



## RESEARCH PAPER

# Empowerment of women through self-help groups

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## ABSTRACT

The present investigation was conducted in Kancheepuram district of Tamil Nadu state. The main objective of the study was to know the empowerment of women through self-help groups. A structured interview schedule was used to collect data from 90 respondents who have participated in SHGs. The statistical methods and tests such as frequency, mean and percentage were used for the analysis of the data. The results of the study showed that most of the respondents were psychologically empowered in self-image (73.33 %) and feeling of security in family (47.78 %). (72.22 %) of the respondents were empowered in actual participation in festivals and (64.44 %) of the respondents were economically empowered to start new business.

**KEY WORDS :** Self-help groups, Empowerment, Rural women

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