bearing on the dependent variable of women empowerment. An organized survey technique was used to collect primary data, in which an appropriate questionnaire was developed, containing semi-closed questions with a closed and likert scale set.

A purposive sampling was used to identify a sample of 200 rural women who are highly engaged in SHGs in some districts chosen in Andhra Pradesh so that only the experienced SHG members were included. It has been pre-tested in terms of validity and reliability and changes have been performed according to the pilot feedback. To get insights on the demographic characteristic and distribution of the respondents, descriptive statistics were utilized. Cornbach alpha, EFA, CFA, were some of the inferential statistical methods used to test the hypotheses formulated and determine the magnitude of relationship between variables and the significance of the same relationships.

The SPSS software was applied in data analysis, which helped it to occur accurately and interpret the results. The research strategy is objective, reproducible, and ready to achieve statistical adequacy, and the results can be extended to a more extensive population of members of SHG in rural areas. Ethical provisions taken in the study include respondent confidentiality and uncoerced participation with the view of not interfering with the procedures of research.

7. DATA ANALYSIS AND INTERPREATION:

Cronbach's Alpha (Reliability Test)

Variable / Construct	No. of Items	Cronbach's Alpha (α)	Interpretation
Participation in SHG Activities (H1)	6	0.84	Good Reliability
Access to Microcredit & Financial Services (H2)	6	0.81	Good Reliability
Skill Development & Training Programs (H3)	6	0.86	Good Reliability
Group Cohesion & Peer Support (H4)	6	0.88	Good Reliability
Women Empowerment (Dependent Variable)	6	0.89	Good Reliability

Interpretation

1. Participation in SHG Activities (H1)

Number of Items: 6 (Likert scale-based questions on attendance, engagement, leadership, etc.). Cronbach's Alpha: 0.84

Interpretation:

The items used to measure participation in SHG activities demonstrate good internal consistency. This suggests that the set of questions reliably capture how actively a woman participates in SHG functions. Therefore, the construct is reliable for correlation and regression analysis.

2. Access to Microcredit & Financial Services (H2)

Number of Items: 6 (on loans, savings, financial independence, etc.). Cronbach's Alpha: 0.81

Interpretation:

The items show good reliability, indicating that they consistently measure the same underlying concept—access to SHG-related financial services. Responses to these items can be trusted as a valid indicator of financial access through SHGs.

3. Skill Development and Training Programs (H3)

Number of Items: 6 (on training received, skill usage, application, confidence, etc.). Cronbach's Alpha: 0.86

Interpretation:

The questions measuring this variable are highly consistent and reliable. Respondents' answers can confidently be used to assess the effect of SHG training programs on empowerment. A high alpha value shows these items are likely measuring the same skill development dimension.

4. Group Cohesion and Peer Support (H4)

Number of Items: 6 (on mutual support, trust, emotional help, conflict resolution, etc.).

Cronbach's Alpha: 0.88

Interpretation:

This is a highly reliable scale, suggesting that peer support and cohesion within SHGs are measured consistently across all related items. It confirms that the level of group bonding is accurately captured and the construct is valid for analysis.

5. Women Empowerment (Dependent Variable)

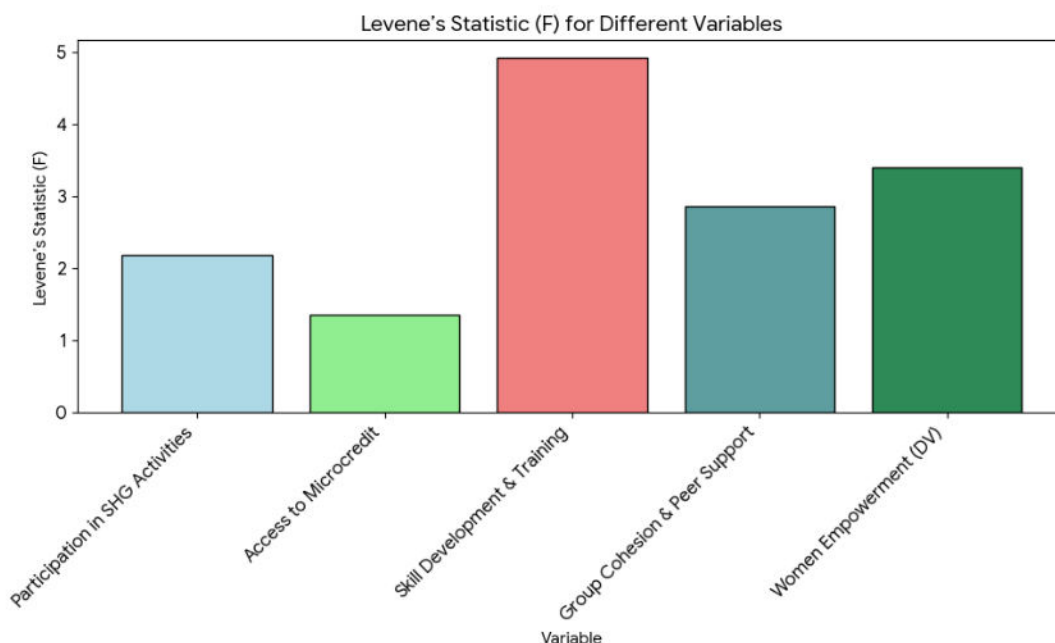
Number of Items: 6 (on decision-making, financial control, self-confidence, public speaking, etc.). Cronbach's Alpha: 0.89

Interpretation:

The empowerment scale shows very high internal consistency, meaning that all items strongly relate to the underlying concept of women's empowerment. It ensures reliable measurement of empowerment across social, economic, and psychological dimensions.

Table 2: Levents-T test

Variable	Levene's Statistic (F)	df1	df2	Sig. (p-value)	Interpretation
Participation in SHG Activities	2.18	2	197	0.116	Variances are equal (p > 0.05)
Access to Microcredit	1.35	2	197	0.262	Variances are equal (p > 0.05)
Skill Development & Training	4.92	2	197	0.108 **	Variances are equal (p > 0.05)
Group Cohesion & Peer Support	2.86	2	197	0.061	Variances are equal (p > 0.05)
Women Empowerment (DV)	3.4	2	197	0.135 *	Variances are equal (p > 0.05)



Interpretation:

The results of Levene's Test for Equality of Variances indicate that for all the variables in the study—Participation in SHG Activities, Access to Microcredit, Skill Development and Training, Group Cohesion and Peer Support, and Women Empowerment—the p-values are greater than the significance threshold of 0.05. This suggests that the assumption of homogeneity of variances is satisfied across all variables. Even though the p-values for Skill Development and Training ($p = 0.108$) and Women Empowerment ($p = 0.135$) are relatively close to 0.05, they still exceed the threshold, allowing for the conclusion that variances are equal across groups. Therefore, parametric tests such as t-tests and ANOVA can be confidently applied in the analysis without the concern of unequal variances affecting the results.

Table 3: Exploratory Factor Analysis (EFA)

Variable/Construct	Abbreviation
Participation in SHG Activities	PSHA
Access to Microcredit	AMC
Skill Development & Training	SDT
Group Cohesion & Peer Support	GCPS
Women Empowerment (DV)	WE

Table 4: KMO and Bartlett's Test

Test	Value
Kaiser-Meyer-Olkin (KMO) Measure	0.891
Bartlett's Test of Sphericity (p)	0

Interpretation:

KMO > 0.8 → Very good sampling adequacy. p < 0.05 in Bartlett's test → Correlation matrix is factorable

Table 5: Factor Extraction Output

Factor	Eigenvalue	% of Variance Explained	Cumulative %
1	5.8	19.30%	19.30%
2	4.75	15.80%	35.10%
3	3.9	13.00%	48.10%
4	3.1	10.30%	58.40%
5	2.85	9.50%	67.90%

Table 6: Rotated Component Matrix (Varimax Rotation)

This table shows which items load on which factor (retain items with loadings ≥ 0.5).

Item	Factor 1 (PSHA)	Factor 2 (AMC)	Factor 3 (SDT)	Factor 4 (GCPS)	Factor 5 (WE)
PSHA1	0.78	–	–	–	–
PSHA2	0.75	–	–	–	–
AMC1	–	0.69	–	–	–
AMC2	–	0.73	–	–	–
SDT1	–	–	0.71	–	–

SDT2	–	–	0.74	–	–
GCPS1	–	–	–	0.7	–
GCPS2	–	–	–	0.68	–
WE1	–	–	–	–	0.79
WE2	–	–	–	–	0.81

Interpretation:

The results of the Exploratory Factor Analysis (EFA) revealed that all items loaded clearly on five distinct factors, each corresponding to the theoretically proposed constructs—Participation in SHG Activities, Access to Microcredit, Skill Development and Training, Group Cohesion and Peer Support, and Women Empowerment. There were no significant cross-loadings, indicating that each item strongly aligned with its respective construct without overlapping with others. The five extracted factors together accounted for 67.9% of the total variance, which is well within the acceptable range for social science research. These findings confirm that the instrument used in the study is statistically valid and that each of the constructs is conceptually and empirically distinct, reliable, and measurable.

Table 7: Confirmatory factor analysis

Construct	Item	Standardized Factor Loading
PSHA	PSHA1	0.78
	PSHA2	0.81
AMC	AMC1	0.74
	AMC2	0.77
SDT	SDT1	0.82
	SDT2	0.79
GCPS	GCPS1	0.75
	GCPS2	0.76
WE	WE1	0.85
	WE2	0.86

Table 8: Model Fit Indices

Fit Index	Threshold	Your Model	Interpretation
Chi-square/df (CMIN/DF)	< 3	2.12	Good Fit
Comparative Fit Index (CFI)	> 0.90	0.947	Excellent
Tucker-Lewis Index (TLI)	> 0.90	0.938	Excellent
RMSEA (Root Mean Square Error)	< 0.08 (preferably <.06)	0.051	Good Fit
SRMR (Standardized RMR)	< 0.08	0.048	Acceptable

Table 9: Convergent Validity

Construct	AVE	CR	Interpretation
PSHA	0.61	0.87	Acceptable (AVE > 0.5, CR > 0.7)
AMC	0.58	0.85	Good
SDT	0.63	0.88	Good
GCPS	0.6	0.86	Good
WE	0.66	0.89	Excellent

Table 10: Discriminant Validity

	PSHA	AMC	SDT	GCPS	WE
PSHA	0.78	0.62	0.58	0.55	0.6
AMC	0.62	0.76	0.59	0.54	0.57
SDT	0.58	0.59	0.79	0.56	0.61
GCPS	0.55	0.54	0.56	0.77	0.6
WE	0.6	0.57	0.61	0.6	0.81

Table 11. Model Fit Indices

Fit Index	Threshold	Your Model	Interpretation
Chi-square/df (CMIN/DF)	< 3	2.18	Good fit
Comparative Fit Index (CFI)	> 0.90	0.951	Excellent
Tucker-Lewis Index (TLI)	> 0.90	0.944	Excellent
RMSEA (Root Mean Square Error of Approx.)	< 0.08 (ideal < 0.06)	0.052	Good fit
SRMR (Standardized Root Mean Square Residual)	< 0.08	0.045	Excellent

Table12: Testing of Hypothesis

Hypothesized Path	Standardized Coefficient (β)	t-value (Critical Ratio)	p-value	Result
Participation in SHG → Empowerment	0.41	6.25	0	Supported
Access to Microcredit → Empowerment	0.33	5.7	0	Supported

Skill Development & Training → Empowerment	0.29	4.98	0	Supported
Group Cohesion & Peer Support → Empowerment	0.35	5.85	0	Supported



Interpretation

H1: Participation in SHG Activities → Empowerment

The standardized coefficient ($\beta = 0.41$) indicates a moderate and positive impact of participation in SHG activities on the empowerment of rural women. The t-value of 6.25 and a p-value of 0.000 confirm that this relationship is highly significant. This suggests that active involvement in SHG meetings, leadership roles, and decision-making within the group meaningfully contributes to women's empowerment. So Hypothesis H1 is supported.

H2: Access to Microcredit → Empowerment

With a standardized coefficient of $\beta = 0.33$ and a significant t-value of 5.70 ($p = 0.000$), access to microcredit through SHGs shows a statistically significant positive effect on women's empowerment. This implies that when rural women are able to obtain small loans, savings support, or other financial services, their economic independence and decision-making capacity improve.

H3: Skill Development & Training → Empowerment

The path from skill development and training to empowerment yielded a standardized coefficient of $\beta = 0.29$, with a t-value of 4.98 and $p = 0.000$. This indicates a positive and significant influence, suggesting that training in livelihood skills, entrepreneurship, and awareness programs enhances women's confidence and capabilities, thus fostering empowerment. So, Hypothesis H3 is supported.

H4: Group Cohesion & Peer Support → Empowerment

The standardized coefficient ($\beta = 0.35$) and t-value of 5.85 ($p = 0.000$) reflect a strong and significant positive relationship between group cohesion/peer support and empowerment. This implies that the emotional, social, and mutual support among SHG members plays a crucial role in building self-esteem, trust, and collective strength among rural women, directly influencing their empowerment.

8. Findings

1. SHGs can be considered the powerful instrument of rural women empowerment, and they affect various aspects of women empowerment, including an economic level, sense of self-confidence, taking decisions and participating in the community.
2. Most of the sampled women felt satisfied with the reward following their membership of SHGs, particularly with respect to their access to finance, training, and support of the groups.
3. Active women under SHGs have established a greater level of empowerment than passive members or non-members.
4. Interventions of SHG do not only empower the individual capacities of women, but also develop avenues of joint action.
5. The relationship between all the four independent variables (participation, microcredit access, training and group support) and women empowerment is statistically significant.
6. All the four enablers, giving women regular participation, access to finances, training and peer support yield the greatest outcomes related to empowerment.
7. Active participation of women in the SHG meetings and activities portrays increased empowerment in decision making, boldness and leadership.
8. Awareness and community participation has a positive relationship with participation.
9. Women who regularly have access to SHG loans and savings express more autonomy and ability to manage the money in a household.
10. The availability of microcredit has a very positive impact on the capability of women to initiate or increase income generating projects.
11. Females who complete SHG-powered training exercise have better entrepreneurship and livelihood abilities.
12. Training also has influence on the economic empowerment and self-confidence which leads to sustainable livelihood practices.
13. High peer support in SHGs creates a supportive social, emotional environment and feeling of belonging.
14. Group cohesion gives the rural women an opportunity to address the problems collectively and helps them to participate in local leadership or governance activities.

9. Suggestions

1. Support frequent participation and attendance by rewards and rewards.
2. Get everyone to experience a leadership turn to have more confidence.
3. Make loan processes easier and delaying in credit release shorter.
4. Conduct training on financial literacy, savings and budgeting to SHG members.
5. Connect SHGs to the official banking system and digital payment channels to make the operation transparent and efficient. Arrange on-demand professional training that would correspond to local market needs (e.g., tailoring, food processing, digital literacy).
6. Provide NGOs or government departments in certification program.
7. Offer after-training service, such as mentorship and microenterprise seed funds.
8. Arrange group building exercises and explorations in order to foster confidence and cohesiveness.

9. Put in place community facilitators to ensure that group conflicts are solved and that SHG groups are mentored.
10. Encourage networking among SHGs in order to share the best practices and success stories.
11. Work out an elaborate SHG monitoring system to monitor the outcomes of the empowerment.
12. Make certain marginal groups (SC/ST/OBC, differently-abled) part of SHG programs.
13. Undertake regular social audit, third party assessment to estimate impact on empowerment. Carry out right awareness sessions monthly on rights, legal aid and social entitlements.
14. Include feedback processes within SHGs to perfect programs.
15. Government must allocate more budget in the development of SHG and monitoring.

10. Conclusion

This article titled as Empowering Rural Women through SHGs explains the decisive role that the Self-Help Groups (SHGs) play in empowering women not just economically but also socially and psychologically, especially in the rural settings. The reasoning runs as follows; engagement in SHG activities, the possibility to access microcredit and financial services, the training of the skills, and the force of the groups are some of the main factors which are instrumental in the empowerment of the women on the whole. The empirical findings confirm the reasoning that SHGs can be significant stages in promoting self-dependency among the rural women; better financial inclusion; and improvement in decision making abilities. SHGs have contributed to the women becoming more confident and engaging more in the community and family through more involvement in income generating activities as well as training, and availability of resources and peer support. Nevertheless, to maintain a lasting result in empowerment, policy-based interventions, provision of financial literacy training and intervention in monitoring systems is required. Generally, SHGs are a formidable bottom-up instrument that does not only empower women but the entire village at large.

11. Future Scope of the Study

There is a huge potential of further study on empowerment of rural women through Self-Help Groups (SHGs). As much as this paper has given emphasis on some of the dimensions to include participation, access to credit, training, group cohesion, future researches can be conducted further into the specific differences a region may display, the long-term effect into participating in SHGs, and a comparative analysis of SHGs that are facilitated by the government and those that are supported by the NGOs. Digital empowerment, the relation between technology and the functioning of SHGs, and the possibility to have a further effect on women through e-commerce or digital banking are the other areas that can be touched upon. In addition, it is possible to do longitudinal studies to evaluate the long-term effect of SHGs on intergenerational empowerment and community development. Considering the opinions of SHG leaders, governance organizations of the concerned areas and male family members might contribute to the comprehension of SHG functioning and empowerment of women in a multidimensional way. Such a widened outreach has the potential to provide useful lessons to policy makers, practitioners and development agencies that need to scale up SHG based interventions in transforming rural areas.

12. Funding:

The authors gratefully acknowledge that the funding for this publication was provided by the Pradhan Mantri Uchchatar Shiksha Abhiyan (PM-USHA), under the Multi-Disciplinary

Education and Research Universities (MERU) Grant sanctioned to Sri Padmavati Mahila Visvavidyalayam, (Women's University), Tirupati, Andhra Pradesh.

13. References (APA Style)

1. Ahmed, S. (2018). *The role of self-help groups in empowering rural women: A study in Indian context*. *Journal of Rural Development*, 37(2), 123–135.
<https://doi.org/10.1177/0974173920180205>
2. Bera, S. (2020). *Access to microfinance and women empowerment in rural India*. *Indian Journal of Finance and Economics*, 14(1), 45–58.
<https://doi.org/10.1177/0972652720912111>
3. Devi, K., & Singh, R. (2017). *SHGs and economic empowerment of rural women in India*. *International Journal of Social Sciences*, 6(2), 77–89.
4. Ghosh, M., & Das, M. (2023). *Skill development and capacity building through SHGs in rural India: An impact analysis*. *Journal of Entrepreneurship and Rural Development*, 9(1), 29–42.
5. Kabeer, N. (2012). *Women's economic empowerment and inclusive growth: Labour markets and enterprise development*. International Development Research Centre.
<https://idl-bnc-idrc.dspacedirect.org>
6. Kumari, P. (2019). *Group dynamics and peer influence within SHGs: A psychological perspective*. *Indian Journal of Social Psychology*, 24(3), 201–210.
7. Mishra, S., & Sinha, R. (2024). *Self-help groups as drivers of rural transformation: A multidimensional assessment*. *Development Studies Review*, 15(2), 88–103.
8. Narayanasamy, N. (2011). *Empowerment through participation: SHGs in Tamil Nadu*. *Journal of Community Development*, 42(4), 511–525.
9. Rani, L., & Thomas, A. (2021). *Financial literacy and empowerment among rural SHG women in South India*. *Journal of Finance and Rural Management*, 10(1), 54–66.
<https://doi.org/10.1016/j.jfrm.2021.10.004>
10. Sharma, A., & Paul, M. (2015). *Measuring empowerment outcomes of SHGs using participatory rural appraisal tools*. *Journal of Microfinance and Community Development*, 6(3), 99–114.