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EMPOWERMENT OF ADOLESCENT GIRLS: WHY IT MATTERS

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Abstract: Today Empowerment of girls is not a new term. The term Empowerment is a multidimensional concept which helps to take decisions by own, to become economically stable, having a positive problem solving approach etc., but undoubtedly it is very important for adolescent girls because it is the most vital sages of their life period and during this period they have to face many challenges. To overcome these challenges and to become stable and strong for the future, empowerment of adolescent girls is very relevant and necessary. Empowerment will make girls self-sufficient and they can participate equally in the community.

Keywords: Empowerment, Adolescent, Self- sufficient, Awareness.

I. Introduction

Today in this period of globalization boys and girls should have equal right and opportunities. As there are various laws, awareness campaign, articles dominantly highlighting this issue, but still now in this so called patriarchal society girls face lot of problems in their daily life which may affect their social, physical and psychological health. So girls should be empowered enough that they can choose their profession, they can take decisions, become economically strong and many more areas in their life of future. So the term Empowerment is very relevant for girls, Empowerment is an umbrella term which provides proper resources and suitable environment that helps to increase the ability and effectiveness of others to set and reach their individual goals.

Now why adolescent? Because in human developmental stages adolescence period is one of the most important stage that have a significant impact in their life and future. During this period they experience so many things which have many crucial roles in their future like in choosing education, career etc. so empowerment in adolescent period helps them to equipped with different skills and abilities thus they can take part actively in family and social activities that is undoubtedly help to develop a nation also. So adolescent empowerment is undoubtedly an important issue for girls' development and their future as well as for the society also which have a positive impact in the field of girls' contribution for the country.

II. Significance of the study

As we are in 21st century, still girls are not empowered enough to face their problems and to take their own decisions properly. Not only this but there are so many areas where girls face problems. That's why empowerment of adolescent girls is important which help them strong enough to take active participation in the society and in their personal and family life also.

III. Objectives of the study

Objectives of the study are-

1. To find out the importance of empowerment in adolescent girls.
2. To identify the challenges faced by adolescent girls regarding their empowerment.

IV. Methodology

Secondary sources of data from various articles, research papers, websites etc. have been used for this study.

V. Importance of empowerment in adolescent girls

Following are some importance of adolescent girls' empowerment-

1. Empowerment makes girls economically strong.
2. Empowerment in adolescents helps in their education and career development.
3. Empowered girls will be physically, mentally and socially fit and healthy.
4. Empowerment helps girls to achieve their goals.
5. Empowerment in adolescent period helps to stop early marriage and child pregnancy.
6. Empowerment increases decision making capacity among adolescents.
7. Empowerment in adolescents helps in making and continue healthy relationships.
8. Empowerment helps to increase skills among adolescent girls.
9. Empowered girls can choose side business or start any new start-ups to become self sufficient.
10. Empowered girls can choose their profession or career by own, sometimes the field they enjoy more.
11. Adolescent empowerment makes girls socially active and they take active participation in activities.
12. Empowerment in adolescents helps them to know about their rights.
13. Empowerment increases awareness among adolescent girls.
14. Empowerment helps adolescent girls to keep faith in her in any situation.
15. Empowered adolescents have good family bonding, healthy peer relationship.

VI. Challenges faced by adolescent girls

Following are some challenges faced by adolescent girls-

1. Lack of education in girls and lack of parental awareness regarding girls' education.
2. Early marriage of adolescent girls.
3. Lack of social awareness and lack of knowledge about their rights.
4. Economically not sound, is another issue in adolescent girls.
5. Lack of digital knowledge and social media use.
6. Some superstitions, traditional beliefs and patriarchy society.
7. Community or social perception among girls' empowerment or development.
8. Lack of confidence and skills.
9. Experiencing negative situations during adolescent period.
10. Lack of interaction with family, teachers or peer group.

VII. Conclusion

Empowerment is a very impactful term that can change a society as well as the nation. In this 21st century for the development of nation, women should have same opportunity to contribute like men, and only it will be possible if the concept starts to develop in their mind at very early age. Undoubtedly adolescence period is the most suitable period for this as they have the chance to experience more and at the same time to cut the barriers and try for a new one. Empowering adolescent girls help to improve the lifestyle, clarifies and changes societal perceptions, taking own decision, become economically stable, choosing their career etc. so empowerment of adolescent girls' is a major issue for the benefit of the society as well as for the nation.

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