

Women Empowerment in Health: Systematic Review

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ABSTRACT

Background: Women Empowerment is an integral part of human rights and development, because the value system leads to the development of a good family, community and country. Women Empowerment can have important implications for health in the form of education, access and change in terms of services and family welfare. This systematic review aims to determine the influence and model of empowerment women's in the health sector.

Subjects and Method: This systematic review begins with searching data using 5 databases with keywords women's empowerment, women's health and empowerment model. Researchers used five databases, PubMed, Scopus, Science Direct, Springer link, and BMC with a range of 2017-2022. Articles were searched using keywords that had been determined by the researcher then the articles were extracted based on criteria inclusion and exclusion using the PRISMA protocol. Thus, 11 articles were found that matched the criteria of JBI's critical assessment tool for analysis.

Results: A total of 11 studies included in the analysis originating from several countries such as Iran, Australia and the Netherlands. Women Empowerment is a multilevel construction that refers to individuals, organizations and society. Women's empowerment needs to involve mutual respect, critical reflection, caring and group participation, where people gain greater access to and control over their resources.

Conclusion: Factors that influence women's empowerment are age, education, occupation, religion, marital status, socio-economic, demographics, different behavior, special characteristics of society, household harmony, place of residence, mobility, decision making, social life, media exposure, information technology, socio-culture and access to health services. The women's empowerment model that has been developed refers to 3 domains: micro, meso and social capital levels; as well as macro level.

Keywords: empowerment, women, model, health

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BACKGROUND

Empowerment of women is an integral part of human rights and development. Development as a whole is responsible for reducing inequality between men and women, while empowering women can accelerate the deve-

lopment process (Batool et al., 2016). Empowerment of women's is a multidimensional process that occurs in the sociological, psychological, and socio-economic environment at various levels, including: individuals, families, and communities (Manuere and

Phiri, 2018). Women Empowerment is very important because the value system leads to the development of a good family, community and country (Gupta, 2018). Empowerment of women's is defined as a process for women to gain the ability to make strategic life choices in any context, because this ability was not previously given to women (Huis et al., 2017).

Empowerment of women's is measured by how women's role is in decision-making on personal and family health (Hera et al., 2021). In addition, women need to be involved in planning, implementing program activities, and evaluating and analysing development impacts (Amiri-Farahani et al., 2021). Empowerment of women can have important implications for health in the form of education, access and change in terms of services and family welfare (Ambler et al., 2021; Nwogwugwu, 2019).

In general, society, women's empowerment is socially accepted, but in terms of roles and social relations between genders it is not equal (Bayeh, 2016). This is due to the understanding of religion and cultural values that exist. Inequality is also influenced by many factors, one of which is in the household. The role of women in the opportunity to obtain education, and further health services tends to be lower than men's. In general, it can be concluded that the role of women in social relations in society is still low.

SUBJECTS AND METHOD

1. Study Design

This study uses a systematic review study design. The Preferred Reporting Items for Systematic Review and Meta-analyses (PRISMA) standards were followed for conducting this systematic review. Only

English language-based literature was used in an electronic search of databases, PubMed, Scopus, Science Direct, Springer link, and BMC with a range of 2017-2022. The search term used was Women's Empowerment AND Women's Health AND Empowerment Model, we manually examined the referenced articles of earlier review papers.

2. Inclusion Criteria

All studies were included if they met the following eligibility criteria: articles discussing about women's empowerment. published in English only.

3. Exclusion Criteria

The exclusion criteria from this systematic review were articles that were not related to women's empowerment.

4. Study Instruments

The study instrument in this study used the JBI critical assessment tool for analysis.

RESULTS

Based on the article search results with the keywords mentioned above, it shows that there are 22 articles from PubMed, 49 articles from Scopus, 17 articles from Science Direct, 20 articles from Proquest, and 20 articles from BMC. The next step is abstract review. After reviewing the abstracts of 128 selected articles, 30 articles were excluded because they were not research on women's empowerment on health, and 98 articles were entered into the next step, which is full-text review. From a full-text search of 34 selected articles, articles were excluded because they were not the study method 23 Among the 11 articles selected for inclusion in the analysis (Figure 1).

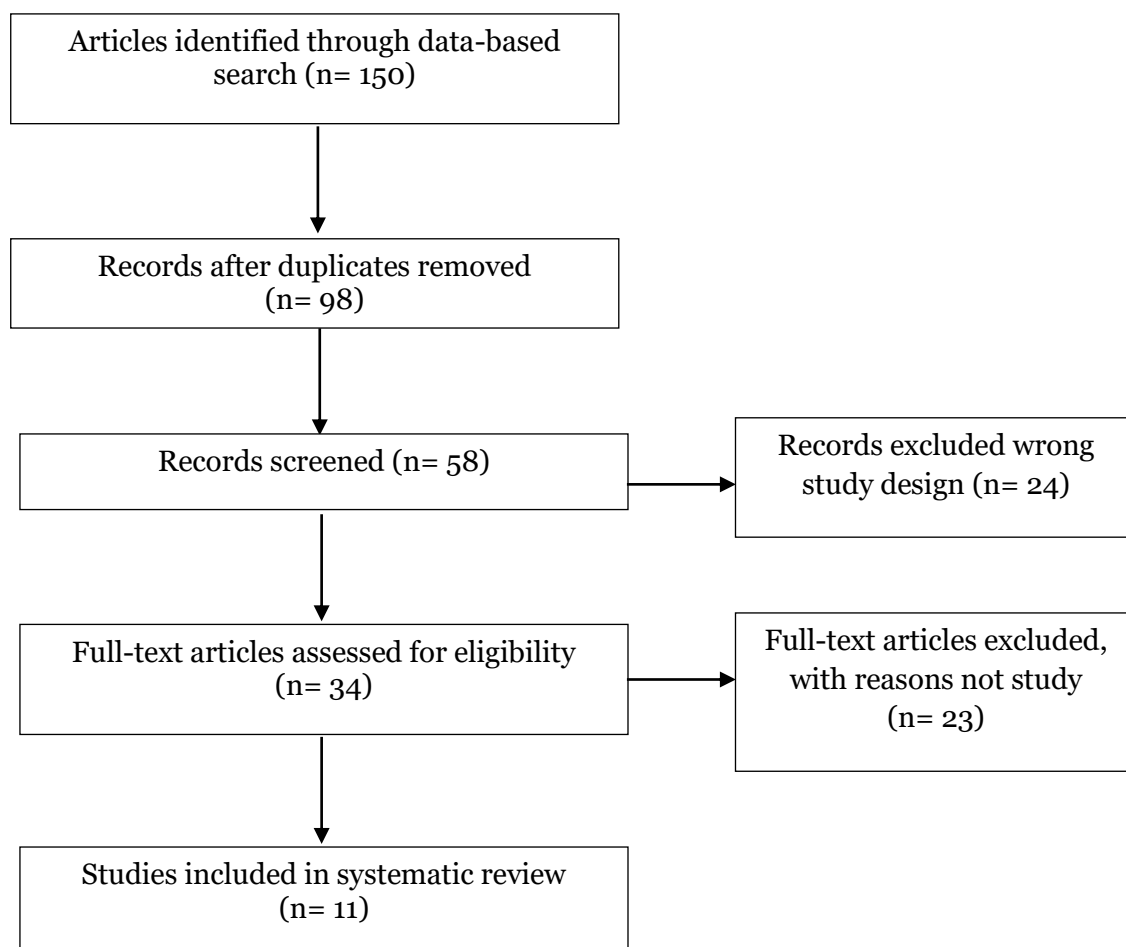


Figure 1. PRISMA flowchart

DISCUSSION

Women Empowerment is a multilevel construction that refers to individuals, organizations and society. Women's empowerment needs to involve mutual respect, critical reflection, caring and group participation, where people gain greater access to and control over their resources.

The empowerment of women is an integral part of human rights and development. Development as a whole is responsible for decreasing inequality between men and women, while the empowerment of women can speed up the process of development (Batool et al., 2016). The empowerment of women is a multidimensional

process, which occurs within sociological, psychological, and economic contexts at various levels, i.e., individual, group, and community levels.

Women Empowerment refers to choice, power, choice, control, and agency. Women's empowerment is a situation where women are given the opportunity to participate fully in social, political and economic life (Van den Bold et al., 2013). Success in empowering women is influenced by several factors, namely: age, education, occupation, socioeconomic, family support, culture and decision-making as well as gender equality (Sharma et al., 2020).

Table 1. Article Search Results

Author (Year)	Title	Method	Results	Conclusion
Moubarak et al. (2021)	Multicultural Psychological Empowerment Scale for Saudi Women	Cohort Study	The status of women Saudi is related to the traditional conservative social structure with the phenomenon of masculine cultural dominance resulting from the interaction of a number of cultural, social, economic and political factors. Good steps from the Government Saudi to empower women, the Global Gender Gap Index expresses a bad picture of women empowerment in Saudi Arabia. Empowering women Saudi is still relatively complex, the given geographical and cultural differences in the Kingdom and the different impacts of state policies to empower Saudi women on different women's groups, and there is a difference between creating favourable conditions and experiences of empowerment.	Multicultural Psychological Empowerment Scale for Saudi Women is a valid and reliable scale in Saudi Arabia from a Multicultural point of view. Empowerment women can be categorized into at least three distinct levels, namely, the micro-level or personal dimension, the meso-level or relational dimension, and the macro-level or societal dimension.
Ikhar et al. (2022)	Are women with more of social capital more empowered? A cross-sectional analysis from Rural Wardha, Central India	Cross-Sectional	The average percentage score of empowerment women's is better in the household decision-making domain than the others. Empowerment women's scores were significantly higher in the older age group, higher education, in the business/service world, above the poverty line (AGK), nuclear family, married, and had at least one living child. Social capital is a significant determinant of empowerment women's, along with age, education, religion, marital status and family type.	The improvement of social capital in the form of community-based development projects through Self-Help Groups (SHG) and microfinance programmes need to be encouraged by the Government and NGOs, as this strategy has the potential to improve women empowerment through community-driven development.

Ansong et al. (2019)	Women's empowerment and contraceptive use: a Community-based survey in Peri-Urban Kumasi, Ghana.	Cross-Sectional	The provision of economic interventions to empower and elevate women's conditions is needed to bring about changes in the economic status of the family and eliminate dependence on family members. Women in the suburbs of Kumasi are economically independent in making contraceptive choices and decisions will help realize the Sustainable Development Goals: One (end poverty in all its forms everywhere) and five (achieve gender equality and empowerment). all women and girls).	Conditions of women is needed to bring change in the economic status of their families and remove their dependence upon family members. This would make women independent in making contraceptive choices and decisions.
Abbas et al. (2021)	Determinants of women's empowerment in Pakistan: Evidence from Demographic and Health Survey, 2012-13 and 2017-18 survey	Survey	A number of demographic, socioeconomic, family and information disclosure factors determine empowerment women's. Women of reproductive age in higher age groups have children, have higher levels of education and wealth index, are engaged in skilled work, are heads of households, and have access to information more empowered	A number of social, economic, demographic, familial, and information-exposure factors determine women's empowerment. The study proposes some evidence-based policy options to improve the status of women in Pakistan.
Castro Lopes et al. (2021)	Socio-economic, demographic, and behavioral determinants of women's empowerment in Mozambique	Survey	Empowerment of women's is divided into 3 domains, namely: 1) Beliefs on violence against women; 2) Decision making, and 3) Control over sexuality and sex. Region, rural experience of intimate partner violence (IPV) and partner control behavior were associated with Beliefs regarding violence against women, while Decision Making and Control over sexuality and sex sales were also associated with education, age and wealth Marriage polygamous occupation and religion were positively associated with original.	Women's empowerment is determined by socio-economic, demographic, and behavioral factors. These findings emphasize the multidimensionality of empowerment and the importance of considering the context and specific characteristics of the community.
Heera et al. (2021)	Women's empowerment for abortion and family planning decision making among marginalized women in Nepal: a mixed method study	Mix methods	Empowerment of women has no direct role in family planning and abortion decision-making in marginalized communities in Nepal's Morang district. However, different governmental and non-governmental organizations influence women to seek health care and family planning services in rural Nepalese communities regardless of empowerment status.	Governmental and non-governmental organizations influence women to seek health and family planning services in rural Nepali communities regardless of empowerment status.

Vizheh et al. (2021)	Women empowerment in reproductive health: a systematic review of measurement properties.	Systematic review	Most scales assess different types of validity and internal consistency for reliability. The application of a theoretical framework, more stringent validation of the scale, and an assessment of the various dimensions of women's empowerment in diverse contexts and different levels, namely structural institutions, are needed to develop an effective and representative scale.	Women's empowerment is divided into several dimensions in various contexts and at different levels to develop an effective and representative scale.
Samanta (2020)	Women's empowerment as self-compassion?: Empirical observations from India	-	Empowerment was shown to be positively and significantly associated with antenatal care with a significant age and educational gradient. A woman's marital status, relationship with the head of the household and residence with the family creates conditions for limited freedom in terms of mobility, decision-making and sociality.	Self-compassion-based women's empowerment affects reproductive health (antenatal care), but women's position is still limited in contradictory family and social class structures.
Kiani et al. (2020)	Structural equation modelling of psychosocial determinants of health for the empowerment of Iranian women in reproductive decision making	Cross-sectional	Factors socio-economic through psychosocial determinants can significantly influence women's income in making decisions about reproductive health. Conditions related to these factors must be improved to ensure that women can obtain and exercise their right to control reproductive health	Socio-economic factors, through psychosocial determinant mechanisms, can significantly influence women's empowerment in making decisions related to reproductive health.
Khatriwada et al. (2020)	Dimensions of women's empowerment on access to skilled delivery services in Nepal	Cross-sectional	Significant relationship between women's media and information technology empowerment, economic empowerment and socio-cultural empowerment and access to skilled birth attendants. In particular, women's education, their occupation of having a bank account, media exposure, and internet use were significantly associated with the use of skilled birth attendants.	Focusing on women's access to media and information technology, economic enhancement and education may increase the use of skilled birth attendants in Nepal.
Batool (2018)	Role of Contextual Factors in Women's Empowerment	Cross-sectional	In a patriarchal culture such as Pakistan, women's personal attributes are the most significant supporting factors for empowerment, but the achievement of women's empowerment also depends on their position in the family, family attitudes, and use of communication technology	To achieve empowerment, women must adopt strategies to act as agents of transformation in gender associations. but the first thing to do is to empower himself.

To support the empowerment of women in society and the role of gender in health, it must be supported by the role of women in the household having equal gender roles and relations. However, in general in the household, the role of women in controlling ownership, educational opportunities, and further health services is lower than that of men. This will result in a very heavy workload for women which will have an impact on health.

Empowerment of women has awareness of themselves as whole human beings and their position in their culture. Women need to be involved in planning, implementing program activities, and evaluating and analyzing development impacts. Empowerment of women has important implications for demographics and health, including for women in family planning and maternal health care. Empowerment of women provides changes to health and education services.

Rinartha, Suryasa, and Kartika (2018) suggests that social and cultural attitudes affect women's empowerment at all stages. This is because women do not get much scope in mobilization due to conservative attitudes, part of religion, economic structure and also male-dominated society. Women are gender equal to men, therefore it is very important for women's empowerment (Ahmed and Moorthy, 2021).

Research in Assam states that the government provides support with special services for women to easily obtain information about schemes for women's empowerment (Phukan, 2021). The role of women is still discriminatory in decision-making in the family and internal family affairs, while the husband is still the one who determines the policy and must be respected in decision-making. In general, conventionally it has happened in patriarchal society as the head of the family (León et al., 2014). There-

fore, the role of family, community and government is needed in empowering women.

AUTHORS CONTRIBUTION

Rumpiati was the main researcher who chose topics, searched, and collected study data. Bhisma Murti, Yuly Peristiowati and Katmini analyzed and reviewed the study documents.

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CONFLICT OF INTEREST

There is no conflict of interest in this study.

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