

**THE CONTRIBUTION OF WOMEN EMPOWERMENT ON FAMILY
RELATIONSHIPS IN KAUGA, MUKONO DISTRICT**

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M22B15/059

**A DISSERTATION SUBMITTED TO THE SCHOOL OF SOCIAL SCIENCES IN PARTIAL
FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF THE DEGREE OF
BACHELOR OF SOCIAL WORK AND SOCIAL ADMINISTRATION OF UGANDA CHRISTIAN
UNIVERSITY**

June, 2025



**UGANDA CHRISTIAN
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DECLARATION

I, NAMANDE TRACY declare that the research report “*THE CONTRIBUTION OF WOMEN EMPOWERMENT ON FAMILY RELATIONSHIPS IN KAUGA, MUKONO DISTRICT*” has been developed from my own knowledge and it has never been submitted in any academic institution for approval to carry out any research.

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ABSTRACT

The study assesses the impact of women empowerment on family relationships, focusing on how increased agency, economic participation, education, and decision-making power among women influence dynamics within the household. As gender roles come up, empowered women contribute not only to the financial wellbeing of families but also to more equitable and cooperative domestic relationships. The research employs a mixed-method approach, combining quantitative surveys with qualitative interviews to capture the lived experiences of women across different socio-economic backgrounds. Findings indicate that women empowerment leads to improved communication, shared responsibilities, and enhanced emotional bonds within families. However, the study also highlights challenges, including resistance to shifting roles and the need for broader societal support. Overall, the research underscores that empowering women is not only a matter of individual rights but a catalyst for healthier, more resilient family structures.

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CHAPTER ONE: INTRODUCTION

1.1 Introduction.

This study focuses on examining the contribution of women's empowerment to family relationships. This chapter presents the background of the study, problem statement, purpose, objectives, research questions, rationale, significance, and conceptual framework.

1.2 Background of the Study

This section includes historical background, theoretical background, conceptual background and contextual background

1.2.1 Historical Context

Historically, family relationships have been significantly shaped by the empowerment of women. Empowered women contribute to more positive family dynamics, as they are more likely to engage in equal decision-making, which cultivates mutual respect and communication within families (Singh and Verma, 2018). Research shows that when women achieve financial independence, they contribute to the overall well-being of the family, leading to increased economic stability and a better quality of life for all family members (Duflo, 2022). Furthermore, women's empowerment is associated with progressive changes in family structures, challenging traditional gender roles and promoting shared responsibilities in parenting and housework (Razavi, 2020). Empowered women also have a positive impact on children's development, providing emotional support and serving as role models that strengthen family bonds (Bliznashka et al., 2021). However, the process of empowerment can sometimes generate tension in family relationships, especially in societies characterized by rigid gender expectations, as men may feel threatened by changing gender expectations. traditional roles (Agerström et al., 2023).

1.2.2 Theoretical Background

This study is based on gender role theory and social exchange theory, which explain how power relations and resource distribution affect interactions (West and Zimmerman, 1987). According to gender role theory, with increasing empowerment through resources, decisions, and autonomy, women challenge traditional family roles and, therefore, change relationship dynamics (Kabeer, 2016). These changes often result in more equal partnerships and shared household responsibilities, promoting healthier family relationships (Razavi, 2020). Social exchange theory

suggests that empowerment strengthens women's bargaining power within families, allowing them to contribute economically and socially, which increases their influence over family decisions (Blau, 2017). This sharing of resources promotes mutual respect and better communication, key aspects of strong family relationships (Singh and Verma, 2018). Women's empowerment contributes to positive parenting practices and better child development, as empowered women are more likely to advocate for the well-being of their children (Bliznashka et al., 2021). However, empowerment can sometimes disrupt family relationships, especially in societies where patriarchal norms are deeply entrenched. This tension highlights the complexity of the effects of empowerment on families, as changing power dynamics can challenge traditional expectations and provoke resistance (Agerström et al., 2023).

1.2.3 Conceptual Background

Women's empowerment is generally defined as the process of increasing women's access to resources, improving their decision-making capabilities, and promoting their overall autonomy (Kabeer, 2016). The independent variable of this study is women's empowerment, as defined by women's empowerment: it is the process of increasing women's access to and control over strategic life choices that deny them access to allow them to fully realize their online skills (Chant, 2016). The concept of women's empowerment includes providing women with resources, rights, and opportunities to exercise power over their own lives, which has direct implications for family relationships. Empowerment includes economic, social, and political dimensions, each affecting family dynamics in a unique way (Kabeer, 2016). Economic empowerment, through access to income and employment, improves women's ability to contribute financially to their families, fostering mutual respect and strengthening family bonds as responsibilities are shared more equitably (Duflo, 2022). Social empowerment, which includes educational attainment and social participation, allows women to influence family decisions, thereby improving communication and cooperation among family members (Razavi, 2020). As women gain more autonomy, family structures often shift towards more egalitarian arrangements, fostering healthier relationships (Bliznashka et al., 2021). Empowered women are also more likely to invest in their children's education and well-being, which has a positive impact on the overall development of the family. (Singh and Verma, 2018). However, this shift can sometimes challenge traditional norms, which can cause friction in societies where gender roles are strictly defined. In such cases, resistance may

arise from male family members, reflecting a struggle between emerging empowerment and entrenched patriarchal values (Agerström et al. , 2023).

1.2.4 Contextual Background

Women’s empowerment includes improving women’s access to education, economic resources, and decision-making authority, which can influence family structures and interactions. As women gain greater control over financial and social resources, they can contribute more effectively to family decision-making, improve relationships through increased cooperation and shared responsibilities (Kabeer, 2016; Singh and Verma, 2018). Economically empowered women often bring stability to the family, which can improve family well-being and support children’s development through better health and educational outcomes. (Duflo, 2022). In Uganda, empowerment also tends to change traditional gender roles within families, promoting a more balanced distribution of domestic and caregiving responsibilities. This shift can foster stronger, more equitable partnerships and contribute to healthier family relationships overall (Bliznashka et al., 2021). Empowerment can also bring challenges to family structures, particularly in contexts where patriarchal norms are embedded. Some studies have shown that men may experience feelings of insecurity or resistance to changing gender roles, which can lead to tension within the family (Agerström et al., 2023).

1.3 Problem Statement

Women’s empowerment has proven to be a critical issue that has attracted considerable attention in recent years. However, significant gaps remain in understanding the complex dynamics between these variables across cultural contexts. These Empowered women tend to often contribute positively to family relationships by facilitating equal sharing of responsibilities and strengthening family cohesion. This is well supported by studies by Duflo (2022) and Singh and Verma (2018). However, while these studies have demonstrated the benefits of empowerment, they do not seem to capture the complexity of its impacts, especially in societies where traditional gender roles are deeply entrenched (Duflo, 2022; Singh and Verma, 2018). As women gain financial independence and participate in family decision-making, family roles often change: more egalitarian, better communication, and respect. Empowered women have also been shown to be key to strengthening family ties and decision-making processes. According to Leder 2016; Malhotra and Mather 1997. However, in societies where traditional gender roles are deep-rooted, these changes can cause

tension, especially when men feel their roles are challenged (Leder, 2016; Malhotra and Mather, 1997). For example, in Zimbabwe, Ushewokunze (2012) found that some men resisted these changes and therefore advocated for the consideration of cultural values to facilitate women's empowerment (Ushewokunze, 2012). Although empowerment reinforces the division of responsibilities and resources within a family, researchers generally ignore the personal stories of women's struggles to assume their new roles (Ghosh, 2022)

1.4 Purpose of the Study

The purpose of the study is to investigate the contribution of women empowerment on family relationships in Kauga, Mukono District.

1.5 Objectives of the Study

- i. To explore the role of women's community participation in shaping family roles and responsibilities.
- ii. To analyse how women economic empowerment influences decision-making and resource allocation within families.
- iii. To analyze how women's educational empowerment influences family decision-making processes and communication.

1.6 Research Questions

- i. How does women's participation in community shape family roles and responsibilities?
- ii. How does women economic empowerment impact their participation in family decision-making processes?
- iii. What is the relationship between women's educational empowerment and the overall dynamics of communication in families?

1.7 Scope of the Study

The scope of the study mainly included three dimensions: the scope of the content, the geographical scope and the time. This is explained in more detail below.

1.7.1 Content Scope

It focused mainly on the following issues: women economic empowerment and their influence in decision-making and control over the distribution of family resources, women's active participation in the community and political activity related to the definition of family roles and responsibilities, and finally, the impact of women's education on family decision-making processes and how it influences family communication.

1.7.2 Geographic Scope

Geographically, the study was conducted in Kauga, Mukono district because it has registered quite a big number of single mothers supporting their families and it is one of those areas in Uganda where women need to be empowered to have some influence in family relationships and therefore be able to solve problems that affect them in the family and in the community.

1.7.3 Time Scope

The material was of a scientific nature and covered the period 2015-2024, as it includes recent studies that represent current issues, trends and dynamics related to women's empowerment and family relations. It was carried out for a period of nine months, from September 2024 to May 2025.

1.8 Justification of the Study

This study is important because there is a need to critically examine the contribution of women's empowerment to family relations in Mukono district. The global agenda for gender equality has recently gained momentum, in a different way international framework, such as the United Nations Sustainable Development Goals, which emphasize the need for women's empowerment. It is important to understand how women's empowerment contributes to family relations and helps achieve the broader goals of gender equality and women's rights within the family unit. This study will help to increase women's awareness of their empowerment, which will help improve family relations.

1.9 Significance of the Study

The following were the reasons why this study was important.

The study would be useful for researchers and other researchers because it expanded the academic discourse; Thus, this study contributed to the existing literature on gender studies, sociology of the

family and women's empowerment. It helped fill the gaps that exist in current research, particularly in the interplay between women's empowerment and family dynamics.

Study benefited the community by fostering social support networks, highlighting the benefits of women's empowerment; Research could lead to the creation of support networks and programs that help women achieve empowerment, thus strengthening family structures in the community.

The study is important for practitioners, since it identified specific areas where women may need support, such as economic training, educational resources or counseling services, thus providing more effective and appropriate interventions. The study would be useful to policy makers to obtain information that can help develop gender inclusive policies that integrate the empowerment of women in family protection programs, ensuring that interventions respond to individual needs and the family

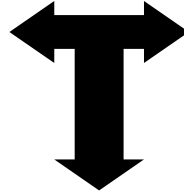
1.10 Conceptual Framework

The conceptual framework for the study of the contribution of women's empowerment in family relationships posits that the independent variable of women's empowerment is influenced by women's economic empowerment, women's educational participation in the community and political empowerment and political activity. The interaction between women's empowerment and family relationships is moderated by cultural norms, socioeconomic status and family structure, indicating that a favorable family structure can moderate the effect of empowerment of women on family relationships.

Independent variables

Women empowerment

- ✓ Economic women empowerment
- ✓ Educational women empowerment
- ✓ Participation in Community and Political Activities



Dependent variables

Family Relationships

- ✓ Effective communication
- ✓ Easy decision-making in family
- ✓ Co-operation and planning
- ✓ Poverty eradication in households
- ✓ Education of children

Moderating variables

- ✓ Cultural norms
- ✓ Socioeconomic status
- ✓ Family Structure

CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction

This chapter reviews existing literature on the impact of women's empowerment on family relationships by taking advantage of global studies from journal articles, e-books and empirical reports. The study explores theoretical framework and empirical evidence to understand how women' empowerment reshape family dynamics, parenting in Kauga domestically and socially. The review specifically focuses on three key areas aligned with the study's objectives.

The role of women's participation in shaping family roles and responsibilities, the role of women's contributions in shaping household roles and the influence of women's empowerment on decision-making and resource allocation within families are explored by examining the literature on the implications of female empowerment in policy decisions and the effects of women's educational empowerment on family decision making processes and communication. Following the chapter comprehensively explores related topics such as the role of empowered women in parenting and child well-being as well as potential family tension or resistance arising from shifts in power dynamics.

2.2 Theoretical Framework

The theoretical foundation of this study is rooted in gender role theory and social exchange theory, both of which provide insights into how empowerment affects family relationships and reshapes traditional dynamics.

2.2.1 Gender Role Theory

Gender role theory suggests that culturally defined gender roles shape behaviors and expectations in the family and society. Traditionally, men were expected to be the primary breadwinners of the family, while women focused on caregiving. This division of labor has often limited women's empowerment. When women gain access to resources and decision-making power, traditional power structures are challenged, which can lead to more equal family dynamics (Eagly & Crowley, 1986). Changing gender roles, driven by economic and social changes, are affecting families around the world. For example, increased female labor force participation often leads to greater involvement in family decision-making, challenging traditional male dominance and fostering healthier family relationships. However, resistance can arise in patriarchal societies where male

authority is still the norm (Popenoe, 1996). When women assume roles traditionally held by men, both sexes renegotiate their expectations, which can lead to increased role segregation. While women's empowerment can benefit families, it can also be met with resistance from those accustomed to traditional norms (Ridgeway and Smith-Lovin, 1999).

2.2.2 Social Exchange Theory

Social exchange theory extends gender role theory by considering how individuals' access to resources shapes their influence and bargaining power in relationships. In his seminal work, *Exchange and Power in Social Life*, Blau (1964) argued that social exchanges are driven by individuals' desire to maximize rewards and minimize costs, leading to power imbalances when one party has more valuable resources. Applied to family dynamics, this theory suggests that as women acquire resources, whether financial, educational, or social, they improve their ability to negotiate family roles, thereby promoting mutual respect and reciprocity in relationships. This redistribution of power often leads to more equal decision-making in family contexts, as empowered women are able to more effectively influence family affairs (Blau, 1964). Furthermore, recent studies such as those by Colquitt et al. in 2014 have determined that sources, whether financial or social support, go a long way in giving women in the family the means to participate not only in shared decision-making, but also in relationship satisfaction. As women's availability of resources improves their structural position in the family, they feel a sense of autonomy in which they are respected, which fosters positive exchanges towards healthier family relationships.

This framework also provides insight into relational tensions, particularly in traditional contexts. Studies by Demirel and Bakirtas (2022) reveal that while empowered women often enhance family well-being through active participation, the transition leads to conflict in families with deeply entrenched gender norms, where changes in women's roles challenge traditional male authority. According to Diekman and Schneider (2010), social exchange theory can explain a family process in which the distribution of power becomes more egalitarian as women's contributions to family resources increase. This can lead to improved relationships through a more equal balance in the exchange of support and responsibilities between family members, but in traditional settings these dynamics can also cause conflict through the renegotiation of family roles, as demonstrated by the need for relationship adjustments (Diekman & Schneider, 2010). Second, Barnett and Hyde (2001)

argue that social exchange theory is a useful theoretical framework through which to analyze the implications of women's economic empowerment in marital relationships. As empowered women contribute significantly more to the household income, marriages generally become more of an equal partnership with shared decisions and less conflict over financial matters. This is supported by Eagly and Crowley's (1986) view that women's active and empowered involvement in family roles leads to long-term relationship satisfaction, even if it challenges the deep-rooted expectations of traditionally structured families (Barnett and Hyde, 2001; Eagly and Crowley, 1986).

2.3 Empirical Evidence

2.3.1 Women's Participation and Its Role in Shaping Family Roles and Responsibilities

As a consequence of the participation of women in community leadership, governance, and decision-making, traditional family responsibilities and obligations have been redefined. Studies show that women engaged in development initiatives, political leadership, or community activism commonly advocate for shared responsibilities at home and push back against gender norms in their families. A South Asian study by Hossain and Akter (2021) found that female local governance institution members are more likely to nudge their husbands into taking up parental duties and to manage the household finances. The study asserts that having female leaders in the community results in more equitable decision-making within the home, with a greater likelihood of men and women working together to make big decisions about money, as well as the education and healthcare of their children.

In the same way, Kabeer (2016) found that women in Bangladesh who took part in community-based microfinance programs had an enhanced influence in decision-making within the home. The research discovered that these women were more likely to promote household investments that affect children and their well-being, like the healthcare system and educational opportunities, and that their participation in group savings and lending programs were likely reasons for that advancement. The study also pointed out that the decision-making gap was particularly pronounced among women who are financially dependent on their husbands, who have 40 percent less control over household budget allocations. Aslam et al. (2023) reported opposition in patriarchal Ugandan households where women's leadership positions were seen as a challenge to male authority. Men's hostile reactions to the community leadership roles that women were occupying led to family disputes. This underscores the need for strategies that are culturally aware

and that encourage the kind of slow transition that will change gender roles without setting off a backlash.

2.3.2 Economic Empowerment and Its Influence on Decision-Making and Resource Allocation

Empirical studies show that empowered women often contribute to healthier family environments by exercising more decision-making power. A study by Prata et al. (2017) examines how women's empowerment, in terms of decision-making autonomy and freedom of movement, promotes family planning, thereby contributing to collaborative family environments, particularly in developing regions. In a related study of Pakistani families, Muhammad et al. (2010) observed that economically empowered women play a critical role in family decision-making and, as a result, improve the health and educational prospects of their children. However, Demirel and Bakirtas (2022) report that in Turkey, married women working in the business world face family tensions, as increased authority in financial matters sometimes conflicts with traditional marital roles. This research shows that empowerment is broadly beneficial for family cohesion, but that context-specific challenges can arise in more traditional settings (Demirel and Bakirtas, 2022; Prata et al., 2017).

These studies support the fact that women's empowerment is positively related to parental and child development outcomes. For example, in a study by Sinha et al. (2012), empowering Indian women, through education and self-reliance, has improved children's well-being in terms of educational attainment and better health outcomes. Furthermore, Schuler and Rottach (2010) find that empowered mothers take proactive steps for their children, which can result in greater family cohesion and better family conditions at home. This trend is consistent across developed and developing countries, as demonstrated in the United States where empowered mothers have shown increased engagement in child rearing. The study shows that empowered women in patriarchal societies sometimes encounter resistance from a partner for whom the change in family role has become alienating, according to (Schuler and Rottach, 2010; Sinha et al., 2012).

2.3.3 Educational Empowerment and Its Influence on Family Decision-Making and Communication

The level of education a woman attains directly affects her ability to engage in family decision-making and have constructive dialogues with her husband and children. Autonomy, negotiating

proWess, and family conflict resolution are three areas where education has a direct impact. Sinha et al. (2012) conducted an interesting study in India that shows the powerful effect even a small boost in education can have on a woman's decision-making role in the family. Those researchers found that women with just a secondary education were 40% more likely than their less-educated counterparts to have an active role in big family decisions, like what investments to make, how to manage their healthcare, and what kind of education to give their kids. In the same way, women with education in Bangladesh were more open to conversing with their husbands about family planning. This was leading to smaller, healthier households. So says Schuler & Rottach (2010) in a recently completed study of the relationship between domestic space and women's health. The study also found that letting girls go to school and teaching women in arms about the benefits of family planning impacted the size of the family.

Nonetheless, even among many educated women in Pakistan, Aslam (2023) found that patriarchal systems still controlled all decision-making authority. As the survey strongly suggests, a greatly large number of educated women deferred genuinely important parenting, in addition to financial, decisions to their husbands or in-laws; this clearly reveals that empowerment is not invariably a direct result of education by itself as well as the important support of more all-embracing cultural changes. Samari (2019) discovered something in an Egyptian study. A number of women who completed secondary school or more communicated with their spouses quite well. Women became more willing, more respected, and argued less with their families when healthcare, education, and household economics were discussed more.

2.3.4 Challenges to Traditional Family Structures

While empowerment has contributed significantly to family well-being, it sometimes disrupts established family roles, especially in traditional societies. In Pakistan, for example, Ambreen and Mohyuddin (2013) observe that economically empowered women face tensions in the country. and male-dominated households, where traditional male roles are threatened by women's increased decision-making power. This finding is also confirmed by Kolawole (2017) in Nigeria, where women who are empowered and involved in decision-making processes see improved family well-being, but sometimes also encounter resistance in households where gender norms are deeply entrenched. These findings illustrate the complex interplay between empowerment and

family dynamics and highlight the need for culturally sensitive approaches (Ambreen and Mohyuddin, 2013; Kolawole, 2017)

2.4 Literature Overview and Research Gaps

The reviewed literature highlights the transformative potential of women's empowerment in family relationships, as well as the complications arising from embedded cultural norms. Across contexts, researchers agree that women's economic, educational, and political empowerment generally strengthens family cohesion, promotes equal role sharing, and improves child well-being outcomes. (Prata et al., 2017; Sinha et al., 2012). Empowered women often tend to have greater agency within families, which has positive implications for decision-making, child health, and investment in education, particularly in developing regions (Schuler and Rottach, 2010). However, the degree to which empowerment translates into family stability can vary considerably depending on local cultural and socio-economic factors.

2.4.1 Literature Review

a) Women's Community Participation and Its Role in Shaping Family Roles and Responsibilities

When women take on a leadership role or start working, their influence from work or leadership role often spills over into their homes. According to Kabeer's (2016) work reveals that women who take part in community decision-making or political activities often try to negotiate household duties, questioning traditional divisions of labor.

Traditionally, financial and leadership positions were for men while caring for others and home chores were for women in the societies. However, a lot has changed to a trend toward shared duties, especially in semi-urban areas. For example, the South Asian study by Hossain and Akter (2021) shows how women in local governance positions were able to have more influence over home expenditures and parenting decisions.

These shifts aren't always smooth as men may oppose women's increasing power in patriarchal societies. According to Aslam and colleagues (2023), friction was first created in some Ugandan families as women's leadership was viewed as a challenge to male supremacy. Generally, many families learn to work together over time. But in places with strict traditions, care should be taken as women take on public roles might face pushback to the extent of having fights at home (Ali,

2022). This shows why changes must respect local traditions while slowly giving women more freedom.

Customary family structures have changed quite a bit because women are more involved in leadership roles, work, and community events. Mustafa et al. (2019) state that gender stereotypes and set family roles still limit women's leadership potential. This is especially true in patriarchal countries. However, their important findings clearly show that household duties are more frequently shared when women take on important leadership roles in communities. This change opposes the thoroughly established idea that women should provide care for both the home as well as family, along with men taking the lead and making multiple choices.

Many women actively changed household arrangements when they rose to community leadership positions, according to Cheung & Halpern's 2010 study on women in leadership roles across cultural boundaries. Their analysis of effective female leaders led to the finding that these women pushed for a redistribution of caregiving duties in their homes. However, they also expressed challenges of balance between leadership and traditional family responsibilities, suggesting an enduring challenge of work-family integration.

Some scholars point out that despite these advancements, women continue to face resistance when taking up leadership roles. Existing cultural standards that require women to have the "primary responsibility" for providing care are pervasive across many countries and make it difficult for women to have leadership roles (Kiamba, 2009). This opposition manifests in leadership positions in the community and in politics, where women often dither awaiting an endorsement from men before deciding on a matter concerning the home.

Additionally, Dhatt et al. (2017) stress that not only does gender parity in leadership help women, but it also enhances the general well-being of families. According to their research on health and community leadership, women leaders strengthened the notion that empowering women improves society overall by introducing policies that enhanced community welfare, family health, and child education.

b) Economic Empowerment and Its Influence on Decision-Making and Resource Allocation

Whoever has more money has a big say in how things are run at home that is to say when women earn more money, they tend to speak more. Research by Duflo (2012) shows that having financial

independence enables women to push for what they care about, for example education and health of their children. In Uganda, Miller and Razavi (2020) found that women who worked were twice as likely to influence spending decisions compared to those who remained at home. In India, Parwez and Patel (2022) noted that women who owned businesses tended to work better with their partner though some faced resistance when they didn't do traditional roles.

Still, money isn't always the solution. Demirel and Bakirtas (2022) noted that it is hard to change who controls the money in homes led by men. For example, one woman in Turkey shared her experience: "My husband said I could work, but he still wants my paycheck." This portrays that we need policies that create jobs for women and also encourage open talks about changing gender roles. Doss (2013) discovered that there are some benefits when the gender roles are changed. For example, when women handle money, families develop, more investments are made in education and health for family members. Linking economic help to gender equality training makes total sense.

According to research by Laszlo et al. (2017), women who are economically empowered have more negotiating power in their homes, which improves the distribution of funds for the education, healthcare, and general well-being of the family. According to the study, compared to homes where women did not have access to independent income, spending on children's education rose by as much as 30% in those where women did. Similarly, women's ability to express their preferences in domestic problems is improved by economic empowerment, according to Duflo (2012). According to her research, women who are financially independent actively participate in decisions about healthcare, education, and household investments in families. Male reluctance to changing power structures is still problematic, though, especially in patriarchal cultures.

Despite providing women with financial power, economic empowerment does not always equate to complete financial decision-making authority. According to Kapitsa (2008), women in many developing nations are expected to cede their wages to male family members, which restricts their ability to control spending. According to a case study from Turkey by Demirel and Bakirtas (2022), some husbands forced their wives to give their full wage, giving them little financial liberty. This emphasizes the value of social services and legal safeguards that guarantee women have financial power.

In a related study, Doepke & Tertilt (2019) examined economic empowerment in South Asian and African communities and discovered that although financially independent women had more influence over daily spending, men continued to make the majority of important financial decisions. The study concluded that policy improvements that support gender equality in financial decision-making are necessary in addition to economic empowerment.

Cultural context determines how much economic empowerment influences women's decision-making. Kabeer (2020) highlights that enduring patriarchal structures cannot be overthrown by economic growth alone. Due to conventional expectations, even highly educated and financially successful women are nevertheless excluded from important financial decisions in some communities. According to Kabeer's research, for women to have more autonomy, social norms must change in tandem with financial empowerment and education.

In contrast, Roy & Kadian (2016) discovered that women who owned small enterprises or took part in self-help groups had more influence over financial decisions in several rural Indian communities. According to their findings, communal economic efforts, such as women's savings groups and microfinance programs, can help change the balance of power in homes so that women have greater control over money problems.

The necessity of supportive policies that safeguard women's economic rights and decision-making power is becoming more widely acknowledged by policymakers and development organizations. Anderson et al. (2021) contend that gender-sensitive financial policies that support equitable participation in resource allocation ought to be connected to economic empowerment initiatives. To guarantee that women maintain control over their income, they support gender-focused legal reforms, credit availability, and financial literacy training.

Furthermore, a study by Banerjee & Alok (2020) discovered that women's decision-making authority in the home rises dramatically when they have legal rights to property and assets. Women were more likely to take part in conversations about long-term financial planning and investments in communities where they owned real estate. This suggests that legislative protections for women's asset ownership must be a part of economic empowerment, which goes beyond work.

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communities. According to their findings, communal economic efforts, such as women's savings groups and microfinance programs, can help change the balance of power in homes so that women have greater control over money problems.

The call for facilitation policies protecting women's economic empowerment and decision-making authority is picking up among policymakers and development actors. Anderson et al. (2021) posit that gender-sensitive financial policy enabling equal use of resources must be complemented with economic empowerment initiatives. For women to have control over their earnings, they advocate for gender-differentiated legal reforms, credit access, and money management training.

In addition to this, Banerjee & Alok (2020) proved through a study that women's control over household decision-making significantly improves when they have ownership and property rights. Women made greater contributions to discussions of long-run investment and saving in cases where they owned immovable properties. This indicates that policy protection of the asset-holding rights of women has to make space within economic empowerment, but the latter connotes something more than the mere recruitment for work.

c) Educational Empowerment and Its Influence on Family Decision-Making and Communication

Education can open doors. Studies show educated women contribute to family decisions more effectively than their less educated husbands. Women with secondary education in Uganda were 40% more involved in deciding on their children's schooling and healthcare (Sinha et al., 2012). One may note that a very similar situation occurred in Bangladesh, where educated women became more open in discussing family planning with partners and resulted in smaller, healthier families (Schuler & Rottach, 2010).

Yet some barriers persist. For instance, educated women in Pakistan tend to defer significant decisions to their husbands or in-laws (Aslam 2023). "My degree's up on the wall," one said, "but tradition has a grip here." In this case the education cannot wipe out the patriarchal system only society & its dynamics correct this. Educated mothers pull families into better futures (Nussbaum 2011), while literacy programs raise entire households of (Taj et al. 2023).

According to a study by Engida (2021), women with greater levels of education were far more involved in healthcare, child education, and family financial planning. The well-known adage, "If

you educate a man, you educate an individual; if you educate a woman, you educate a family," was highlighted in the study. According to the survey, women who had at least a secondary education had a more significant role in financial and parental decisions in their communities than their less educated counterparts by more than 50%.

Likewise, Jaysawal & Saha (2023) assert that empowerment through education adds a fillip to the confidence of women in decision-making and allows them to challenge gender roles and be a part of active participation in the social and economic life of the family. In accordance with the survey, highly educated Indian women are likely to challenge gender norms.

But Neema (2015) continues that in a few societies, women are even forced to seek guidance from male relatives when they make important decisions despite increasing levels of education. Because of extremely deeply ingrained patriarchal beliefs, highly educated women had theoretical skills in gender equality but lacked real decision-making power, reported a study in Uganda. This implies that although education provides the potential for empowerment, cultural customs continue to be an important factor in how families function.

Aside from enhancing decision-making, education also enhances communication in the family. Educated wives with secondary and tertiary levels of education showed enhanced open communication and effective negotiating skills with their husbands, as suggested by Ibrahim (2019). The research, conducted in Nigeria, found that there were higher prospects of spouses making joint decisions with higher levels of education.

Also, Samari (2019) researched whether women's education influences Egyptian family planning communication with the spouse and fertility choices. The research uncovered that more educated women had low, healthy numbers of children and were also better at communicating family planning to spouses. Based on the research, women who attained at least secondary school made a huge positive impact on the spousal communication, lessened family discord, and brought respect to one another in reaching family decisions.

Despite the fact that women's education is obviously empowering, its effects are still limited by institution and culture. Aslam (2023) shows that highly educated Pakistani women still refer to their husbands or their fathers-in-law in making important financial and childbearing decisions. "My degree is on the wall, but tradition holds sway here," one of the interviewees noted.

Upadhyay et al. (2014) also found the same, as they investigated the influence of women's education on decision-making around reproductive health. They found that while education increased awareness and knowledge, social constraints continued to limit women's autonomy. The research found that in order for education to be fully effective, it should be supplemented by changes in gender attitudes, policy, and legal rights. In addition, Acharya et al. (2010) also carried out a study on women's autonomy in Nepalese family decision-making and found that the greatest benefits were derived from work and education simultaneously. Based on the study, more educated and economically independent women were more capable of making decisions for the family.

The fact that education alone is not capable of allowing women to participate in family decision-making is being increasingly recognized by advocacy groups and policy makers. According to Stromquist (2015), changes in legislation, consciousness-raising campaigns, and discussion on gender equality at the family level must all be linked to education empowerment. According to the findings, transforming the attitudes of people in society towards the status of women through early gender-sensitive education can allow future generations to be more open to female leadership in families and society.

Similarly, Melhem et al. (2009) suggest that in order to guarantee that educated women had the knowledge and self-assurance to actively engage in decision-making, education policies should incorporate leadership programs, entrepreneurship training, and women's financial literacy

2.4.2 Research Gaps

Contextual gaps: While the positive effects of empowerment on family cohesion are widely recognized, there is a critical gap in examining its implications in traditionally patriarchal societies. For example, studies by Ambreen and Mohyuddin (2013) in Pakistan and Kolawole (2017) in Nigeria are revealing of how economic empowerment can lead to relationship conflicts in male-dominated families. These findings indicate that while empowerment enhances family well-being, its benefits may be mitigated in contexts where gender norms are rigid, where men's resistance to changing dynamics is common (Demi-Rel and Bakirtaş, 2022). Research often lacks an in-depth approach to these nuanced influences in these regions, limiting the prospects for culturally sensitive interventions.

Temporal gaps: While most of the literature captures a glimpse of short-term effects, few have examined how these changes in family cohesion and stability may play out across generations. For

example, Eagly and Wood (2016) explain that while empowerment can indeed reinforce family roles, lasting changes in gender expectations would require broader societal changes to emerge longitudinally. French research on extended family systems, for example, was conducted by Popenoe, 1996, and calls for longitudinal studies to measure changes in empowerment in family relationships in both rural and urban areas (Eagly and Crowley, 1986; Popenoe, 1996).

Methodological gaps: Methodologically, many studies have relied heavily on quantitative measures of empowerment, such as income and education levels, which cannot fully capture the qualitative aspects of family relationships and the impact of empowerment on relationship satisfaction (Colquitt et al., 2014; Diekmann and Schneider, 2010). Social exchange theory, as applied by Blau (1964) and Barnett and Hyde (2001), emphasizes the importance of assessing the balance of power within families. However, few studies focus on the lived experiences and subjective perceptions of family members as they adapt to changing power structures, suggesting the need for more qualitative approaches (Barnett & Hyde, 2001 Blau, 1964).

This research is aimed at rural Ugandan households in Mukono District to fill these gaps, with the aim of capturing the immediate and long-term changes that empowerment can bring in patriarchal and rural contexts. The mixed-method approach of this research will therefore allow for an in-depth examination of how complex empowerment develops within a family system in a way that will inform policies aimed at strengthening women's rights and healthy family relationships, even in demanding socio-cultural environments. This nuanced perspective is essential for the development of culturally coherent empowerment initiatives that balance individual autonomy and family unity in patriarchal contexts.

CHAPTER THREE: METHODOLOGY

3.1 Introduction

This chapter aimed to describe and justify the methods that were applied to study how women's empowerment affected adverse family relationships. The study described the target population, research design, study approach, study site, sample size, sampling design, data collection techniques, data quality control measures, data analysis procedures, and ethical issues that may be encountered. The methodology ensured that the research was comprehensive, reliable and ethical, ensuring that the objectives of the study were met.

3.2 Research Design

The study adopted a cross-sectional case study as the research design. In this way, the researcher conducted an in-depth and detailed examination of how empowerment affected family relationships at any given time. The case study approach focused on the Kauga area, Mukono district to capture all aspects of the socio-economic and cultural perspective on the relationship between women's empowerment and family interactions. The design was approved as it was considered appropriate for studying social phenomena and the interactions between variables in a natural setting (Creswell and Creswell, 2017).

3.3 Study Approach

In view of this, the mixed approach - both qualitative and quantitative ensured that the research problem took a holistic perspective. This study included, quantitatively, the collection of measurable data such as the income level of women who have been empowered and their involvement in decision-making within the family circle. The qualitative approach focused on direct experiences and perceptions, allowing for a rich insight into how women's empowerment actually impacts family relationships. Triangulation was provided by a mixed approach, which was important to note because it improved the reliability and depth of the findings (Bryman, 2014).

3.4 Study Site

The study was conducted in Kauga, a semi-urban locality in Mukono district, Uganda. Kauga was selected because of its diverse socio-economic population, where effective women's empowerment programs are available in the form of microfinance and educational initiatives. Such initiatives provided an excellent framework to study the effects of empowerment on family forms. Furthermore, Kauga is a region known to be a region where traditional patriarchal norms are largely followed; ideal for examining the effect of empowerment on gender roles.

3.5 Study Population

The target population in Kauga includes 10,000 people, including 4,800 men and 5,200 women. This included women aged 18 to 60 years who are beneficiaries of empowerment programs, family members (spouses and children), and community leaders who were involved in implementing or supervising empowerment programs. These groups were selected because they offered different perspectives on how women's empowerment affected their relationships with their families.

3.6 Sample Size and Design

The sample size was estimated using the Cochran formula with a 95% confidence level and a 5% margin of error, which is commonly used in social research.

Sample Size

The sample size was determined using Cochran's formula for calculating sample size:

Where:

$Z = Z\text{-value (1.96 for a 95% confidence level)}$

$p = \text{estimated proportion of the population with the characteristic of interest (0.5) to achieve maximum variability}$

$e = \text{Margin of error (5\%)}$

Sample size adjustment for finite population of about 384. However, given the limited population size of 10,000 people, this sample size was reduced to 370.

Sampling distribution for men and women

To obtain a fair number of

For 4800 men (48% of the population): $48\% \times 370 = 178$ males

For 5200 females (52% of the population)

Number of females = $52\% \times 370 = 192$ females

For a representative sample, 370 respondents were selected. These included 178 males and 192 females. A total of 192 women currently involved in empowerment programs were selected through random sampling to ensure that the results obtained were generalizable. Qualitative information on family dynamics was collected from 20 women, 15 children and ten community leaders, who were selected through purposive sampling.

3.7 Data Collection Methods

Data for the study was obtained from primary and secondary sources. Primary data collection was done using structured questionnaires for women, which focused on contributing to economic needs, decision-making and cohesion in a family. Semi-structured interviews were conducted with spouses, children and community leaders regarding perceived changes in the family due to women's empowerment. In addition, there were two focus groups: one for empowered women and the other for community leaders, to understand collective experiences and problems. Secondary data was obtained from literature, reports and program evaluations to contextualize and illuminate the findings from primary data.

3.8 Data Quality Control

Data quality was ensured by several measures: pre-testing of instruments and data collection training to ensure consistency and minimize biases; the verification of data from quantitative and qualitative sources to validate the results; and continuous monitoring to minimize errors during collection (Carter, 2014).

3.9 Data Analysis

The nature of these analyses was both quantitative and qualitative. Quantitative data was analyzed by SPSS using descriptive and inferential statistics methods that summarize test results and relationships. Qualitative data from interviews and focus group discussions were analyzed thematically using NVivo, looking for recurring themes and patterns.

3.10 Ethical Considerations

Ethical considerations are paramount. Informed consent was obtained from all participants, who were informed of the purpose, procedures, and risks of the study. Anonymity was maintained and data collection was culturally sensitive. Ethical approval was sought from an institutional review board.

3.11 Study limitations and Mitigation measures

The study considered potential challenges such as cultural barriers, e.g., male parents resisting the same; time constraints, as it was only a three-month period; and resource constraints in rural areas. These issues were mitigated through linkages with local leaders, additional staff and resources, and partnerships with local organizations, respectively. This study adopted a structured and culturally sensitive mixed methods approach to provide comprehensive data and information leading to concrete policy and practical recommendations related to women's empowerment and family relationships in Kauga, Mukono District.

CHAPTER FOUR: RESULTS & DISCUSSION

4.1 Introduction

This chapter presents and discusses the key findings of the study on the impact of women's empowerment on family ties in Kauga, Mukono District. It incorporates data from questionnaires, interviews, and group discussions. The findings center on household decision-making, communication, women's responsibilities in the community, obstacles encountered, and recommendations for development. Every conclusion is related to the objectives of the study and backed up by current research.

4.2 Demographic/Biographic information

Table 1: Number of People per Method

| Category | Number of People |
|-----------------------------|------------------|
| FGD 1: Empowered Women | 30 |
| FGD 2 for Community Leaders | 30 |
| Questionnaires | 300 |

Table 2: Demographic and Participation Characteristics of Respondents (n=300)

| Parameters | Responses |
|-------------------------|---|
| Age Distribution | Above 55 (75), 18–25 (62), 36–45 (56), 26–35 (54), 46–55 (53) |
| Marital Status | Divorced (81), Widowed (76), Single (73), Married (70) |
| Occupation | Formal Sector (87), Unemployed (78), Informal Sector (74), Self-employed (61) |
| Household Size | 4–6 people (107), 1–3 (97), 7 or more (96) |

The respondents' primary demographic and participation information is shown in Table 2. The age categories of 18–25 (n = 62) and 36–45 (n = 56) were followed by women over 55 (n = 75). This suggests that women of all ages are taking part in empowerment programs, while older women might be more involved or accessible. Significantly, 81% of respondents were divorced, and 76% were widowed, indicating that many women participating in empowerment programs might be running their houses on their own.

In terms of employment, the majority of respondents (87) worked in the official sector, although a sizeable portion were either jobless (78) or engaged in self-employment or informal work. This

variability emphasizes how crucial it is to modify empowerment programs to accommodate different socioeconomic origins. The nearly equal distribution of responses by household size—small (1–3), medium (4–6), and large (7+) households—indicates the wide range of family configurations to which empowerment initiatives can be applied.

4.3 Quantitative Data Analysis from Questionnaire

4.3.1 Community Participation and Family Roles

Table 3: Community Participation and Family Roles

| Question | Response Options | Frequency |
|--|------------------|------------|
| Are you involved in community or political activities? | Yes | 156 (52%) |
| | No | 144 (48%) |
| Has your participation improved family communication and planning? | Yes | 162 (54%) |
| | No | 138 (46%) |
| Has your involvement affected your role in the family? | Yes, positively | 135 (45%) |
| | No change | 97 (32.3%) |
| | Yes, negatively | 68 (22.7%) |
| Do you feel supported by your family in these roles? | A | 83 (27.7%) |
| | SA | 65 (21.7%) |
| | N | 57 (19%) |
| | D | 53 (17.7%) |
| | SD | 42 (14%) |
| Has your participation helped improve communication at home? | Yes | 162 (54%) |
| | No | 138 (46%) |

Participation in political or communal activities was indicated by 52% of respondents, and 54% of them thought that this enhanced family planning and communication. 45% of respondents said their role in the family had improved, while 22.7% said it had gotten worse. Despite participating in community service, over half of participants reported receiving little to no support from their families, as seen by the 49.4% (strongly agree and agree) who said they felt supported by their families.

4.3.2 Economic Empowerment and Decision-Making

Table 4: Economic Empowerment and Decision-Making

| Question | Response Options | Frequency |
|--|------------------|-------------|
| Do you contribute financially to your household? | No | 151 (50.3%) |
| | Yes | 149 (49.7%) |
| If yes, what percentage do you contribute? | 25–50% | 71 (47.7%) |
| | >50% | 40 (26.8%) |
| | <25% | 38 (25.5%) |

| | | |
|---|----------------|-------------|
| How often are you involved in household spending decisions? | Sometimes | 105 (35%) |
| | Always | 97 (32.3%) |
| | Rarely | 63 (21%) |
| | Never | 35 (11.7%) |
| Has your financial role influenced household decision-making? | Yes | 118 (39.3%) |
| | Caused tension | 93 (31%) |
| | No | 89 (29.7%) |
| Does economic empowerment strengthen family cooperation? | A | 110 (36.7%) |
| | SA | 91 (30.3%) |
| | N | 48 (16%) |
| | D | 29 (9.7%) |
| | SD | 22 (7.3%) |

About half of those surveyed claimed to be financially involved in the household. Of those, 47.7% make up 25–50% of the household income. About 67.3% of respondents said they were involved "always" or "sometimes" in financial decision-making. Interestingly, 31% said that their contribution led to tension, while 39.3% believing it had a good impact. This illustrates the complexity of power dynamics in traditional households. Additionally, 67% of respondents strongly agree or agree that economic empowerment promotes improved domestic cooperation.

4.3.3 Educational Empowerment and Communication

Table 5: Educational Empowerment and Communication

| Question | Response Options | Frequency |
|--|-------------------------|------------------|
| What is your highest level of education? | Secondary | 106 (35.3%) |
| | College | 79 (26.3%) |
| | Primary | 77 (25.7%) |
| | None | 38 (12.7%) |
| Does your education help you contribute to family decisions? | A | 109 (36.3%) |
| | SA | 101 (33.7%) |
| | N | 43 (14.3%) |
| | D | 29 (9.7%) |
| | SD | 18 (6%) |
| How often do you discuss family plans and goals? | Sometimes | 123 (41%) |
| | Very often | 102 (34%) |
| | Rarely | 50 (16.7%) |
| | Never | 25 (8.3%) |
| Has your education improved communication with family members? | A | 104 (34.7%) |
| | SA | 93 (31%) |
| | N | 58 (19.3%) |
| | D | 30 (10%) |
| | SD | 15 (5%) |
| Do you encourage others in your family to pursue education? | Yes | 217 (72.3%) |
| | No | 83 (27.7%) |

61.6 percent of those surveyed had completed at least high school. 70% of respondents said their education improved their ability to make decisions, and 65.7% thought it increased communication within the family. 75% of households reported having "very often" or "sometimes" conversations about family plans, and more than 72% stated that they support other family members in their educational endeavors. This indicates that education not only empowers individuals but also has a multiplier impact within families.

4.3.4 General Perceptions of Empowerment

Table c: General Perceptions of Empowerment

| Question | Response Options | Frequency |
|---|-------------------|-------------|
| Has women's empowerment improved your family relationships? | A | 121 (40.3%) |
| | SA | 111 (37%) |
| | N | 34 (11.3%) |
| | D | 21 (7%) |
| | SD | 13 (4.3%) |
| What challenges have you faced due to empowerment? | Balance | 259 (86.3%) |
| | Responsibilities | 183 (61%) |
| | Family resistance | 158 (52.7%) |
| | None | 51 (17%) |

Most respondents (77.3%) agreed or strongly agreed that improving their family connections was a result of empowerment. Problems still exist, though: 52.7% of women encounter opposition from family members, 61% confront more duties, and 86.3% find it difficult to strike a balance between work and family life. This demonstrates that, although empowerment has advantages, it also creates strain that must be managed through shared responsibility and support networks.

4.4 FGD 1: Empowered Women (n=30)

Table 7: FGD 1 for Empowered Women

| Theme | Codes | Sample Excerpts |
|--------------------------------------|---|---|
| Community Participation Roles | ✓ Attending meetings, Women's savings groups, Advocacy talks, Church committees, Village planning | <i>"I usually attend the women's SACCO meetings every week and help other women learn saving techniques."</i> |
| Shifts in Family Roles | ✓ Shared decisions, Contributing to income, Speaking freely at home, Encouraging daughters, Balancing work-family | <i>"Before I started my business, my husband made all the decisions. Now, he asks for my opinion."</i> |

| | | |
|---|--|---|
| Challenges at Home | ✓ Spousal jealousy, Lack of support, Domestic tension, Time pressure, Cultural pushback | <i>“Sometimes, when I come home late from a community event, my husband gets angry and thinks I no longer respect him.”</i> |
| Communication in the Family | ✓ More discussions at home, Respect from children, In-laws' criticism, Role clarification, Better planning | <i>“My children now see me differently they even ask me for advice like their father.”</i> |
| Suggestions to Improve Family Life | ✓ Support from spouses, Educating men, Time management, Community awareness, Shared home duties | <i>“If men were also educated on the importance of empowerment, we would face fewer fights at home.”</i> |

Active community involvement, such as attending SACCOs, village planning meetings, and advocacy forums, improves women's social positions and increases their feeling of purpose and influence, according to the conversation with empowered women in Kauga. This is consistent with new research from 28 African nations showing that more social independence and involvement in family and community decision-making are correlated with women's empowerment (Hellwig et al., 2025).

Women who felt empowered reported better economic contributions, more balanced decision-making, and a change in family roles. According to many women, their financial participation allowed for more respect for one another at home. One participant remarked, for instance, *"Now, he asks for my opinion."* According to recent research, a woman's voice in family decisions is greatly increased by economic empowerment, especially when it comes to financial and reproductive issues (Nwogwugwu, 2019).

Despite these successes, women still talked about marital problems like tensions and rivalry between spouses. *"My husband gets upset and thinks I no longer respect him,"* one woman said. In patriarchal environments, where changes in power dynamics can make males feel insecure, this kind of retaliation is typical. According to research, men's opposition prevents women from being empowered in their homes, particularly when established gender norms are in jeopardy (Abekah-Nkrumah, 2013).

Empowered women reported increased peace in the home, more candid conversations, and better respect from kids when it came to family communication. This points to a beneficial

intergenerational effect in which daughters in particular look up to and model strong mothers. These results are in line with research showing that empowered women are more involved in child rearing and promote improved communication in families (Lufuke et al., 2022). In order to lessen conflict and encourage shared responsibility, participants recommended increased community awareness and spouse education. This reflects a growing understanding that decreasing family-level tensions and maintaining gains require men to be involved in gender empowerment programs (Banks et al., 2022).

4.5 FGD 2 for Community Leaders (n=30)

Table 8: FGD 2 for Community Leaders

| Theme | Codes | Sample Excerpts |
|--|--|---|
| Observed Participation of Women | Leading groups, Volunteering, Mobilizing women, Representing in councils, Voter education | <i>“We have seen women now chair local council meetings and even mobilize others during immunization days.”</i> |
| Perceived Impact on Family Dynamics | Stronger mothers, Shifting authority, Increased household input, Improved children’s welfare, Changing gender expectations | <i>“Empowered women now help their husbands in budgeting, and you see more peaceful homes.”</i> |
| Resistance to Empowerment | Male insecurity, Cultural beliefs, Fear of losing control, Domestic arguments, Social ridicule | <i>“Some men fear their wives becoming too outspoken - they think it’s a threat to their manhood.”</i> |
| Children's Response | Boys confused by changes, Girls inspired, Mixed reactions, Increased respect, Role modeling | <i>“Girls now want to be like their mothers - they ask how they can become chairpersons too.”</i> |
| Recommendations from Leaders | Include men in training, Normalize empowerment, Create safe dialogues, Community outreach, Role-sharing workshops | <i>“We need to teach both men and women how to manage power balance at home before conflicts arise.”</i> |

Women's leadership in local clubs, voter education, and planning committees has clearly increased, according to community leaders. "Local council meetings are now chaired by women," one leader said. This supports studies that demonstrate the growing influence of empowered women on domestic and public decision-making (Tripp, 2023). Leaders connected better family dynamics, like more harmonious homes and shared budgetary duties, to this empowerment. This is consistent

with data showing that women's agency improves health, education, and peace in the home (G. Abekah-Nkrumah, 2013).

Leaders did, however, also talk about social mockery, male insecurity, and fear of losing authority as barriers to women's empowerment. "Men fear their wives becoming too outspoken," one person said. Many African environments are firmly ingrained with cultural beliefs and strict gender norms, which might impede advancement (Atake & Ali, 2019). Children's responses varied; boys occasionally felt perplexed, while girls were inspired. Leaders noticed that daughters were increasingly following in their moms' footsteps and aspiring to leadership roles. These results are consistent with research demonstrating that strong women serve as role models, changing the following generation's expectations and gender stereotypes (Hellwig et al., 2025).

To handle changing gender dynamics, leaders suggested family dialogue platforms and inclusive training. According to Onah et al. (2023), these strategies aid in normalizing empowerment, lowering resistance, and creating more just family structures.

4.6 Challenges Associated with Women’s Empowerment

Table 2 highlights the major challenges faced by women due to their empowerment. The most reported issue was balancing work and family life (86.3%), indicating that increased engagement outside the home creates time and emotional pressure, especially in patriarchal settings where domestic roles remain female-dominated. Increased responsibilities (61.0%) and criticism from society (53.0%) were also frequently cited. This aligns with literature emphasizing that women’s empowerment can lead to social tension or isolation, especially in traditional communities (Hellwig et al., 2025). Additionally, resistance from family members (52.7%) confirms the presence of domestic opposition, which may hinder empowerment outcomes unless addressed through education and community dialogue.

Table 5: Challenges Faced Due to Women’s Empowerment

| Challenge | Counts | Percentage |
|--------------------------------|---------------|-------------------|
| Criticism from society | 159 | 53.0% |
| Balancing work and family life | 259 | 86.3% |
| Resistance from family members | 158 | 52.7% |
| Increased responsibilities | 183 | 61.0% |

4.7 Recommendations for Strengthening Women’s Empowerment

Table 3 presents respondents' suggestions for enhancing empowerment initiatives. A vast majority supported community education on gender equality (87.3%) and encouraging girl-child education (85.7%), which reflect a long-term, intergenerational vision of empowerment. This is consistent with current research calling for structural changes to social norms and early intervention through education (Onah et al., 2023). Additionally, support for women entrepreneurs (60.0%) and mentorship programs (55.3%) were prioritized, showing the need for practical tools that help women sustain and scale their initiatives. Mentorship, in particular, offers role models and peer guidance that build confidence and resilience.

Table 10: Recommendations to Strengthen Empowerment

| Recommendation | Respondents | Percentage |
|--|--------------------|-------------------|
| Create mentorship programs for women | 166 | 55.3% |
| Community education on gender equality | 262 | 87.3% |
| Support women entrepreneurs | 180 | 60.0% |
| Encourage girl-child education | 257 | 85.7% |

CHAPTER FIVE: CONCLUSION & RECOMMENDATION

5.1 CONCLUSION

The purpose of this study was to investigate the effects of women's empowerment on family dynamics in Kauga, Mukono District. The results clearly show how women's empowerment has aided in their increased decision-making, financial support of their families, and respect in their communities and households. Women who participate in leadership positions, savings organizations, and community events have found that their views are heard more loudly and with more confidence. More shared responsibilities at home, more communication between spouses and kids, and encouragement for daughters to pursue leadership and education were among the positive changes that many noted.

But empowerment wasn't without its difficulties. While some women found it difficult to strike a balance between job and home life, others encountered opposition from their spouses and relatives. Tension and pressure were produced by societal criticism and heightened duties. These challenges demonstrate that although empowerment has many positive effects, it may also lead to domestic strife, particularly in traditional societies where gender roles are deeply ingrained.

Overall, the study finds that when the larger community supports women's empowerment, family ties strengthen. However, empowerment on its own might not result in harmonious or balanced homes if men are not included and social attitudes are not changed.

5.2 RECOMMENDATION

Several suggestions are made in light of the study's findings to strengthen the beneficial impacts of women's empowerment on family ties in Kauga and comparable communities.

First and foremost, the community has to be educated on gender equality. Men's opposition can be lessened and conventional ideas that restrict women's responsibilities can be questioned by ongoing awareness and sensitization campaigns. Village meetings, school visits, local radio shows, and community discussions can all be effective means of educating people and encouraging shared family responsibilities.

Second, men should be a part of empowerment initiatives. Men are more likely to comprehend the advantages and stand by their spouses when they participate in training and conversations on

women's rights and roles. By encouraging cooperation and lowering the fear of losing power, this inclusion can create more balanced and healthy family contexts.

Promoting education for girls is another important suggestion. Early education gives girls more self-confidence and equips them for future leadership positions. To guarantee that girls are nurtured both inside and outside of school so they may grow up to be the next generation of strong, independent women, schools, parents, and local authorities should collaborate.

Furthermore, it is essential to assist female entrepreneurs. Many women want to launch small enterprises, but they don't have access to markets or funding. Women may become more economically independent and contribute more to the well-being of their families by being given access to small loans, training, and business spaces designed specifically for them.

Lastly, it is strongly advised that mentorship and role model programs be established. Women with experience who have managed to balance leadership, family, and job might act as mentors to help others. Those who are just starting their journey toward empowerment might benefit from their guidance and inspirational tales.

Communities may enhance the benefits of women's empowerment and foster more compassionate and encouraging family interactions by putting these tactics into practice.

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APPENDIX

1. CONSENT FORM

Title of the Study: Contribution of Women Empowerment on Family Relationships in Kauga, Mukono District.

Principal Investigator:

Institution:

Contact Information:

Introduction

You are invited to participate in a research study on the contribution of women's empowerment to family relationships. Before you decide whether to participate, it is important to understand the purpose of the study, what your participation involves, and any potential risks or benefits.

Purpose of the Study

The study aims to explore how women's empowerment influences family roles, decision-making, and resource allocation in Kauga, Mukono District.

Procedures

If you agree to participate, you will be asked a series of questions related to your experiences with women's empowerment and its effects on family relationships. This interview will take approximately 5–10 minutes.

Voluntary Participation

Your participation is entirely **voluntary**. You are free to decline or withdraw at any time without any consequences.

Confidentiality

Your responses will be kept strictly confidential. No personal identifiers will be used in reports or publications. The data will only be used for academic purposes. If you permit, the interview may be audio recorded to ensure accuracy.

Potential Risks and Benefits

- ✓ There are **minimal risks** associated with this study. If any question makes you uncomfortable, you may choose not to answer.
- ✓ The study may contribute to policy discussions on gender empowerment and family well-being.

Consent Statement

- I have read and understood the information above. I voluntarily agree to participate in this study.
- I consent to audio recording of the interview. *(Optional)*

Participant's Name: _____

Signature: _____

Date: _____

2. INTERVIEW GUIDE

Contribution of Women Empowerment on Family Relationships in Kauga, Mukono District

Introduction

- ✓ Greet the respondent and introduce yourself.
- ✓ Explain the purpose of the study.
- ✓ Assure confidentiality and anonymity of responses.
- ✓ Seek consent to record responses (if applicable).

Section A: Demographic Information *(To be asked to all respondents)*

1. Can you please tell me your name (optional) and age?
2. What is your marital status? (Single/Married/Divorced/Widowed)
3. What is your highest level of education?
4. What is your current occupation?
5. How many people live in your household?

Section B: Women's Participation in Community and Its Role in Shaping Family Roles and Responsibilities *(For Women and Community Leaders)*

6. In what ways do you participate in community or political activities?
7. How has your participation in these activities affected your role in the family?
8. Has your involvement in leadership or community work changed decision-making patterns at home? If yes, how?

9. What challenges have you faced as a woman participating in leadership or community work while managing family responsibilities?
10. How do your family members (spouse, children, or extended family) perceive your participation in community activities?

Section C: Economic Empowerment and Its Influence on Decision-Making and Resource Allocation (*For Women and Spouses*)

11. Do you have an independent source of income? If yes, what kind?
12. How involved are you in making financial decisions in your household?
13. Do you think having your own income has increased your influence in family decision-making? Why or why not?
14. Have you faced any resistance from your spouse or family due to your financial independence?
15. How is household money typically managed in your family? Who makes the key financial decisions?

Section D: Educational Empowerment and Its Influence on Family Decision-Making and Communication (*For Women, Spouses, and Community Leaders*)

16. What is the highest level of education you have attained?
17. Do you believe that your education level affects how much you participate in family decision-making? Why?
18. Have you noticed a difference in communication between educated and less-educated women within families?
19. How does education impact discussions on family planning, child education, and household financial management?
20. What role do you think education plays in strengthening family relationships?

Section E: General Perceptions on Women's Empowerment and Family Relationships (*For All Respondents*)

21. In your opinion, how has women's empowerment affected family relationships in this community?
22. What are the biggest benefits of women's empowerment in families?

23. What challenges do empowered women face in balancing their roles at home and in society?
24. How do you think men and children have adjusted to the changing roles of women in the family?
25. What recommendations would you make to ensure that women's empowerment strengthens rather than weakens family relationships?

Conclusion

- ✓ Thank the respondent for their time and insights.
- ✓ Reiterate confidentiality and how their responses will be used.
- ✓ Ask if they have any final comments or additional thoughts.

3. QUESTIONNAIRE

Contribution of Women Empowerment on Family Relationships in Kauga, Mukono District

Section A: Demographic Information

1. What is your age? (All respondents: Women, Spouses, and Community Leaders)
 - 18–25
 - 26–35
 - 36–45
 - 46–55
 - Above 55
2. What is your marital status? (Women and Spouses Only)
 - Single
 - Married
 - Divorced
 - Widowed
3. What is your current occupation? (Women and Spouses Only)
 - Unemployed
 - Informal sector worker
 - Formal sector worker

Self-employed

4. How many people are in your household? (Women and Spouses Only)

1–3

4–6

7 or more

Section B: Community Participation and Family Roles

5. Are you involved in any community or political activities?

Yes

No

6. If yes, what type of activities are you involved in?

Community leadership

Local political advocacy

Volunteering

Other (Please specify): _____

7. Has your involvement in these activities affected your role in the family?

Yes, positively

No change

Yes, negatively

8. Do you feel supported by your family in your community or political roles?

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

9. Has your participation in community or political activities improved family communication and planning?

Yes

No

Section C: Economic Empowerment and Family Decision-Making

10. Do you contribute financially to your household?

- Yes
- No

11. If yes, what percentage of the household income do you contribute?

- Less than 25%
- 25–50%
- More than 50%

12. How often are you involved in decisions about household spending?

- Always
- Sometimes
- Rarely
- Never

13. Has your financial contribution influenced your role in decision-making?

- Yes, positively
- No
- It has caused tension in the household

14. In your opinion, does economic empowerment strengthen cooperation within families?

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

Section D: Educational Empowerment and Family Communication

15. What is the highest level of education you have completed?

- No formal education
- Primary school
- Secondary school
- College/University

16. Do you believe that your educational background helps you contribute to family decisions?

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

17. How often do you discuss family plans and goals with other members of the household?

- Very often
- Sometimes
- Rarely
- Never

18. Has your education improved how you communicate with family members?

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

19. Do you encourage other family members to pursue education?

- Yes
- No

Section E: General Perceptions

20. Do you think women's empowerment has improved your family relationships overall?

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

21. What challenges have you faced due to women's empowerment in your family?

- Resistance from family members

- Increased responsibilities
- Balancing work and family life
- None

22. In your opinion, what more can be done to improve women's empowerment and family relationships?