

Empowerment of Iranian Women: A Systematic Review

Nasraneh Zolfagari¹; Soroush Fathi²; Mehdi Mokhtarpour³

1. *Ph.D. Student of Sociology, West Tehran Branch, Islamic Azad University, Tehran, Iran*
2. *Associate Professor of Sociology, West Tehran Branch, Islamic Azad University, Tehran, Iran*
3. *Assistant Professor of Sociology, West Tehran Branch, Islamic Azad University, Tehran, Iran*

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Abstract: Many feminist activists, governmental and non-governmental organizations have taken an interest in the problem of women's empowerment as a fundamental idea in all perspectives on women, particularly in recent years. Reviewing previous research in the area of empowerment is the goal of the present study. Based on this, all scientific-research publications published between 2001 and 2011 that included the keywords empowerment and empowerment were initially pulled from Noor Magazine reference database and Jihad University's scientific database, respectively. The most relevant articles to the study's goals were then chosen based on the entrance and exit criteria. The data extraction worksheets were constructed and altered in the format of 8 indicators and finished based on the coding and comments of each worksheet after the quality and scientific validity of the chosen articles were evaluated. The historical period, authors' gender, regional distribution, research technique, study purpose, theoretical approach, elements and variables impacting empowerment, and the function of women's empowerment, among other variables, were the indicators examined in the spreadsheets. After reviewing and contrasting the worksheets using the data collected, the research's goal was eventually met by combining and evaluating the data. According to the study's conclusions, notable and significant aspects that were looked at in five areas (economic, social, political, psychological, and individual) in addition to background factors have been classified and summarized.

Keywords: women's empowerment, economic empowerment, social empowerment, individual empowerment, psychological empowerment, political empowerment.

Introduction

Women make up about half of the working-age population worldwide, making them one sort of human capital. The high rate of women labor force participation may boost the country's economic development. In order to achieve sustainable development, women must actively participate in all spheres of society as they are among the most influential audiences and social groups in the development process (Qolipour et al., 2009: 14).

Since the 1960s, significant efforts have been made in many countries around the world, and also, the United Nations units worked to reduce this inequality with some success in many locations. Women have always been in a subordinate position in power equations related to the division of labor, exploitation of available resources, and evaluation of work. Empowerment was one of the most significant global concepts that was advocated to narrow and end these disparities and inequities. Its notion grew and changed as it gained popularity, especially among intellectuals and professionals from emerging and third-world nations (Shadi Talab154: 2002). People become empowered when they reach a point in their development where they are able to make decisions based on their own desires. In other words, empowerment entails including people who are not currently involved in decision-making processes. (ibid.) Governmental and non-governmental organizations in Iran have begun to pay attention to the empowerment approach, which has been influenced by feminist activists, as well as the paradigm shift in the area of gender and development, especially since the 1990s. Some government organizations that are primarily involved in social fields, particularly those involving women, have begun to experience and expand empowerment initiatives either independently or with the cooperation of international organizations.

¹ Email: nasranehz32@gmail.com

² Email: Fathi.soroush@gmail.com (Corresponding Author)

³ Email: mehdi.mokhtarpour@gmail.com

The ability to implement one's desires, awareness of one's inner needs, increased self-reliance, expanding the right to make choices in life, overcoming unwarranted shame, having self-confidence, and having self-confidence showed the ability to accurately evaluate and truly know oneself are all components that can contribute to the empowerment of women (Zamani Moghadam Massoud et al., 2021). Additionally, this empowerment enables women to set their own priorities, keep an eye on their relationships, and avoid being reliant on people of the opposite gender (Freidooni et al., 2013: 76).

In the last two decades, there has been a tremendous surge in the topic of women's empowerment. These studies looked at many facets and dimensions of empowerment. Given the current circumstances, the relatively large number of studies that have been conducted on women's empowerment in Iran over the past 20 years, and the scientific community's struggle with the proliferation and accumulation of theories in this area, it would appear that a thorough review of the literature in this area is necessary to fully cover all of the topic's various facets. In addition to giving scholars a thorough knowledge and perspective, a systematic examination of prior papers may be employed in the compilation and review of women's empowerment policies by authorities and planners. The present study attempts to analyze previous research, compile data from multiple studies, and attempt to combine and integrate them in order to arrive at a new conclusion and, ultimately, provide answers to the following questions:

1. What aspects of the empowerment have researchers in the field of women's empowerment examined in their studies?
2. Each study surveys several aspects of empowerment and which dimension of empowerment has received more attention?
3. What were the methodological approaches applied in the study?
4. What theories and approaches have been utilized in empowerment research?

Theoretical Principles

Considering the pervasiveness of social issues related to women's empowerment in different societies, women's empowerment has been the subject of numerous studies in recent years. Initially, in the theoretical literature of empowerment, discourses including feminist discourse held a more authoritative position. Towards modernization and development, as well as altering the paradigms of social sciences, the dominant discourse on the topic of empowerment is the discourse of development and, more specifically, sustainable development. (Ketabi et al., 2012: 7) Empowerment is a process in which women become aware of their interior requirements and desires, develop the fortitude to pursue their objectives, and acquire the skills necessary to realize their desires. enabling women It means that they have overcome their unnecessary shame, that their actions and words demonstrate self-confidence and self-confidence, and that they are able to correctly evaluate and truly know themselves; be aware of their inner talents and limitations; have the courage to face challenges and attempt to solve them; have a thorough understanding of their intended goals and the ability to make them a reality; have the ability to achieve their goals and be able to achieve their desired goals (Farrokhi, 1997:76).

The theories and models suggested in the field of empowerment are: Sarah Lange's empowerment model, Amartiasen's empowerment and freedom of choice, Nila Kabir's theory, Lynn Bennett's theory, and David Keiterman's theory. In the following, a brief explanation of these theories will be given. Sara Lange's (2013) idea is one of the most well-known ones in the area of women's emancipation. The United Nations Children's Fund uses the philosophy of women's empowerment, which was initially put out by Sarah Lange, a Zimbabwean development specialist, as its most recent strategy for the advancement of women. The empowerment hypothesis in fact, it combines theories of welfare, equality, and poverty alleviation, with the exception that its proponents did not persist in their efforts to start and create long-term changes at the highest levels of decision-making of governmental organizations, preferring instead to focus on the work of non-governmental organizations of women and groups. For political mobilization, they believe that everyone (men and women) must be informed and educated (Shadi Talab, 2001: 135).

Sara Lange criticizes a large portion of the theoretical literature in the field of development, most of which consider equality according to Common divisions define different sectors of the economy and society, such as education, employment, legal standards, and similar. Sara Lange emphasizes the idea that (gender) equality should be the central theme of any development program centered on women's issues. According to Lange, this analytical approach distracts the eyes from the crucial role that increased equality of women and men in promoting the development process by concentrating too much on numerous indicators that often reflect restricted parts of the total social life. On the basis of this, he offers a conceptual model with five levels that may be used to gauge the degree of development of women in many spheres of social and economic life. Welfare, access, awareness, involvement, and control are Lange's five levels (Lange, 1991: 152). Amartyasen emphasizes the capacities of people in his book "Development as Freedom" and views individual freedom as a positive component and a foundational aspect of development. He provides explanations that fall into one of two categories: First, the evaluation-based argument: whether or whether people's liberties have increased is the key question. The fulfillment of development is entirely reliant on the free activity of the people, according to the second argument, which is based on efficacy or impact (Motosali et al., 2016: 44–47).

"Human development" is an expression of the idea of freedom in Amartyasan's writing. "Knowing human growth refers to the expansion of people's capacities to engage in voluntary, personally rewarding activities. There is a significant difference between means and goals in terms of age. He said that "something in the essence of the old and used view of "human capital" has been lost and neglected." As a result, "humans are not only the most important tools for social achievements, but they are the goal and the most sublime goal" (ibid). This is because the category of human development intended by age brings people to the scene of productive actions in all social, political, and economic dimensions.

San contends that although it is important to differentiate between the view of poverty as a lack of resources and the competing impression that defines poverty as a lack of money, it is also important to remember that these two perceptions are mutually dependent. Increasing ability in non-income sectors leads to a rise in income production and, more directly, an increase in the total quantity of money. On the one hand, income is a key instrument in developing ability. With the exception that in the second instance, the promotion of various quantitative and qualitative indicators in the sphere of empowerment goes hand in hand with the prosperity in the income position. The stated instrumental function for income in the first example is wholly conditional. To put it another way, it is not always feasible to see a rise in wealth as an improvement in people's skill levels or as the beginning of a process that would automatically cause the desired delay (San, 2010, cited by Vahid Mahmoudi: 211–208).

Nila Kabir claims that the notion of empowerment is used in a variety of ways, from superficial to deep, from specialized to extremely generic approaches, and it occurs at numerous levels and dimensions. He views the idea of power as the term empowerment's primary structural component. He views the idea of empowerment as a collection of procedures that allow individuals who have been denied the authority to make decisions to reclaim it. In other words, empowerment calls for a procedure that results in change. People who are given a lot of options in life may be strong, but in their instance, empowerment was not carried out since they were already powerful. In other words, they were not spared at the start of the "power" but have since been given power via a process. The idea of "choice" must be reconcilable with what the idea of "power" entails, according to Kabir, who breaks it down as follows:

The capacity to choose an alternative other than the one that has already been chosen is what choice signifies. This power to choose suggests that there are other possibilities available. There is a logical connection between poverty and disempowerment since having insufficient resources to cover fundamental requirements may force one to make unjust and unpleasant trade-offs between various aspects of one's freedom of choice. However, there is still the issue that not all choices are equally pertinent to the notion of power, even when survival imperatives do not influence decision. When considering the effects decisions have on people's lives, some decisions are more significant than others. Thus, based on Kabir, there are two types of choice in life:

- A. The decisions that need to be made first and are referred to as main decisions are those that are strategic and important in one's life, such as getting married, having kids, etc.
- B. Second-priority options, sometimes referred to as secondary options. These decisions, such as what kind of food and clothing to wear, are not crucial. According to Kabir, these two categories include the only fundamental options that directly connect to the idea of "power."

According to Kabir, these decisions are strategic ones that every individual makes in their life, and while considering empowerment, it is important to take this capacity into account. In his theoretical framework for the idea of women's empowerment, Kabir examines the capacity to make such decisions from three distinct perspectives in the process of social change: sources of agency and accomplishments. (Kabir, 2009: 15-17) With the aim of reducing poverty in a long-lasting way, Lynn Bennett put out a theory of social transformation. Bennett aims to combine top-down (social integration) and bottom-up (empowerment) processes in order to promote sustainable social development. In order to alter the present power dynamics in society and bring about more equality, empowerment and social integration are effective tactics. Helping the poor and the oppressed realize the power arising from their collective activity, in Bennett's opinion, is one of the key components of the majority of empowerment techniques. The aforementioned strategies often operate from the bottom up with the goal of hearing the views and demands of diverse socially marginalized and impoverished groups of individuals. Social mobilization may also take the form of alliances for change between underrepresented groups and people who have higher status, who are calling for a more equitable society, or who share other traits with the underrepresented.

The foundation of social integration is a complementary strategy that targets institutional reforms at various levels and policy adjustments to get rid of disparities in access to resources, skills, and opportunities. Likewise, social integration as the following stage in the process of social change may happen in response to pressure from below through empowerment (poor or socially excluded groups), but in most cases, it also results from a certain position within the current institutional framework and power (Kermani et al., 2012: pp. 125-123).

David Fitterman regards empowerment as a five-level process that involves the following levels:

- A) Education: The category of education is the route for developing people's capabilities; in such a method that in addition to participating in plans and programs, the person is a designer and executor.
- B) Facilitation: In present model, an attempt is made to aid the actors to implement a plan themselves.
- C) Support: In support, the defense of people in implementing development plans is emphasized. For this reason, coaches give people self-confidence to achieve purposes and progress.
- D) Disclosure: In present model, the enabler makes his experiences accessible to the people and gives direction to the people so that they can see and plan the problems and implement them themselves.
- E) Liberation: In present model, the enabler (educator), in a way, obtains the context for the emergence of people's talents for decision-making, so that people can attempt to find useful ways to participate and new opportunities about how to apply facilities and resources. (Sheidaee Ashtiani, 2009)

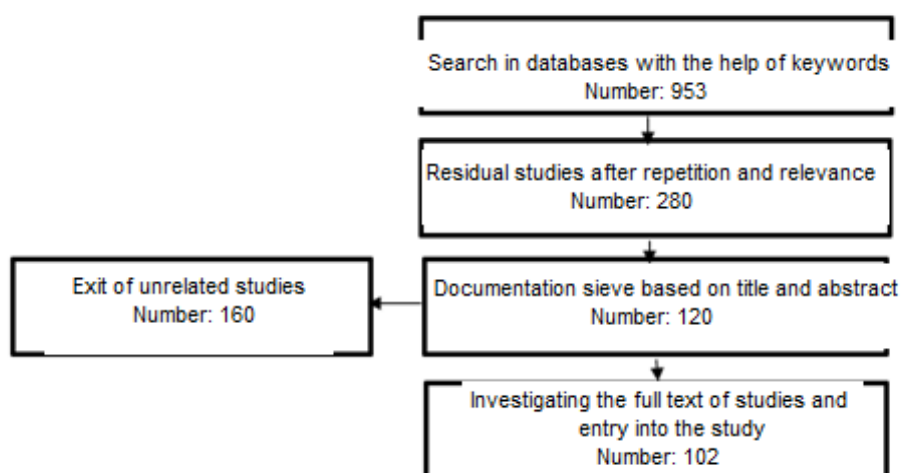
Research methodology

Documentary analysis is the method used to gather data for the present study, which is applied in terms of its goal and descriptive-analytical in terms of how it is carried out. The systematic review approach, which is basically an organized search that is conducted in accordance with predetermined norms and regulations, has been employed as a research method in this work. According to Grant and Booth (2009), a systematic review is a thorough, thorough, and systematic search of prior research on a particular issue, the compilation and assessment of this research based on precise and specified criteria, and eventually results in recommendations. A systematic review's distinctive feature is that it expands our understanding of the topic we are researching. Systematic reviews may improve comprehension of a

subject, reveal recurring patterns in different types of research, or aid in the creation of a theory (Tandour et al., 2012; Hammersley, 2001).

A systematic review has two key features, which are: First, it is very repeatable and reliable. Second, it is carried out in phases; initially, the search is extensive and sensitive, and later on, it narrows down and becomes more focused (Glass et al., 1981). Several reputable databases were searched using keywords relevant to the issue in the systematic review (Robinson and Lowe 2015). The statistical population of the current study comprises all peer-reviewed, published papers that discuss "women's empowerment" from a variety of angles. The following phases of the study were completed in accordance with the research methodology (systematic review):

- Stage 1: search strategy: in this stage, to determine the articles, from keywords "women's empowerment", "women's social empowerment", "empowered women", "women's economic empowerment", "women's psychological empowerment", "women entrepreneurs" in the database of the Scientific Information Center of Academic Jihad, the database of Noor specialized journals, the comprehensive portal of humanities, the database of national publications, was searched. In the first search, 953 article titles were found. In search process, by removing the titles of unrelated articles and duplicates, at this stage, 280 articles remained from 1381 to 1401.
- Stage 2: the criteria for choosing articles: In this stage, by surveying the abstracts of the articles, due to relevance to the issue of women's empowerment and excluding unrelated studies, 120 articles were gathered which did not match, finally 102 articles were included in the research. One of the characteristics of a systematic review that gives it special credibility is identifying the criteria for the entry and exit of studies into the study. The criteria for inclusion of articles for study are: 1. Publication in Persian language 2. Clear and specific treatment of the issue of women's empowerment 3. The statistical population of the study must be empowered Iranian women 4. Scientific research articles 5. Publication year from 1381 to 1401 in recent decade). The criteria for excluding articles from this research are: 1. Lack of connection with the issue of empowerment 2. Being other than Persian language
- Stage 3: Qualitative assessment of articles: In this stage, the selected articles were assessed and summarized due to objectives, type of research, research method, tools and how to gather data and results. Choosing articles was done in the last stage by helping two researchers. In such a way that both researchers evaluated the full text of the articles so that if one person rejects or approves an article, the other researcher will also examine it. This situation did not occur for any of the articles and finally 102 chosen articles were selected with the idea of both researchers



- Stage 4: Data Extraction: To extract the data of articles, the data extraction form was first manually designed and adjusted in Excel software in the form of 9 indicators. Based on the coding and the margins of each of coders was completed. The examples in the case were: Time interval, authors' gender, geographical distribution, research method, research purpose, theoretical approach, factors and variables that affect women's empowerment and empowerment of other variables like rural development (Table 1).
- Stage 5: Qualitative Assessment of Research: After studying and comparing above indicators, the data provided and the analysis and analysis were addressed and the goal of study was addressed.

Table (1): Titles, author's name and the most important indicators examined in 102 articles

Investigated Indices	Year of Publication	Author	Title of Article
Economic-Personal	2003	Mahmoud Ketabi, Behjat Yazd Khasti	Empowering women to participate in development
Economic-Personal	2005	Shahnaz Tabatabai and Simin Hosseinian	Empowering female -headed households through group counseling, informing and entrepreneurship
Economic	2007	Mehdi Taleb and Zohra Najafi	Consequence of rural micro -credits on economic empowerment of female heads of household: A look at the results of Zainab Kobra's project
Economic-Social-Psychological-Political	2007	Ali Shakoori-Maryam Rafatjah-Masoomeh Jafari	Components of women's empowerment and explaining the factors affecting them
Psychological-Social-Economic	2008	Ali Shakoori	Women's Support and Empowerment Policies
Psychological-Social-Economic	2008	Seyed Ali Kimiaee	Women's empowerment practices
Economic-Social-Psychological	2008	Siamak Zand-Maryam Rahmani-Ali Rabbani	The Role of Micro Credit in Women's Empowerment (Village behind Bam River)
Psychological	2008	Arian Gholipoor-Ashraf Rahimian-Azam Mirzamani	The Role of Official Education and Organizational Employment in Empowerment of Tehran Women
Economic-Personal	2010	Khalil Kalantari, Hossein Shabanali, Homa Soroosh Mehr	Investigating Facilitator Factors and Inhibitors of Women's Economic Empowerment
Economic-Social-Political	2010	Elaha Kolayi and Ebrahim Taheri	The effect of Women's Empowerment on Rural Development in Iran
Economic-Social-Psychological-personal	2011	Arin Qolipour, Tayyaba Amirkhani and Asal Azad	Institutional consequences of women's psychological empowerment in higher education
Personal-Familial-Social-Psychological	2012	Ahmad Ghiasvan and Hassan Amari	The assessment of Social Impact of Women's Cultural Complex (Shahrbano) on Women Empowerment in Tehran
Economic-Familial-Social	2012	Somayeh Latifi, Heshmatolah Saadi, Hossein Shabanali	The evaluation of Rural Handmade Carpet Cooperatives in Empowerment of Carpet Women (Hamadan Province)

Psychological-Economic-Personal	2012	Alireza Koldi and Parvaneh Salahshoori	Surveying the Impact of Social Support on Women's Empowerment
Economic-Social-Personal	2012	Mojgan Faqiri, Kiomars Zarafshani, Amirhossein Beigi	Surveying the Impact of Micro Credit Funds on Empowerment of Rural Women in Kermanshah Province
Economic	2012	Mohammad Sadeq Olyae, Mahdi Dehqan	Surveying the Economic Economic Capacity of Women of Takab and their role in rural development (Takab city villages)
Economic-Social-Psychological-Political	2012	Hassanali Faraji, Morteza Nemati, Afshin Khaki	Surveying Mechanism for Information Technology on Rural Women's Empowerment Based on DEA Model (Qarn Abad County)
Economic-Social-Personal-Psychological	2012	Naser Zamani, Poorya Ataee, Nasim Izadi	Surveying levels and extent of empowerment among rural women cooperative members (Tafiyān)
Social-Psychological	2012	Leila Siad, Mohammad Eskandari, Fazileh Khani	Information Technology and Communication Technology Investigation of Rural Women (Lahijan)
Economic-Social	2012	Masoumeh Mohadi Pourhojat Elah Sadeghi and Mahmoud Fal Suleiman	An analysis of the role of carbon sequestration project in empowering rural women
Psychological	2012	Vahid Heydari Sarban	Empowerment is a fundamental step towards achieving rural development (Meshginshahr)
Social-Economic-Personal	2012	Kyomarh Zarafshani, Mojgan Faqiri	Micro Credit Fund Ranking Based on Empowerment of Rural Women in Kermanshah Province
Economic-Social	2012	Heshmat Allah Saadi, Hossein Shaban Ali, Somayeh Latifi	The measurement of the economic and social capability of rural carpet and rural carpets (Hamadan)
Psychological-Social-Economic	2012	Mahdi Kermani-Mohammad Mazloom- Hossein Behvaran- Mohsen Noghani	Factors Affecting the Ability of Women -Headed Households
Psychological	2013	Mahdi Charmchian and Amir Hossein Alibeigi	Surveying the Factors Affecting the Psychological Empowerment of Rural Women
Psychological	2013	Mansour Vathouqi - Sona Habibi	Native knowledge a step towards localizing rural development and empowering villagers
Economic-Social-Psychological	2013	Nematolah Shiri-Moslem Savari- Ali Asadi	The Role of Communication and Information Resources and Channels in Divandareh Rural Women
Economic	2013	Mehrdad Tavanbakhsh, Mostafa Azkia, Mansoor Vosughi, Zahra Moshir	The evaluation of Factors Affecting Economic Capacity (Vulnerable Women in Tehran)
Economic-Social	2013	Talatollah Yari and Sima Asadi	The effectiveness of services obtained by the Welfare Organization on the ability of female -headed households

Social-Economic-Psychological	2013	Leila Vosughi and Mahdieh Ghasemi	Ecotourism and Empowerment of Rural Women (Qeshm Island Long slope)
Economic-Social-Political-Psychological-Personal	2013	Hossein Ghodsian, Majid Molamohammadi, Zahra Shahosseini	Investigating the Impact of Technical and Professional Education on Women's Empowerment
Economic-Social-Psychological	2013	Moslem Savari, Hossein Shabanali	Investigating the Ability of Rural Women in Improving Household Food Security in Divandareh+CC22: C30
Economic-Social-Political	2013	Rohollah Rezaee and Shima Zarei	Surveying the Viewpoint of Rural Women on the Impact of Social Capital Components on Empowerment (Qorveh County)
Economic-Personal	2013	Youssef Ghanbari, Hamid Barqi	Investigating and Surveying on Empowerment of Rural Women and Explaining Effective Factors (Isfahan County Villages)
Economic-personal	2013	Mozhgan Faqiri and Amir Hossein Ali Beigi and Fatemeh Pourqasem	Predictive Forecasting Rural Women Using Diagnostic Reflicit Pattern (Case Study: Kangavar County)
Economic	2013	Zohra Fanni and Mojgan Farajzadeh	Women's job empowerment and urban sustainable development
Psychological	2013	Mehdi Kermani, Mohammad Mazloun Hossein Behravan, Mohsen Noghani	The relationship between Social Capital and Psychological Ability of Women Head of Households Working in Kowsar Centers of Tehran Municipality
Social-Personal	2013	Mohammad Bagher Tajuddin and Leila Rahimi	National Media and Empowerment of Women Head of Households Study: Women Head of Households in District 18 of Tehran
Psychological-Social-Economic	2013	Korosh Rezaee-Leila Nematpoor	Working in Vermi-compost Production Organizations for Empowering Rural Women (Fars)
Economic-Social-Psychological-Personal	2013	Jaber Paryab-Naser Zamani-Gholamreza Pezeshki	The Role of Production Cooperatives in Empowering Rural Women of Fars Province Case Study: Rural Cooperative of Women of Sepidan
Economic	2013	Mojtaba Ghadiri-Jamshid Soori	The role of women's job capability in the economic development of rural areas (Kuhdasht)
Social	2013	Heshmatolah Saadi- Sara Jalilian- Ahmad Yaghubi	The effect of home businesses on the social capability of rural women
Social	2014	Vakil Heidari and Abolfazl Maleki	The evaluation of Rural Tourism Role in Social Empowerment (Deh Ziarat Village and Bavanat Fars Province)
Economic-Social-Political-Psychological-Personal	2014	Maryam Soofi, Aliakbar Rezaee	Surveying the Impact of Entrepreneurial Education as a Cultural Factor on Women's Empowerment
Economic	2014	Yoosef Ghanbari, Hamid Barghi and Nafiseh GhotbiNejad	Surveying the Role of Rural Women's Agricultural Activities in Empowering Household Economics (Kashan)

Economic-Social	2014	Maryam Najar and Masoume Abkhosh	Evaluating the effect of Citizenship Education on Women's Empowerment (Case Study: District 6 of Tehran Municipality)
Economic-Social-Personal	2014	Yoosef Ghanbari, Rahimeh Ansari	Determining and explaining social and economic factors influencing the empowerment of rural women (Rostam)
Economic-Social	2015	Zahra Abolfathzadeh, Ali Yusefi, Amir Mozafar Amini	The assessment of Factors In Empowerment of Rural Women in Isfahan
Social-Economic-Psychological-Personal	2015	Ali Hassan Tofiqianfar Jamashid Azizi, Batool Seifoor	Surveying the Relationship between Self -Sufficiency Projects of Imam Khomeini Relief Committee and Empowerment of Women Head of Households (Kohgiluyeh and Boyer Ahmad Province)
Economic-Social-Psychological	2015	Shiva Mohajeri, Gholamreza Mojaradi and Mohammad Badsar	Surveying the Role of Social and Psychological Factors on Abbas Abad County Women
Psychological-personal	2015	Mehdi Ghorbani and Leila Evazpour	Social Capital Analysis of the Network of Rural Women in order to empower local communities
Economic-Social-Psychological-Political	2015	Alireza Afshani and Elham Fatehi	Ability of female -headed households and related social -cultural factors (women covered by Tabriz)
Economic-Social	2015	Abbas Keshavarz-Atefeh Azar Kashb	Criticism and Reconstruction of Sarah Lang's Theory on Empowerment Indicators
Economic	2015	Heshmatolah Saadi-Sara Jalilian	The Role of Women Empowerment in Economic Decisions of Rural Households (West Islam Abad)
Psychological	2015	Mahdi Charmchian	The Role of Social Capital on Citrus Women Empowerment Sari County
Economic-Social-Personal	2015	Soraya Astin Feshan-Amirhossein ALIBEIGI-Mosayeb Gholami	Surveying The Impact of Social Awareness on Rural Women (Zanjanrood Division in Zanjan County)
Economic	2015	Marzhey Moosavi-Fatemeh Ravankhah	Surveying the relationship among all kinds of welfare systems and women's economic empowerment
Economic-Social	2016	Masoomeh Saeedi and Hamed Chahar Sooghi	Surveying the Role of Micro Credit Fund on Economic Empowerment of Rural Women (Research: Chardawal County, Ilam Province)
Social-Personal-Psychological	2016	Houri Kiaei, Hamid Reza Parsi and Ali Akbar Farhangi	The analysis of Writing Media on Empowerment of Working Women
Economic-Social	2017	Yaser Mohammadi, Fereshteh Avatefi Mina Zamiri Arasteh	The impacts of micro -financing and empowerment of rural women in Kermanshah and Hamedan provinces
Social-Psychological	2017	Karim Naderi and Hajar Vahdat	Surveying the Impact of Social Capital Components on Empowerment of Women with Home Jobs (Razan County)
Economic	2017	Masoud Nikughadam, Mohadese Gholizadeh, Abdollah Khoshnoodi	Surveying the Impact of Women's Empowerment on Democracy Development

Economic-Social-Political-Psychological	2017	Zahra Tarasi, Hossein Karimzadeh, Mohsen Aghayari	Surveying the Factors and Stiments Affecting Rural Women Empowerment (Zanjan County)
Social-Economic-Political	2017	Marjan Safari and Kulthum Heydari	The effect of sustainable participation on adventure tourism on women's empowerment
Psychological	2017	Rahim Kazemi and Amir Naimi	Analysis of the effect of Social Capital on the Psychological Empowerment of Rural Women in Salmas County
Economic-Psychological-Personal-Social	2017	Ali Akbar Anabestani and Tahereh Sadeghlou	Analysis of the Role of Entrepreneurial Project Management in Empowerment of rural Women (Mahalat)
Psychological	2017	Alireza Karimi, Abdullah Shafiabadi and Kiyomarth Farah Bakhsh	The formulation of Psychological Empowerment Plan for Women Head of Households based on individual psychology theory and its effectiveness assessment
Economic	2017	Mansoura Zarean, Masoume Zarei and Atieh Honardost	Empowerment of female -headed households with emphasis on the fourth, fifth and sixth plans of the Islamic Republic of Iran
Social	2017	Vakil Heidari Sarban	The Role of Social Capital in Empowering Rural Women in Meshkinshahr County
Economic-Social-Political-Psychological	2018	Zahra Tarasi, Hossein Karim, Mohsen Aghayari	Surveying the Relationship between Capacity Building and Empowerment of Rural Women (Zanjan County)
Economic, social, personal, psychological capability	2018	Abbas Noruzi, Homayoon Farhadian and Mina Hosseinian	Surveying the amount of economic, social, psychological and family capabilities of rural women members of the Sistan Micro Credit Funds
Social-Psychological	2018	Mehdi Ghasemi, Mohammad Badsar Leila Falahati, Ismail Karmi	Surveying the Role of Self -Esteem and Self -efficacy in Analysis of Social Cultural Factors Affecting Rural Women's Empowerment
Economic	2018	Shahram Moghadis and Mahdia Sadat Mirtrabi	The effect of Promoted Training Courses on the Economic Capacity of Rural Women Member Semnan Province
Psychological	2018	Kajal Khodri, Masoud Yazdan Panah	Explaining Psychological Factors Affecting Rural Women's Empowerment (Likak)
Economic-Social-Political	2018	Asadallah Arabkhani, Seyyed Mohammad Mirzaei and Alireza Kaldi	The analysis of Empowerment of Rural Women in Crafts Production (Eshqabad village)
Economic-Social-Political	2018	Yasser Mohammadi – Fereshteh Avatefi	Analyzing the internal and external factors that affect the empowerment of rural women receiving micro credits
Economic-Social	2018	Asadallah Arabkhani, Seyyed Mohammad Mirzaei and Alireza Kaldi	Developing a conceptual model of empowerment of rural women using data theory (Neyshabur)

Economic-Social-Psychological-Personal-Political	2018	Reza Movahedi-Zahra Hajihashemi-Nooshin Shahidi	Factors affecting the efficiency of rural women in Isfahan studied
Economic	2018	Masoomeh Jamshidi- Hossein Mahdizadeh	Application of Future Research Approach in System Analysis of Conventional Strategy of Economic Empowerment Strategy for Women Head of Households Ilam Province
Economic-Social	2018	Hamid Abdollahian-Niloofar Hooman	The Role of Social Networks in Women's Empowerment from the Perspective of Women, Gender and Communication
Psychological	2018	Azarmidakht Rezaei, Kiyomarth Zarafshani Mozghan Khosh Maram	The psychological empowerment of rural women in Marvdasht county
Economic-Social	2019	Mahin Siahhi and Rezvan Homaeae	The Effectiveness of personal Empowerment Training, Entrepreneurship and Family Coherence in Women Head of Households
Economic-Social	2019	Leila Falahati and Mahdi Ghasemi	Surveying the Role of Rural Women in Analysis of Social and Cultural Economic Factors Influencing Local Community Development
Economic-Social-Psychological-Political-Personal	2019	Mohammad Reza Hosseini	The employment of women's social development with emphasis on sustainable empowerment
Social-Economic-Psychological-Personal	2019	Nazila Shahriari and Hamid Jalalian	Rural Women's Views on the Impact of Planning Plan for Local Society of Ghale Ganj County on Women's Empowerment
Economic-Social	2019	Farhad Leshgar Ara, Maryam Mahmoudi Keyvan Shoja	Effective Structures Social and Economic Rural Women Members of Firoozkooch County Micro Credit Funds
Psychological-Social-Economic	2019	Vahid Hajilu, Zahra Moghimi Habib Valizadeh	Determining the components of organizing and empowering female -headed households in Chaldaran city
Psychological	2019	Mohammad Abbaszadeh- Ali Boodaghi	Modeling Factors Affecting Empowerment of Married Women East Azerbaijan Using Amos Software
Social-Economic-Psychological	2021	Khadijeh Boozarjamhari, Hamid Shayan, Maryam Ghasemi	Traditional "War" and its impact on empowerment of rural women (Rashtkhvar city)
Psychological	2021	Alireza Eghtesad and Reza Esmaeeli	Investigating the Relationship of Empowerment on Promoting the Quality of Life of Hemmat Abad Neighborhood Citizens
Psychological	2021	Nemat Allah Shiri, Mojgan Khoshmaram and Azarmidakht Rezaei	The effect of Psychological Ability Dimensions on Entrepreneurial Behavior among Pattern Rural Women
Economic-Social	2021	Javad Mechaniki, Zahra Shirzor Fateme Ghasemi	The effect of home businesses on empowerment of rural women in Darmian county

Economic-Psychological-Personal-Social	2021	Shahram Moghadis and Mahdia Sadat Mirtrabi	The analysis of Components Facilitating Economic Empowerment of Rural Women (Study of Semnan Province Micro Credit Funds)
Economic-Psychological-Personal-Social	2021	Tahereh Sadegh Lo and Haniyeh Haqpanah	The analysis of the role of local markets in the empowerment of rural women in Qaen county
Economic-Social-Psychological	2021	Masoud Zamani Moghadam and Alireza Afshani	Empowering female -headed households in Iran
Economic-Social-Personal	2021	Akbar Hosseinpour, Amirreza Abtahi Mojgan Dadashi	Determining and prioritizing methods to empower women heads of households
Social-Personal	2021	Maryam Zafari-Zeinab Golzari	Comic Factors Affecting Rural Women Empowerment
Social-Personal	2021	Parisa Biki, Azita Rajabi, Zhila Sajadi	Model of Women Empowerment in Urban Development (Case Study of Tehran Metropolitan Tarasht
Economic-Social	2021	Khadijeh Boozarjamhari-Marziyeh Akhlaghi- Hamid Shayan	The Role of Tourism and Development of Booming Residences in Empowerment of Rural Women (Case: Khorasan Razavi Province)
Social-Economic-Psychological	2022	Saber Kalthori and Farshad Mohammadian	Surveying the Relationship between Financial Access and Women's Economic Empowerment in the Middle East
Economic-Social-Political	2022	Amir Hossein Ali Beigi and Masoume Taghi Beigi	The effect of Rural Women's Entrepreneurship Empowerment on Empowerment: Study, Kermanshah Province
Economic	2022	Hosseinali Ghajari-Fatemeh Haghparast	Studying the Impact of Economic Empowerment of Household Headed Women on their Social Health

Findings

The general specifications of the articles under study

The first academic research on women and authoritarianism, titled "Empowering Women for Participation in Development," was published in respected publications, according to the results. The number of articles published with the theme of women's empowerment in the 1980s did not increase, and an average of one or two pieces on the topic were published between 2006 and 2009, when none were. This decade has seen the publication of 10%. But in the 1990s, there was a proportional increase in the number of articles, and between 2011 and 1395, 47 articles (46%) and 45% (44%) were published. When the gender of the writers (the responsible author) was examined, it was discovered that 61% of the female researchers and 41% of the male researchers were female. According to statistics, there are 68% of articles about rural women, 27% of articles about urban women, and 5% of articles about women nationally. According to the study methodology, a quantitative questionnaire was used in 76% of the articles, a qualitative technique in 15%, a combination (quantitative-qualitative) method in 6%, and other methods in 3%. The sort of research is carried out using a descriptive-analytical technique in the majority of papers (86 instances).

Table (2): Frequency distribution of articles by year

Percentage	Frequency	Year of compilation
10%	10	2000s
46%	47	2011 to 2016
44%	45	2016 to 2022
100%	102	Total

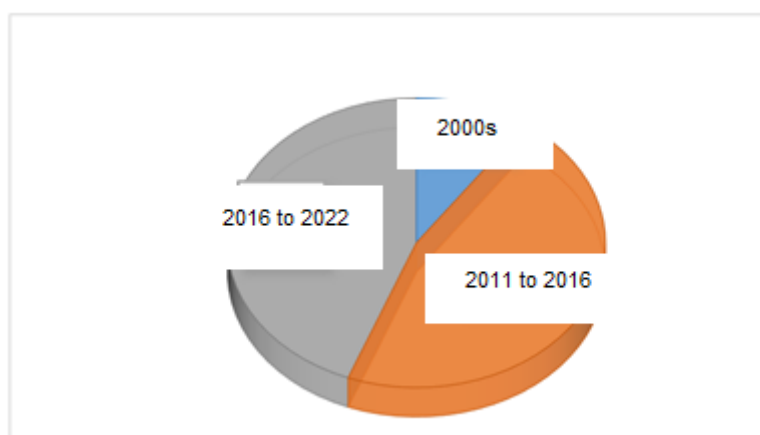


Fig (1): Frequency distribution of articles by year

Table (3): Frequency distribution of the method used in the articles

Percentage	Frequency	Research method
76%	78	Quantitative
15%	15	Qualitative
6%	6	Quantitative - Qualitative
3%	3	Other methods
100%	102	Total

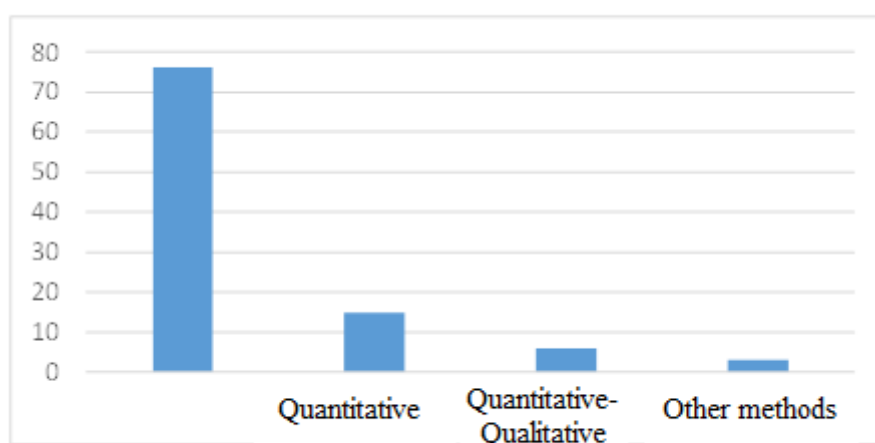


Fig (2): Frequency distribution of the method used in the articles

Table (4): The statistical genre of the investigated research

Percentage	Frequency	Statistical Society
27%	28	Urban women
68%	69	Rural women
5%	5	National level
100%	102	Total

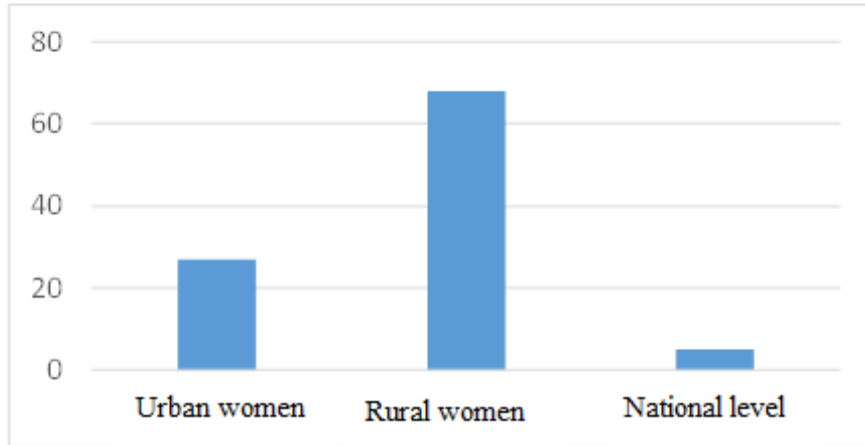


Fig (3): The statistical genre of the investigated research

Feminist theories (both liberal and Marxist strains), the gender and development perspective, the empowerment approach, gender streaming, gender streaming, Giddens' structuralization, Sarah Lang's theory of empowerment, Sarason's theory of social support, Paport's theory of psychological empowerment, Nilala Kabir's theory of empowerment, Amartissen, Lin Bent, Linda Miex, and David Phizen Man's theory of poverty feminism, and so on are all put to use. Despite the diversity of opinion, the Sara Lange and Nilala schools of thought predominated.

Factors Affecting Empowerment

Studies of women's empowerment often focus on one of two things: the variables that influence empowerment, which is the dependent variable in this category of "Women Empowerment," or the impact of women's empowerment on women. This collection of papers has been seen as "empowering women" as an independent variable. Elements including development, entrepreneurial behavior, social health, and enhancement of citizens' quality of life are addressed. The efficacy of women's empowerment on other categories is covered in 15% of publications and 85% of research that study "women's empowerment" as a dependent variable. Different variables and elements have been taken into consideration in the study of the findings and results of the research, in addition to contextual variables like age, literacy level, marital status, work status, and the number of family members. Effective and pertinent factors in empowerment may be discovered in empowerment. Economic, social, political, psychological, and individual classifications are divided into five categories (Table 2).

Table (5): The indicators examined in the articles

Indices	Author	Aspects
The amount of income, the ability to repay the loan, the power of saving. The capability to borrow, the ability to lend, the financial support of oneself and the family, the provision of continuing education, employment, property and assets. Financial independence, welfare opportunities, economic self-sufficiency, career advancement	Economic ability	Economic

The participation in religious gatherings. The participation in charity activities. The participation in group activities. Participation in pilgrimage caravans. Participation in voluntary associations. Collectivism and desire to be in public spaces. Participation in social gatherings. Membership in government organizations. Freedom of movement. Membership in organizations.	social participation	Social
Social interaction and responsibility, affect in social networks, social cohesion, social solidarity, family and kinship relations, neighborhood relations, friendship relations, group membership, social interactions	Relationships and social networks	
The access to health and treatment facilities. Enhancing the quality of life. Enhancing individual well-being.	Quality of Life	
The participation in elections. Participate in the march. Struggle for equal rights, elimination of discrimination against women, participation in campaigns, participation in civil protests and political demands, membership in political organizations.	Political ability	Political
Responsibility. The significance of having a job. Delegation of authority. Strong desire to learn. Identifying a philosophy for life, feeling purposeful, setting goals, feeling valuable, having individual values. Pursuing a goal or value. Valuable activities. Targeting and having a goal. Giving importance to things, feeling belonging to something. Doing valuable tasks	sense of meaning	Psychological
The acceptance of leadership, action initiative. Believing in solving the problem, making an effect on the affairs. Affecting the results and consequences. Influencing life, creating change in life. Movement and reaching the goal. Internal control and influencing the environment. Change in the environment. A sense of active control over affairs. Aligning the environment with oneself. The result of the activities in the hands of the individual. A sense of control	self-efficacy	
Belief in one's ability. Belief in one's abilities. Successful performance of responsibilities. Successful performance of tasks. Facing problems and solving them. Proficiency in doing work. Learning to do things. Having the ability to do a job. Learning new things. Moving towards personal growth. Hard work and effort.	A sense of worth	
Belief in changing fate. Belief in the ability to influence the events of society. The freedom of action in matters. Independence in determining activities. Feeling of choice to start. Feeling of choice in the continuation of activities. Feeling of choice in choosing important individual activities. Feeling of choice in the way of doing things. Being. The feeling of freedom of choice. The full feeling of choosing to participate. Doing things voluntarily. The right to choose at work. Trying new activities and ideas. The source of internal control.	A sense of authority	
Self-esteem, self-satisfaction, effective aid to others. Intellectual independence, self-management, productivity, decision-making ability. Motivation for progress, self-efficacy, sense of vitality, mental health.	Positive personal characteristics	Personal

Gender awareness, professional skills, and awareness of citizenship rights. Communication skills, self-awareness, general awareness, social awareness, awareness of citizenship rights, awareness of how to do business, participation in promotional and educational classes.	Knowledge and skills	
Making decisions about family matters, like marriage, continuing education. Making economic decisions like buying a house and land. Division of work in the family. Ownership of material resources. Deciding on how to socialize with others. Deciding on your own property and how to apply it. Deciding on the health of your children. Controlling family relationships. Expressing thoughts and feelings in the family	Ability to run and manage the family	

Discussion

Five dimensions have been taken into account in many publications on various dimensions, but in other papers, just one or two dimensions have been examined in order to determine the frequency of each dimension (hybrid or proprietary). The most often occurring dimension is the economic one, with 74 articles (31%). The number of articles for the social dimension was 68 (29%), for the psychoanalytical dimension it was 50 (21%), for the personal dimension it was 30 (13%), and for the political dimension it was 15 (6%).

Table (6): Frequency of dimensions examined in the articles

Percentage	Frequency	Aspects
31%	74	Economic
29%	68	Social
21%	50	Psychological
13%	30	Personal
6%	15	Political
100%	237	Total investigated indices

Economic Aspects

The findings of 74 articles which have dealt with economic dimension show that "income level" index was regarded more than other indicators. In the studies (Nikooghadam Masoud et al., 2018; Aliaei Mohammad Sadegh et al., 2012; Ghanbari Yousef et al., 2015; Taleb Mehdi et al., 2007; Moghadas Shahram et al., 2019; Fani Zohreh et al., 2014; Zarean Mansoureh et al., 2018; Lashgar-Ara Farhad et al. 2020; Jamshidi Masoumeh et al. 2019; Bozarjomehri Khadijeh et al., 2021) has been further addressed to this index.

"Economic empowerment provides women with access to economic resources and opportunities from the job of employment, financial services, assets, skills development, and market information, and the investment in women's economic empowerment is a direct path," says the conclusion of one of the papers. Due to the significant contribution that women make to the economy, whether via commerce, farming, entrepreneurship, or employment, it influences gender equality, the development of the law, and the economic progress of the country. Access to financial services for women is improved, which benefits them in turn. It gives them greater control over their money in situations like saving and credit utilization, and it makes it easier for them to make economic decisions on a personal level (Kalhari Saber and Mohammadian Farshad, 2022). Another paper argues that empowering women economically might help people feel less stressed. "The capacity of weak women to ensure their sustainable lives and those under their supervision is referred to as economic competency. Continuously decreasing the tension and anxiety brought on by gaps in the process of meeting these demands. Another significant outcome of women's economic aptitude is financial independence (Navabakhsh Mehrdad et al., 2014).

Social Aspects

The findings of 68 articles that have dealt with social dimension indicate that the component of "social participation" was regarded more than other components. In the studies (Sayyahi Mahin and Homae Rezvan, 2020; Navabakhsh Mehrdad et al., 2014; Latifi Somayeh et al., 2012; Heidari Vakil et al., 2015; Faqiri Mazgan et al., 2012; Rezaei Roholah et al., 2014; Falahati Leila et al., 2020; Kiaei Hourii et al., 2017; Soleiman Mahmood Fal et al., 2012). This element has received greater attention than other others. According to studies' findings, the social involvement of homes with a female head has a favorable and substantial association with that household's empowerment. People with weak and small social networks, whose social involvement is minimal and whose appearance in public places is constrained, have lower levels of empowerment. Therefore, it is recommended that government and supported institutions take the required steps to end social isolation in order to improve social involvement and social health of women toward culture creation and modify society's perspective regarding the damage of such families. According to this process, "holding training classes to improve the level of social awareness with a focus on the significant contribution that female-headed households make to the growth and excellence of society can be effective" (Mohajeri, Shiva, et al., 2016).

Psychological Aspects

After reviewing 50 articles related to psychological dimension, in the studies (Economics Alireza et al., 1400; Charmchian Mahdi et al., 2013; Ghasemi Mehdi et al., 2019; Shiri Nematollah et al., 2020; Khadri Kazhal et al., 2019; Kazemi Rahim et al., 2018; Karimi Alireza et al., 2018; Rezaei Azarmidokht, 2019; Vosoughi Mansour, 2013; Hajiloo Vahid et al., 2020) All components were identified and they're equally inspected and considered. The results of articles indicate that there is a positive and significant relationship between psychological indicators, and women's empowerment so that for every one-unit increase in psychological indicators, the level of women's empowerment also increases (Mohajeri Amiri Shiva et al., 2015). The adoption of training courses for women increases their psychological empowerment, and there is a strong correlation between technical and vocational education and this empowerment (Qudsian Hossein et al., 2004). Women's psychological empowerment rises when they get a loan from the microcredit fund, in addition to their economic empowerment (Norouz Abbas et al., 2019)

Personal Aspects

After reviewing all articles, it was identified that the individual dimension in any article was not studied individually. This dimension was regarded in 30 articles along with other dimensions and in studies (Ghiasvand Ahmad et al., 2012; Tofighian Far, Ali Hasan et al., 2016; Kaldi Alireza et al., 2012; Faqiri Mojgan et al., 2012; Kalantari Khalil et al., 2000; Norouzi Abbas et al., 2000; Norouzi Abbas et al., 2019; Gholipour Arian et al., 2011; Kiaei Hourii et al., 2017; Shahriari Nazila et al., 2020) was individually addressed. Individual empowerment helps women increase their individual ability in the economic and social field, according to the findings of some articles, which indicates a positive relationship between individual and economic and social capability. Individual empowerment also increases self-efficacy and entrepreneurship. There is a significant process of empowerment that is not restricted to one dimension or environment and is affected by a number of variables (Siah Mahin et al., 1399). A significant relationship exists between professional education and increased individual empowerment (self-esteem, self-esteem, the ability to make decisions, and control over family relationships) as well as between professional education and these dimensions of social, economic, and political empowerment (Mohammadi, Yasser et al., 2018).

Political Aspects

The political component has received less attention in the research that have been evaluated. The main indicators of women's empowerment have been taken into account in the studies (Tarassi Zahra et al., 2019; Qodsian Hossein et al., 2014; Sufi Maryam et al., 2015; Saffari Marjan et al., 2018) by participating in the election, marching, fighting for equal rights, ending discrimination against women, running for office, taking part in political demands, and belonging to political organizations. Most studies that look at the five dimensions, economic, social, political, psychological, and individual find that the political factor has the least impact. According to one research, "among the elements impacting

women's empowerment, the economic component had the most influence and the political aspect had the least impact since the women analyzed in her study had limited capacity to engage in political activities. (Tarasi Zahra et al., 2018) Contrary to popular belief, it has been noted in a study that "empowered women are able to participate more consciously and competently in the political arena of society, to be involved in determining the destiny of their society, and to provide the way of society to development" (Gholipour Arian et al., 2011). Therefore, it cannot be eliminated that He then moved away from the power given the influence of political indicators on women's empowerment. Given the underlying characteristics, it is possible to state that age has a negative link with the empowerment process since women will have better physical and mental conditions to cope with when they are younger, such as while seeking job (Tofiqian Far et al., 2015). Empowerment is positively correlated with factors like education and employment (Kalantari Khalil et al., 2010). The ability to empower the underprivileged is negatively correlated with marital status and dependency on family, and these women have such skills. (Masoud et al., 2021) are left

Conclusion and Suggestions

The substantial dynamism and variety of the theoretical and empirical area of women are shown by a survey of works on women's empowerment. The topic of power and the freedom to choose is the central idea in the majority of theoretical frameworks and theories of empowerment connected to women's empowerment (Kabir, 2010: 123). Women will be able to break free from the constraints and deterrent powers by having access to commercial opportunities, education, and support systems (Kermani and Kermani and Kermani. 2018: 49). Research Results in the field of women empowerment indicated that variables, such as education, employment, income, financial independence, social participation, interaction and social responsibility, a sense of purpose, responsibility, the importance of work, delegation of authority, leadership acceptance, initiative action, belief in problem solving, affecting things, effect on consequences, belief in its ability, belief in the ability to influence community events, self -esteem, self -satisfaction, effective assistance to those around, intellectual independence, elimination of traditional beliefs About women, gender awareness, professional skills, citizenship awareness, communication skills, self -awareness, public awareness, social awareness, etc. are the factors influencing women's empowerment. (Tarassi Zahra et al., 2019; † Faqiri Mojgan et al., 2012; Kalantari Khalil et al., 2000).

The economic component has been recognized as the primary aspect in women's empowerment and has been deemed the most significant factor in women's abilities in the majority of review studies. And the solutions offered to empower women frequently focused on the financial aspect, such as allocating long-term loans with low interest payments, providing self-employment and self-employment marketplaces, expanding internship and entrepreneurship spaces, and keeping an eye on inflation rates. In their pensions and financial assistance.) Additionally, cultural and political issues might make someone less adept in such a manner that, except in a few rare instances, the function of cultural components like religion, parents, customs, traditions, stereotypes, and cultural obstacles has not been addressed. The importance of culture, especially patriarchal culture in organizing society's cultural system to discriminate against women and to deprive numerous social conditions cannot be overstated. Even the right to participate in elections, campaigns, civil disobedience, and political demands is often not granted to those who are not members of political groups. It is advised that the indicators of each empowerment dimension be fully described in order to create a systematic model for empowerment implementation given the variety of conceptualization and the abundance of empowerment instances. It is challenging to compare the study's accomplishments since there are various indications and components of empowerment that are more or less defined, measured, and analyzed differently in Iranian research. Given that women are the same as the costly action living in the life of the life in the majority of the articles evaluated, it is important to take into account their life experience using qualitative approaches.

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