

# **Economic Empowerment and Psychosocial Support...**

The Roles of Economic Empowerment Support on the Psycho-Social Life of Women Living  
with HIV/AIDS: A Case of Women in Addis Ababa

By

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Approval of board of examiners

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## **Declaration**

I the undersigned declared that this thesis is my original work has never presented in this or any university, and that all resources and materials used here have been well acknowledged.

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Signature: \_\_\_\_\_

## **Abstract**

The purpose of this thesis is to assess the roles of economic empowerment on the psycho social life of women living with HIV/AIDS. Hamle 19 area was the where the study took place. In this study twelve women living with HIV/AIDS and three employees of the organization participated in the study. Generally, fifteen participants selected using purposive sampling were participated in this particular study. The qualitative approach has been used in order to analyze the data using thematic data analysis procedures. The finding and results obtained from semi structured interview mostly showed that the roles economic empowerment on the psycho social life of women living with HIV/AIDS in the study area will be well benefited from this economic empowerment support in terms of psychological aspects, social ties and income change. Before the support of economic empowerment from the organization, women living with HIV/AIDS were faces different problems within the community like lack self-confidence, lack of social ties or social relationship, discrimination were the major problems. This study come up with the role of economic empowerment support with assertive training has a great positive impact on the psycho social life.

## **List of Abbreviations and Acronym**

BGWCSSC:	Brothers of Good Works Counseling and Social Service Center.
SDG:	Sustainable Development Goals
UN:	United Nation
FAO:	Food and Agricultural Organization
HIV:	Human Immune Virus
AIDS:	Acquired immunodeficiency syndrome
EDHS:	Ethiopian Demographic and Health Surveys
NGO:	Non- Governmental Organization
FGD:	Focus Group Discussion
WLWHA:	Women Living with HIV AIDS
UNDP:	United Nation Development Program
UNESCO:	United Nations Educational Scientific and Cultural Organization
WEIRD:	Western Educated Industrialized Rich Democratic
SNNP:	Southern Nations Nationalities and Peoples
WLWHA:	Women Living with HIV/AIDS
IGA:	Income Generating Activity

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## **Dedication**

This thesis is dedicated to my mother MesayGuteta who passed away many years ago.

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### Chapter 1: Introduction

#### 1.1 Background of the Study

Women's economic empowerment is the process of achieving their equal access to and control over economic resources, and ensuring they can use such resources to exert increased control over other areas of lives TaylorandPereznieto, (2014). Its achievement is now a global policy priority in light of its potential contribution to the Sustainable Development Goals (SDGs), as evidenced by the convening of a dedicated High-Level Panel by the UN Secretary-General to bolster progress in this area.

This focus can support Agenda 2030 ambitions around growth and decent work, poverty reduction, well-being and human development. The benefits for society and families are well established: Women's economic advancement has led to increased investments in children's education and health, and reduced household poverty World Bank, (2012; 2013).

Empowerment is the relationship between participation and control as participation means an individual's ability to contribute in society, and control means the capacity to influence decision making. Empowerment is the process where local people are capacitated to partake more effectively in all spheres of society. Rights that people have cannot be taken away and they exist to give every individual dignity and respect in the society. The discussion of the study had established that participation has a major contribution to empowerment. (Alsop & Norton, 2004). For empowerment and participation to be effective in rehabilitating the community, there must be change in relations of power at all levels of leadership. Empowerment means people can participate for their own benefits. Participation is important in bridging a gap of superiority and inferiority between government, donors and beneficiaries. Empowerment is

experienced when beneficiaries are participating in key decisions. Empowerment can never be achieved if there is less participation of marginalized and disadvantaged groups (Blumberg, R. L. 2005). Capabilities provide women with full rights to equally participate in a cooperative, and also, to the outside environment without having an obstacle. The study shows that women are suitably capacitated when they fully participate and commit themselves in a cooperative, and thus are empowered for all life challenges.

The theoretical framework used in the research program conducted by the Food and Agriculture Organization of the United Nations (FAO) on rural women's economic empowerment and social protection is based on Golla(2011) framework of women's economic empowerment. According to World Bank gender statistics, the framework considers that a woman is economically empowered when she has both the ability and the power to make and act on economic decisions. Similarly, the World Bank's gender statistics data base (women have a higher unemployment rate than men in virtually every country. Further, women make up the majority of the lower paid, unrecognized informal sector of most economies. These statistics are used to justify to give priority and increasing women's access to financial service on the grounds that women are relatively more disadvantaged than men. It is crucial to understand the patriarchy in order to know the current relation between women and men in terms of economic activities. EshetuDebabu(2000) defines patriarchy as father rule, male dominations on women's productive labor power, property and other economic resources&In Ethiopia data from National Program for HIV Prevention and Control in (2017) indicates that there were an estimated 613,000 people living with HIV, of whom 62 percent of them were females. Women who are living with HIV AIDS are disadvantaged group of society also in terms of economic empowerment.

Empowerment of women living with HIV/AIDS is a prerequisite for achieving psychological, social and environmental security among people (Beijing Platform for Action, 1995).

The Ethiopian demographic and health survey report shows that Gambella and Addis Ababa are the regions with the highest HIV prevalence rates of 4.8% and 3.4%, respectively. Somali and Southern Nations, Nationalities and Peoples (SNNP) regions are also the other two regions that are reported with the lowest HIV prevalence rates which are 0.4% and 0.1%, respectively (EDHS, 2016). Various studies have been conducted on the role of economic empowerment for women in general.

The Brother of Good Works counseling and Social Center (BGWCSSC) is NGO located in Addis Ababa city administration, Arada sub-city. The focus of the Organization is to empower needy people on four major program areas which include Social and Economic Empowerment for women living with HIV/AIDS: under this program, women living with HIV/AIDS are getting different services like basic business skill training, entrepreneurship and life skill training with startup capital of 5000.00 Ethiopian birr per clients for their business and strong follow-up. Youth Economic Empowerment: under this program, youths are getting vocational skill training to help themselves. Community Based Rehabilitation: under this program is work for children with disabilities by providing wheelchair and physiotherapy service based on the nature of their disability and Behavioral Change and Communication program is working with CSW (Commercial Sex Worker). Among those major programs of the organization, this particular study is interested to assess contributionsof Social and Economic department program empowerment for women living with HIV/AIDS.

## 1.2 Statement of the Problem

According to Schuler and Riley (1996) empowerment can be viewed as means of creating a social environment in which one can make decisions and make choices either individually or collectively for social transformation. It strengthens the innate ability by way of acquiring knowledge, power and experience. Empowerment is the process of enabling or authorizing individual to think, take action and control work in an autonomous way. It is the process by which one can gain control over one's destiny and the circumstances of one's lives. Empowerment includes control over resources (physical, human, intellectual and financial) and over ideology (beliefs, values and attitudes).

According to the World Bank's gender statistics data base (2011), women have a higher unemployment rate than men in virtually every country. These statistics are used to justify giving priority and increasing women's access to financial service on the grounds that women are relatively more disadvantaged than men.

Empowerment of women living with HIV AIDS is a prerequisite for achieving psychological, social and environmental security among people. (Beijing Platform for Action, 1995). Various studies have been conducted on the role of economic empowerment for women in general. Studies conducted by Meron G/Sillasei (2007) on the role of economic empowerment or small scale business for women towards ensuring the equality between men and women. In the researcher findings' all the findings were focused on the equality issue. Her findings concluded economic empowerment support had not brought about changes in decision making powers of women at the household level. However, the study did not consider the psycho-social

components that affect women's life in their family. This study focuses to address the above mentioned gap trying to understand the psycho social components of women empowerment.

Although there were two studies conducted about Brothers of Good Works counseling and Social Service Center by Mussei Sewunet (2017) and Woineshet Kerebeh (2018), their studies had focused on community based rehabilitation and orphan and vulnerable children program support, respectively. Unlike the above studies, the proposed study was focused on clients who were received economic support from BGWCSSC under the department of economic empowerment support at Gulele Sub-city woreda two.

### **1.3 Objectives of the Study**

#### **1.3.1 General objective**

The general objective of proposed study is to assess the roles of economic empowerment support on the psycho-social life of women living with HIV/AIDS.

#### **1.3.2 Specific Objectives**

This study has specifically achieved the following objectives

1. To identify the roles of economic empowerment support on increasing the decision making ability of women living with HIV/AIDS.
2. To assess the roles of economic empowerment support on the psychosocial well-being of women living with HIV/AIDS.
3. To identify the benefits of economic empowerment support in the lives of women living with HIV/AIDS.

## 1.4 Research Questions

In order to achieve the stated objectives of the study, the following research questions are addressed.

1. What are the roles of economic empowerment support for improving the decision making ability of women who are living with HIV/AIDS?
2. What are the roles of economic empowerment support for the social life of women living with HIV/AIDS?
3. How can the economic empowerment support improve the psycho-social development of women living with HIV AIDS?

## 1.5 Significance of the Study

The results and findings of the current research has the following major significances:

- The study helps to develop effective intervention mechanisms to deal with the issues of women empowerment.
- The study also will have implications for the researcher through allowing advancing practical experience, knowledge and skills in conducting social work qualitative research. Thus, it can serve as a background for future researchers.
- The finding of this study can offer an insight for practitioners to put forward special attention to resolve the existing women's psychosocial problems by focusing on women economic empowerment.

- This study will be used as one of the baselines for other researchers in Ethiopia who aim to deal more with the issue women living with HIV/AIDS and try to empower them using economic empowerment intervention, Finally, it will fill the existing knowledge gaps. Generally, this study will be helpful for policymakers, academicians, future researchers, and disability-related practitioners.

### **1.6 Scope of the study**

According to Simon (2011), scope of the study can be seen in terms of the study area, study participants and focusing issues. Accordingly, in terms of geographical location, the study was conducted in Addis Ababa City Administration, Gulele Sub-city, Woreda 2, Hamle 19 area in Brothers of Good Works Counseling and Social Service Center (BGWCSSC). In terms of participants, only women living with HIV/AIDS and who were admitted before two years in Brothers of Good Works Counseling and Social Service Center's (BGWCSSC) services was incorporated.

### **1.7 Limitations of the Study**

The study was limited to women living with HIV/AIDS and who are under the program of Brothers of Good Works CSSC. Therefore, generalization of the findings of the study will not be possible.

### **1.8 Organization of the Study**

This thesis was organized into five chapters. Chapter one contains background of the study, statement of the problem, study objectives, research questions, significance of the study,

study limitation, and the scope of the study. Chapter two presents literature reviews. Chapter three is about research method which encompasses, study design, description of study area, sources of data, study population and sample size, sampling techniques, instruments of data collection were employed, data analysis techniques, data validation mechanism, chapter four presents findings and discussion and chapter five presents conclusion & social work implications.

### **1.9 Text Definitions**

The following important terms has been used during this study.

**Empowerment:** Empowerment suggests a distinct approach for developing interventions and creating social change.

**Economic Empowerment:** is the process of achieving women's equal access to and control over economic resources, and ensuring they can use them to exert increased control over other areas of their lives.

**Women Empowerment:** processes tend to identify power in terms of the capacity of women to increase their own self-reliance and internal strength, and gain, and use power in alternative constructive.

**Psycho-social:** is relating to the combination of psychological and social behavior.

**HIV/AIDS:** HIV is a virus spread through certain body fluids that attacks the body's immune system, specifically the CD4 cells, often called T cells.

Personal empowerment: means giving your self-permission to succeed. But it doesn't mean going alone.

Group empowerment: is a member share a sense of collective efficacy, confident that their team can act to accomplish its ends.

Societal empowerment: is understood as the process of developing a sense of autonomy, self – confidence, and acting individually and collectively to change social relationship.

## **Chapter 2: Literature Review**

This chapter presents a review of related literature. Accordingly, the chapter is present sections on definition of different concepts: empowerment and economic empowerment, women economic empowerment, the roles of economic empowerment in promoting social empowerment of women, three-dimensional women's empowerment model, role of economic empowerment at global level, Africa and in Ethiopian context on the psycho-social life of WLWHA.

### **2.1 Conceptual framework**

#### **2.1.1 Empowerment**

The concept of empowerment has been defined and interpreted by different scholars differently. For instance, Kabeer (1999) defined empowerment as the ability to make strategic choices where that ability did not previously exist.

The term empowerment on the other hand is defined as the term that is used to refer to self-reliance and self-respect in order to enable each person his or her God given potential. It is also stated that empowerment is about change, choice and power. Empowerment is also considered as the process of change by which individuals or groups with little or no power gain the power and ability to make choice that affects their lives. Empowerment, further, is defined as the process through which women are able to transform their self-perceptions– equivalent to alchemy visibly transforming gender roles. Empowerment generally, involves change at three broad levels: within the household, within the community and at a broader institutional level (Cheston& Kuhn, 2002). According to the Peters, Astone, Malik, Maret&Heller (2016)in recent years, significant worldwide progress toward gender equality across several key indicators in the economic,

social, political, and legal realms have been witnessed. Empowerment can also be seen as both a value orientation for working in the community and a theoretical model for understanding the process and consequences of effort to exert control and influence over decisions that affect one's life, organizational functioning, and the quality of community life (Perkins & Zimmerman, 1995; Rappaport, 1981; Zimmerman & Warschausky, 1998).

Empowerment of women processes tend to identify power in terms of the capacity of women to increase their own self-reliance and internal strength, and gain, and use power in alternative constructive ways. Movements which seek the empowerment of women as a group increase opportunities available to individual women, and economic empowerment can increase women's status in their families and societies. Generally, women empowerment is empowering women, economically, socially, politically and on legal aspects. (Perkins & Zimmerman, 1995; Rappaport, 1981; Zimmerman & Warschausky, 1998).

According to Oxaal & Baden (1997), power over and power within are different concepts. Power over involves people organizing with a common purpose or common understanding to achieve collective goals. But power within refers to self-confidence, self-awareness and assertiveness.

According to Skarlatos (2004), movements which seek the empowerment of women as group increase opportunities available to individual women, and economic empowerment can increase women's status in their families and societies. The lack of empowerment, on the other hand, eventually slows down economic and political development, just as the lack of progress in meeting people's basic needs will limit empowerment because poverty itself is disempowering.

### 2.1.2 Women Economic Empowerment

According to Kabeer (1999, p435-464) most women in developing countries do not have access to education, productive resources and other services and discrimination hampers them not to earn incomes and not to actively participate in socioeconomic and political conditions. In order to solve the problem, women empowerment becomes a global agenda.

Promoting women's empowerment is essential because in most cases women are responsible for their children and for their family, thus empowering women is empowering the society in large (World Bank, 2001). The global statistics show that Women are in charge of 60-80 percent of the world's work, and produce 50 percent of the food. Despite the fact that their contribution is significant, they have limited economic advantage and access to productive resources (Lawless, 1996, Johnson, 2007 & Mayoux, 2009).

Women empowerment is not a sufficient condition; it is still a necessary condition for development process. Thus, women empowerment has three dimensions. Social dimension signifies respectable and non-discriminatory positioning in the society. Political dimension signifies involvement in the governance of organization and administrative positions, and economic empowerment is enabling women members to have equal in employment, spending, ownership of production means and sharing benefits.

According to Huis, Hansen & Lensink (2011), women's empowerment is an important goal in achieving sustainable development worldwide. Offering access to microfinance services to women is one way to increase women's empowerment. However, empirical evidence provides mixed results with respect to its effectiveness. They reviewed previous research on the impact of microfinance services on different aspects of women's empowerment. They propose a Three-

Dimensional Model of Women's Empowerment to integrate previous findings and to gain a deeper understanding of women's empowerment in the field of microfinance services. This model proposes that women's empowerment can take place on three distinct dimensions: (1) the micro-level, referring to an individuals' personal beliefs as well as actions, where personal empowerment can be observed (2) the meso-level, referring to beliefs as well as actions in relation to relevant others, where relational empowerment can be observed and (3) the macro-level, referring to outcomes in the broader, societal context where societal empowerment can be observed. Importantly, we propose that time and culture is important factors that influence women's empowerment.

According to Marloes A. Huis, Nina Hansen & Robert Lensink (2017), the time lag between an intervention and its evaluation may influence when empowerment effects on the different dimensions occur and that the type of intervention influences the sequence in which the three dimensions can be observed. They suggest that cultures may differ with respect to which components of empowerment are considered indicators of empowerment and how women's position in society may influence the development of women's empowerment. They propose that a three-dimensional model of women's empowerment should guide future programs in designing, implementing, and evaluating their interventions. As such they analysis offers two main practical implications. First, based on the model they suggest that, future research should differentiate between the three dimensions of women's empowerment to increase the understanding of women's empowerment and to facilitate comparisons of results across studies and cultures. Second, they suggest that program designers should specify how an intervention should stimulate which dimension(s) of women's empowerment. They hope that this model inspires longitudinal

and cross-cultural research to examine the development of women's empowerment on the personal, relational, and societal dimension.

### **2.1.3 The Roles of Economic Empowerment for Women Seen Globally.**

According to UNDP (United Nations Development Program, 2015) throughout history and across nations still today, men on average have greater access to power (Brown, 1991; United Nations Development Program-UNDP (1995). According to a report by the United Nations Educational Scientific and Cultural Organization-UNESCO (2015), in 2011 only 20% of the low-income nations had achieved gender parity in primary education and 66% of the world's 774 million illiterate adults were still women. There is consensus that gender equity is an important goal to be achieved UN Women, (2011). More precisely, world leaders have agreed on working toward providing women and girls with equal access to various domains of social life (UN Women, 2011). Diverse interventions have been developed and implemented to strengthen the position of women across the world such as health, educational or financial programs. The concept of empowerment has been developed as a framework and process aimed toward addressing the inequity.

Empowerment is a process, from being unpowered to being empowered. Theorizing of empowerment stresses two main perspectives on this process: namely one more individualistic, namely through women's individual capacities and free exercise of personal choice (Kabeer, 1999) and one more collectivistic, namely through collective behavior and the adherence to cultural norms which emphasize collective growth Budgeon, (2015). Microfinance interventions are based on the assumption that participation in the intervention have empowering effects and stimulate individual growth. However, these interventions are often implemented in more

traditional collectivistic cultures. Thus, it is crucial to conduct cultural sensitive research to avoid cultural biases and understand empowerment outcomes in different cultural contexts.

According to Budgeon, (2015) also put their ideas about women empowerment of three dimensions. They suggest that, a framework in which they propose that women's empowerment can be differentiated in three different dimensions, namely personal, relational (with respect to relevant others such as spouse, family, and community), and societal (at the larger social context) empowerment. They conducted our analysis in the field microfinance services as it offers a large body of empirical studies based on literature from different disciplines, mainly psychology, developmental economics, and sociology, in three steps. First, based on the reviewed literature author's define women's empowerment. Second, they review empirical findings based on the three dimensions of women's empowerment to illustrate how it has been investigated so far in the context of microfinance services across cultures. Third, the author's integrate these three dimensions in a Three-Dimensional Model of Women's Empowerment to improve our understanding of what women's empowerment entails and how microfinance services may help to increase it. For Kabeer, (1999) Women's empowerment in the field of development economics is defined as the process through which women acquire the ability to make strategic life choices in a context where this ability was previously denied to them. The same author stresses that the ability to exercise individual choice is based on three interrelated elements—resources, agency, and achievements. Resources refer to material, human and social expectations and allocations. Agency is the ability or sense of ability to define one goal, act upon them, and decide on their own strategic life outcomes. Achievements include a variety of outcomes ranging from improved well-being to achieving equal representation of women in politics.

In other words, the underlying assumption is that women's empowerment is the process of having and using resources in an argentic manner to reach certain achievements (Kabeer, 1999). (Malhotraand Stromquist 1995)described empowerment as a multifaceted concept including different components ranging from women's understanding of the causes of their suppression to acting collectively as a group toward social change. The work builds upon the assumption that participation in small groups with a collective agenda is the first step toward women's empowerment. Individual and collective agencies are thus crucial in the development of women's empowerment.

#### **2.1.4 The Role of Economic Empowerment for Women inAfricaand Ethiopia**

In the issues of the role of economic empowerment for women Abimbola (2011) suggestedthat,acrossdifferentAfricaregionsWomenhavestood uptotakeimportantrolesinthesocioEconomicdevelopmentoftheirsocieties.The contributionmadebyAfricanwomenin theprovisionof bothfinancialandsocial facilities is equal.

According to National AIDS Council Secretariat Papua New Guinea report (2007) potentially anyone could become a direct victim of HIV/AIDS. While that is true, the probability of an individual becoming infected with HIV and his/her inability to control the realization of this risk may depend upon a number of social, economic, and political factors. Not all social groups in a particular society are thus equally at risk and vulnerable to the virus. Neglect, denial and violation of basic rights of individuals as a result of social, cultural, political and economic positions of the particular groups of society may increase vulnerability, that is lack of power of individuals to reduce their risk of acquiring the virus and once they have acquired the disease,

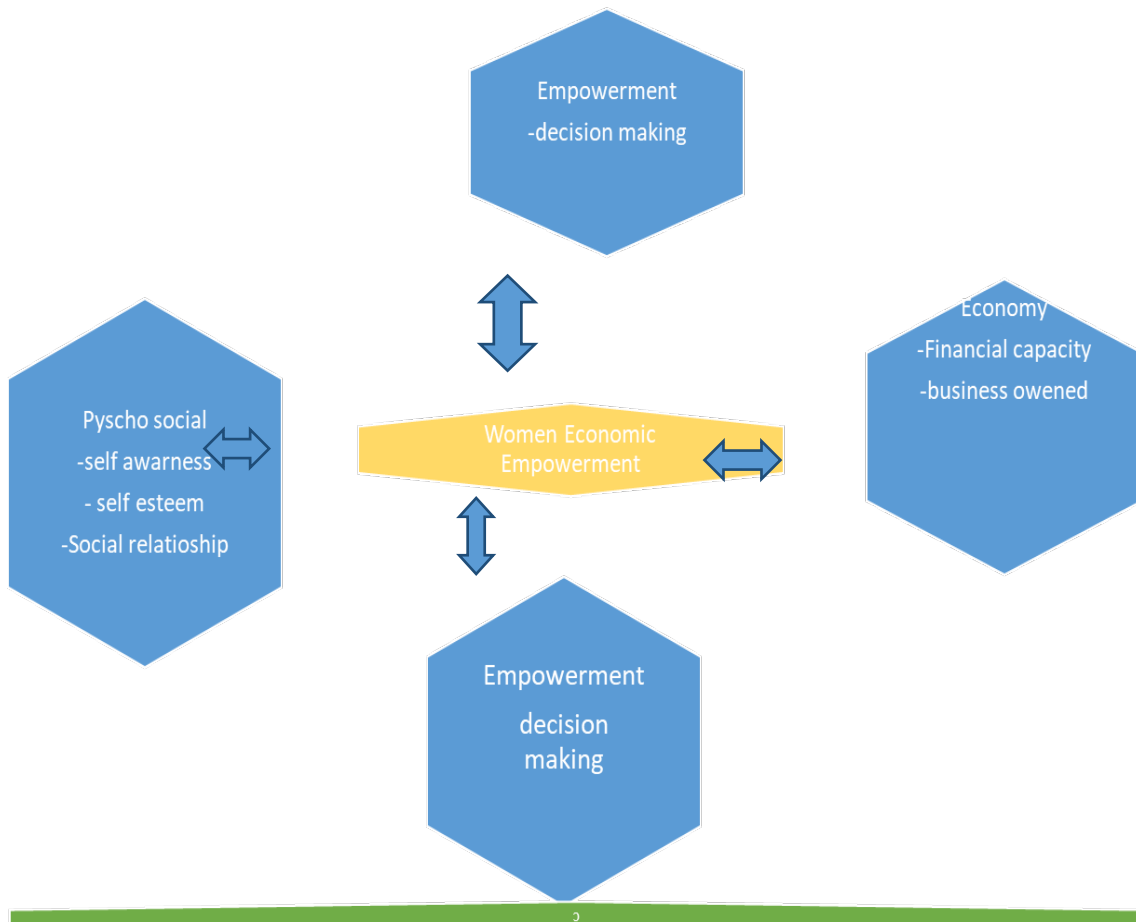
their ability to receive adequate treatment and care. Vulnerability has already been recognized as the major cause for the spread of the epidemic.

According to the United Kingdom of Health Protection Agency (2007) Women are one of the highly vulnerable groups to HIV infection. The scale of vulnerability may vary from society to society. In Sub-Saharan Africa, where gender dimension of the virus is more apparent, 61 percent of people living with HIV/AIDS in 2007 were women. The vulnerability of women includes not only increased exposure to the virus but also lack of access to relevant HIV prevention, treatment and care services and information.

#### **2.1.5 The Roles of Economic Empowerment in Promoting Social Empowerment of Women**

According to Warman and Kennedy (1998), although economic empowerment is viewed as an activity for the promotion of economic interests of its members, it does not confine itself only to the economic aspect. It also permeates the social aspect of life and aims at establishing a new democratic social order based on freedom and equality, where people live in harmony, caring and sharing like a family, where there is a unity of spirit and common economic bond. Economic empowerment has a role to play in alleviating different shocks, and paving the way towards recovery that is socially and economically and psychologically sound and sustainable. Ultimately, economic empowerment can create a safe environment where women increase their self confidence, identify their own challenges, make decisions and manage risks. As a result, women are empowered and become active agents of change, entrepreneurs and promoters of social transformation who can improve their own lives and those of the community.

## Conceptual Framework



### 2.2 Three-Dimensional Women's Empowerment Model

Huis, Hansen and Lensink (2016) offered a framework suggesting that women's empowerment can occur at three distinct but related dimensions: the personal, relational, and societal dimension. Based on their review, they found different effects of access to economic empowerment support for each of the three dimensions of women's empowerment. With the risk

of oversimplifying this complex matter, it is suggested that the review shows first, that access to economic empowerment support services was associated with higher levels of personal empowerment, such as increased personal control beliefs (Hansen, 2015). Second, female economic empowerment support borrowers showed higher levels of relational empowerment on the level of social group memberships, such as larger social networks (Pitt M. M., Khandker S. R., Cartwright J. (2006)). However, on the level of intimate relationships we found mixed results, showing for example both increased as well as decreased decision-making power by female borrowers (Baanerjee, Duflo E., Glennerster R., KinnanC (2015)). Third, with respect to societal empowerment, a positive signal is that the percentage of female borrowers receiving economic empowerment support services is relatively high; but research provided mixed results about women's financial performance, showing positive as well as negative relations between outreach to female borrowers and financial performance by economic empowerment support institutions (Hermes, Lensink, Meesters (2011)). Important to note, research so far has not tapped into the understanding of societal empowerment as women's situation relative to men in a broader societal dimension.

The Three-Dimensional Women's Empowerment Model borrows the assumption from the ecological systems theory (Bronfenbrenner, 1994) that people do not exist in a social vacuum but encounter different environments throughout their life that may influence their behavior. The ecological system theory, focusing on the development of children, proposes that individuals directly influence their own experiences and vice versa within specific Microsystems (e.g., family, school) and between different Microsystems (ecosystems). People's development can also be influenced by settings that the individual is not directly part of (system: e.g., school

policy). Bronfenbrenner (1994) argues that these three lower-order systems combined constitute consistencies fitting with relevant cultural ideologies. Next, this cultural micro system is influenced by time, such that the past influences the present. Their Three-Dimensional Model of Women's Empowerment broadly adheres to the same general structure and underscores the importance of the interplay between individuals and their environment.

### **2.2.1 Personal Empowerment**

Previous research has assessed the impact of access to economic services on different components of women's beliefs about their personal strength. Specifically, it has examined self-esteem (Stromquist, 1995; Basargekar, 2009; Kato &Kratzer, 2013), control beliefs (Morgan &Coombes, 2013; Hansen, 2015), self-confidence (Burra N 2005., Deshmukh-Ranadive J., Murthy R. K. (2005) Kim J. C., Watts C., Hargreaves J. R., Ndhlovu L. X., Phetla G., Morison L. A., 2007), and self-efficacy (Kato&Kratzer, 2013). The component as personal empowerment assesses different psychological aspects about personal beliefs and actions.

Further research in this field showed that women reported higher levels of self-esteem (e.g., Stromquist, 1995; Basargekar, 2009; Kato &Kratzer, 2013), stronger internal control beliefs (Morgan &Coombes, 2013; Hansen, 2015), and increased self-confidence (Burra et al., 2005; Kim et al., 2007). Overall, research investigating the impact of economic services showed mostly positive impacts for personal empowerment with respect to individual choice.

### **2.2.2 Relational Empowerment**

Other research on women's empowerment has focused on women's position in relation to relevant others, such as their partner, family, or social networks. Specifically, previous research

examined the relation between access to economic services and women's relationships with their partner by assessing women's bargaining power within the household; the extent to which they have a say over household spending (Holvoet, 2005; Pitt et al., 2006; Duvendack, M., Palmer-Jones R., Vaessen J. (2014) Banerjee, et al., 2015; Datta, 2015; Garikipati, Johnson S., Guérin I., Szarfaz A. 2016a)&Garikipati S., Johnson S., Guérin I., Szarfaz A. (2016b) their freedom of mobility to visit places such as grocery stores or relatives outside the village (Pitt et al., 2006; Swain & Wallentin, 2009; Datta, 2015) but also (risk of) intimate partner violence (e.g., Goetz & Gupta, 1996; Kabeer, 1999; Rahman, 1999; Ahmed, 2005; Naved & Persson, 2005). Previous research also examined the relation between access to economic services and women's membership in social groups (such as economic groups, school groups, religious groups, women's groups) by measuring the number of social networks they are members of (e.g., Pitt, et al., 2006; Sanyal, 2009; Hansen, 2015), seeking, receiving, or providing help in times of crises (e.g., Sanyal, 2009), or inclination to participate in collective action (e.g., Kim et al., 2007; Sanyal, 2009; Datta, 2015).

Different researches examining women's engagement in social groups reported positive impacts such as larger social networks (e.g., Pitt et al., 2006; Sanyal, 2009; Hansen, 2015) and increased levels of seeking, receiving, or providing help in times of personal or domestic crises, as well as involvement in collective action (Sanyal, 2009). Overall, research investigating the impact of economic services showed mixed impacts for relational empowerment.

### **2.2.3 Societal Empowerment**

Women's empowerment in the societal dimension has so far been assessed with indices that map gender gaps in human development across nations such as the Gender Development

Index or specific components such as the percentage of parliamentary seats held by women. In the context of economic , macro-economic analyses provide insights in for example the percentage of female economic borrowersD’Espallier, Guérin, and Mersland (2010); Hermes, 2016), female clients with school aged children in school (e.g., Women’s World Banking, 2013), female leadership in economic institutesStrøm, D’Espallie, Mersland (2014)., female staff promotion and attrition (Women’s World Banking, 2013), average loan balance for female borrowers, and financial literacy services offered to women (e.g., Women’s World Banking, 2013). Important to note, these studies focus on industry level indices of empowerment and do not relate to the societal level. In other words, they do not assess the impact of access to economic services on women’s empowerment in society but rather the impact of the mere presence of women in the context of economic services

First, Hermes, et al. (2016) examined the relationship between efficiency of economic institutions and outreach to the poor based on data from 435 economic institutions. The results indicate that there is a trade-off between outreach to women and efficiency of economic institutions. More precisely, the data suggests those economic institutes focusing more on female borrowers are less efficient with respect to financial performance by economic institutes. Second, D’Espallier et al. (2010) examined whether the percentage of female clients was related to repayment performance based on data from 350 economic institutions.

The relationship between female clients and female gender bias in lending policies and indicators of repayment behavior (portfolio at risk, loan loss write-offs, and provisions) was examined. On average across different loan types, 73% of the economic empowerment support borrowers were female. Results indicate that economic institutes with higher proportions of

female borrowers have lower portfolio at risk and lower write-off rates indicating better repayment performance.

## **2.3 Theoretical Frame work**

### **2.3.1 Empowerment Theory**

Most clients can benefit from able to take an activity role in changing the situations impinging on their functioning. Empowerment is a process of increasing personal, interpersonal or political power so that individuals can take action to improve their life situations. Empowerment has been suggested as strategy of choice when working with member of minority groups, population at risk and women. Empowerment means providing clients with supports, skills and understanding needed to allow them to check charge of their own lives and use their power in situation in which they felt powerless. Those caught in feeling or situation of powerlessness often lack knowledge of how to negotiate system feel hopeless that any change is possible, may lack the self- esteem necessary for engaging in change activity. Empowerment involves assisting clients in negotiating systems. It involves motivating, teaching and raising self-esteem so clients believe they are competent with the skills needed for negotiating. According to Ruth J. Parson, a literature search conforms that the important ingredients of an empowerment strategy are support, mutual aid, and validation of client's presumption and experiences. With ingredients are present, there is a heightened degree of client self-esteem, more self-confidence, and greater capacity to make changes or take action. An empowerment strategy calls for building collectives; working with others in similar situation; educating for critical thinking through, support, mutual aid and collective action; and competency assessment, or identification of strengths and coping skills. (Barbara, 1980. pp206-214)

### 2.3.2 Ecological Theory

The ecological perspective concept is about transaction between people and their environments, adaptation, reciprocity, mutuality, stress and coping. Also considers growth and development identity, competency, autonomy, and relatedness. The theory is concerned with environmental quality, organization, and social networks. The practice theory of ecological perspectives is that assessment can be carried out by worker and clients together seeking to understand meaning; focus on person and problem in order to set objective and device appropriate action. Youths a process of engagement exploration, constructing on going, ending. It is concerned with client need and vulnerability. It also focuses on life transition, unresponsiveness of environment's, crisis events and communication relationship difficulties. It is also a theory that is design to increase self-esteem and problem solving and coping skill. It is also helps to facilitate group functioning and influence organizational structure, social network and physical settings. Therefore, for women living with HIV/AIDS with problems in social functioning, the theory underlines the increase self – esteem and problem solve skills can help to function normally. (Carel B. Germain, and AlexGitterman, (1980).

### 2.3.3 Strength Theory

Originally, a strength perspective developed for working persons with mental illness but has been extended to other population group and fields beyond direct practice. The theory respects the unique strength, ability, and aspiration of clients and recognizes resources with natural environment. The theory also focuses on people's innate capacity and motivation for growth and change and also views difficulties in life as a source of challenge and opportunity. The practice theory focuses on regeneration and healing from within and on empowering or

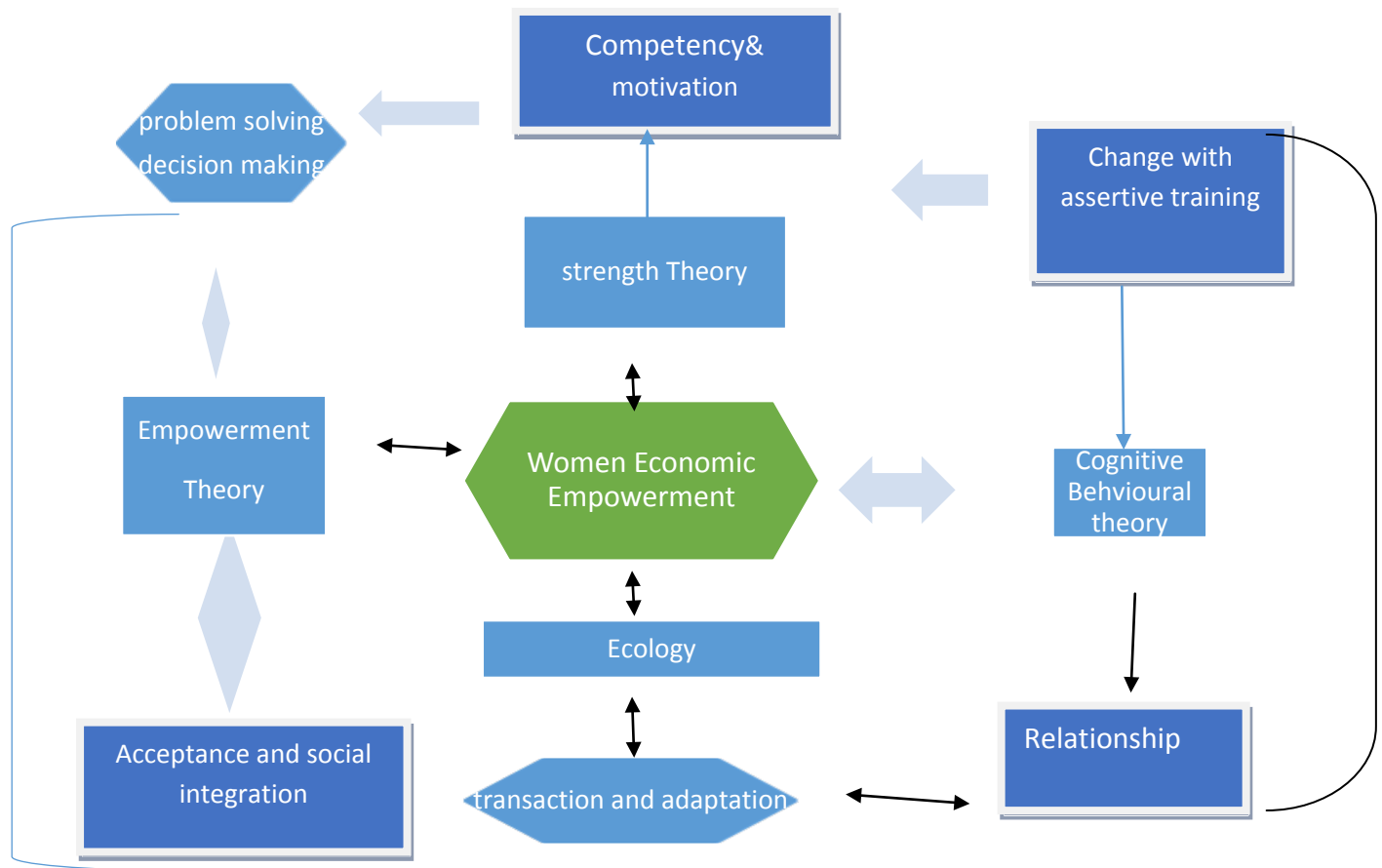
discovering the power within people. The theory builds on client's knowledge of his/her on situation aspiration for change. Since the strength perspective is applicable to all client system: individuals, families, small groups, organization and communities, it can also include women living with HIV/AIDS. (Boston: Allyn and Bacon, 2009).

#### **2.3.4 Cognitive Behavioral Theory**

Some times in the process of empowering or enabling the clients the worker may need to work directly with client to enhance positive thinking and actions. Often the client has had experiences that reinforce a negative view of herself or her situation. They may be frustrated or may have learned that sever to predict failure that to hope for success. The client may blame her or the others for the situation and may engage in self-defeating thought or acting. When the worker's senses that this is happening, he can assist the client in changing her thought or actions so that she can successfully meet her goal and carry out her plan. The thinking part of this strategy is called cognitive behavioral approach.

An important technique empowering or enabling clients that uses cognitive behavioral approach is assertiveness training. In this technique, the worker assists the client to become more assertive about meeting her needs. Sometimes clients need to be able to use behavioral approach in their relationship with others. Actions that assist clients to engage in positive thinking and positive behavior are important to empowering and enabling them. The ability to be assertive may needed for the client to advocate or speak up for himself (Louise C & Stephen J.2010)

## Theoretical Framework



Source: (Stephen J., Yanca & Louise C. Johnson). Generalist Social Work Practice, publication year Boston 2009.

## **Chapter 3: Research Method**

This chapter presents describe the study method and its components. Thechapter consists of the research design, participants of the study, sampling procedures, methods of data collection, data analysis techniques, and ethical considerations.

This research wasapplieda qualitative study. This method was selected because it is more preferable to examine the values, meanings, stories, beliefs, thoughts, feelings, and ideas of the study participants than quantitative methods. According to Kumar (1999), qualitative research covers a broad range of approaches that are linked to different beliefs about what there is to know about the social world and how to find out about it. Although definitions vary, the aims of qualitative research are generally directed at providing an in-depth and interpreted understanding of the social world by learning about people's social and material circumstances, their experiences, perspectives, and histories. Those practicing qualitative research have tended to place emphasis and value on the human, interpretative aspects of knowledge about the social world and the significance of the investigator's own interpretations and understanding of the phenomenon being studied.

### **3.1 Research Design**

In order to meet the objectives of this particular study, a qualitative case study research was used. According to Gilbert (2008), in a case study design the case selected becomes the basis of a thorough, holistic and in-depth exploration of the aspects that some want to find out about. It is an approach ‘in which a particular instance or a few carefully selected cases are studied intensively. According to Burns (1997, p. 364), “to qualify as a case study, it must be a

bounded system, an entity in itself. A case study should focus on a bounded subject/unit that is either very representative or extremely atypical.”A case study according to Grinnell (1981. P. 302),“is characterized by a very flexible and open-ended technique of data collection and analysis.”

The case study design is based upon the assumption that the case being studied is atypical of cases of a certain type and therefore a single case can provide insight into the events and situations prevalent in a group from where the case has been drawn.

According to Burns (1997, p. 365), “In a case study the focus of attention is the case in its idiosyncratic complexity, not on the whole population of cases.” In selecting a case therefore, you usually use purposive, judgmental or information-oriented sampling techniques.

The case study design is selected for this particular study because it is a very useful design when exploring an area where little is known and it helps to have a holistic understanding of the situation, phenomenon, episode, site, group or community. This design is of immense relevance when the focus of a study is on extensively exploring and understanding rather than confirming and quantifying.

### **3.2 Study Population and Participants**

For this study, the target populations were women living with HIV/AIDS and are the beneficiaries of Brothers of Good Works Counseling and Social Service Center. Among the total population of 115 clients, 12 participants from clients and 3 professionals from the center was selected purposefully. The specific participants for the study were married women living with HIV/AIDS aged between 18-25 years old and professionals from the center. The reason that the researcher determine the aforementioned age groups were the productive power and the majority

of clients age in the organization is between 18 – 25 and 15 participants were participated only in individual semi – structural interview.

### **3.3 Sampling Technique**

Among the most common no probability sampling techniques, purposive sampling of the non-probability sampling method was applied. This method is more advantageous than the other sampling techniques to conduct qualitative interviews. Therefore, among 115 women as a targeted population, those with better experience to respond for the interview questions and who was fulfilled the inclusion criteria will be selected. Number of participants was determined by data saturation. Generally, this study was employed purposive sampling technique. For the semi structured individual interview the researcher selected 12 peoples living with HIV/AIDS those who are beneficiaries of BGWCSSC and 3 professionals working within the BGWCSSC.

### **3.4 Inclusion and Exclusion Criteria**

In the process of purposive sampling, there was some inclusion and exclusion criteria. Accordingly, married women living with HIV/AIDS were participants of the study and also aged between 18 to 25 years old and they were beneficiaries of Brothers of Good Work Counseling and Social Service Center (BGWCSSC). Voluntary participation is mandatory.

### **3.5 Methods of Data Collection and Procedures**

Primary data was cover a larger portion of data in this study and also review literature part was from secondary data. And was collected from the above-mentioned participants using semi - structured interview only. Generally, this particular study semi structured individual interviews used and data was gathered from or done with 12 Brothers of Good Works Counseling and

Social Service center service users and 3 professionals of the center. The instruments were originally prepared in English then it is translated into Amharic language. The data had been collected using audio recorder and then transcribed daily after the interviews in Amharic. The researcher later on translated the transcripts into English.

### **3.5.1 Semi-structured Individual Interviews**

Semi-structured interviews are rich sources of data on people's experiences, opinions, aspirations, and feelings. A semi-structured individual interview is a way of research which allows room for new information and an insight to be incorporated as the interview runs. Zorn Ted (2018). While structured interviews are based on a well-defined set of questions that are settled before hand semi-structured interviews work from only a general framework of themes. A number of questions may be determined beforehand, especially initial questions, but freedom is left for deviation—within limits. The interviewer is expected to formulate most questions on the fly, based on the interviewee's responses, and has the freedom to follow relevant tangents and ideas as they come up throughout the interview. Minimum number of participants in the semi-structured interviews will be four. The semi-structured interviews will stop based on data saturation.

Generally, a total of 15(12married women living with HIV/AIDS and three professionals was participated semi structured individual interviews).

### **3.6 Data Analysis Methods/Techniques**

All data gathered from the participants of the study was qualitatively analyzed. According to (Alston & Bowles, 2003), qualitative data analysis aims to capture the richness and

complexity of lived experience. It consists of three general stages that follow one another in a continuous cycle: data reduction, data organization, and interpretation.

Data reduction is the stage at which data are coded, summarized and categorized in order to identify important aspects of the issue being researched. Data reduction also helps the researcher decide what further data to collect, how and who to sample next, what methods of analysis to use and, finally, to arrive at conclusions. All these are to identify the main themes emerging from the research by categorizing the information as it is collected

The second stage of qualitative data analysis is the process of assembling the information around certain themes and points, and presenting the results usually in text. The third phase is the interpretation. This involves identifying patterns, trends, and explanations that lead to conclusions that can be tested through more data collection, reduction, organization, and interpretation. Further data collection, reduction, organization, and interpretation occur until the categories or themes that are being researched are saturated, that is, there are no newer insights or information being generated. Data coding is a general term used to mean conceptualizing data: careful examination and thinking about the data, often in conjunction with experiential insights, which leads to asking generative questions. Generative questions make comparisons and distinctions between the information collected and stimulate the line of inquiry in profitable directions (Margaret & Wendy, 2003). Therefore, in my study, thematic approach will be applied to analyze data. In addition to that, the researcher was analyzed the funding of study based on objectives of the study. The data was collected from services users and professionals of the center. The researcher translated the interview notes from Amharic to English after data collection. After absolutely studying into the transcribing the realities, 15 codes had been built.

These 15 codes, then categorized into 3 categories based on the research question and their relationship and correlation. Based on the above categories, three major thematic areas were emerged: the roles of economic empowerment to improve the psychological development of or change of participants, the roles of economic empowerment on the social life of people of particular studies and the roles of economic empowerment on the life of women living with HIV/AIDS.

### **3.7 Data Quality Assurance Mechanism: Triangulation**

Triangulation along with content validity was the main quality assurance mechanism utilized in this study. As it is discussed by Morrow (2005) in qualitative research, triangulation is a mechanism to increase the credibility of study findings. According to the authors, triangulation involves cross-examination of information gained from various sources and checking findings against the existing body of knowledge, theories, and perspectives. This will reduce bias and increase the integrity of participants' views and responses. Similarly, in this study information gathered from the sources is crosschecked against one another for trustworthiness. Finally,

During the data collection of this thesis study, the researcher was communicated by Amharic language and all participants can speak, listen and some of them were write Amharic language and the researcher was conducted the data only using semi structured individual interviews due to worldwide corona viruses pandemic problem. The interviewer was interviewed each participant for 41 - 45 minutes to explain more the topic under study. All interviews were conducted in free environment from any of disturbance concern. The researcher any interview data through key points with notebook and capture to use voice record and in qualitative

research, triangulation is a mechanism to increase the credibility of study findings. Accordingly, data were collected from the service users and professionals of the organization to triangulate and to ensure data validity.

### **Ethical Consideration**

The researcher has taken a letter from Addis Ababa University School of Social Work, to Brothers of Good Works Counseling and Social service Center. The researcher kept the privacy of participants based on the agreement made before engaging in each of the interviews, which is, safeguarding informed consent including by audiotape recording.

The researcher provided them with the issues of regarding the purpose of the study, why and how they are selected, and what is expected of them and that they can withdraw from the study at any time. Participants were also assured about confidentiality of the information obtained in the course of the study by not using personal identifiers in the analysis and presentation of the data.

## Chapter 4: Findings and Discussion

### 4.1 Socio-Demographic Characteristics of Respondents

The study recorded the socio-demographic characteristics of participants. Their socio-demographic characteristics are summarized in table 4.1 below.

Table 4.1: Socio-demographic characteristics of study participants

Name	Age	Religion	Educational level	Place of birth	Ethnicity
CODE 01	25	Christian/Orthodox	Illiterate	Marabete	Amhara
CODE 02	23	Christian/Orthodox	Secondary school	Gondar	Amhara
CODE 03	24	Christian/Orthodox	Secondary school	Eretria	Kunama
CODE 04	25	Christian/Orthodox	Primary school	Addis Ababa	Gurage
CODE 05	25	Christian/Orthodox	Illiterate	Walliso	Oromo
CODE 06	21	Christian/Orthodox	Primary	Fiche	Oromo
CODE 07	23	Muslim	Primary	Addis Ababa	Gurage
CODE 08	25	Christian/Orthodox	Illiterate	Wollo	Amhara
CODE 09	22	Christian/Protestant	Illiterate	Jimma	Oromo
CODE 10	24	Christian/Orthodox	Primary	Gojjam	Amhara
CODE 11	25	Christian/Orthodox	Primary	Sululta	Silte
CODE 12	24	Christian/Orthodox	Illiterate	Mota	Amhara
CODE 13.Prof	43	Christian/Orthodox	MA degree	Gojjam	Amhara
CODE 14.prof	32	Christian/Orthodox	BA degree	Adigrat	Tigrawi
CODE 15. Prof	39	Catholic	BA degree	Mudula	Kambata

Source: Researcher's own data

Concerning their age, 12 among the 15 participants were between the ages of 21-25 years. On the other hand, five of them were illiterate, other five respondents attended primary education, three reached to secondary education and the remaining three participants attended university education (at a master level and other two at a BA level), With regard to place of birth of the study participants, only two of all the participants were from Addis Ababa and the rest came from various regions, one being from Eritrea.

## **4.2 The Role of Economic Empowerment on Psychological Development/change of**

### **Participants**

Data from the study indicates that women participated in the study who are living with HIV/AIDS have multiple psychological problems. These problems include lack self-confidence, poor self-esteem and poor participation in community social life. The absence of adequate and regular monthly income is a main factor why women living with HIV/AIDS have a serious psycho-social problem or discriminated in their daily life.

Women living with HIV/AIDS have participated in the study explained their attitudes towards the role of economic empowerment on enhancing their psycho-social life.

One of the participants [codes 04] who was twenty-five years old and married women living with HIV/AIDS said,

I have observed a huge psychological difference before and after I joined the organization.”She continued and explained her attitudes toward being self-confident after the support. She explained her feeling....I observed a huge psychological difference before and after I joined the organization. My life has

been improved since I participated in life skills and basic business skill training. Recently I was requested by the government if I needed support for food and a variety of materials, but I said no, because I had confidence in myself. Because of this, the development committee told to them, she is a very good business woman. I'm glad to hear this. My income has been improved my life in well, and my home has improved. That is, it.

Another participant [codes 03] who was twenty-four years old and married woman who was also living with HIV/AIDS originally came from Eritria reported the following:

Before I joined the program, I was emotionally disturbed, physically ill and had no any income. But now I have a monthly income that I can work with and have the ability to interact with and share equally with others. So my self-confidence is highly improved at the present time.

Among the 12 participants who involved in the semi- structured interview, ten of them had a positive attitude toward the role of economic empowerment in increasing the psycho-social life of women living with HIV/AIDS. During the interview, the way they expressed their feelings also revealed their positive attitudes of being economically empowered.

One of the participants expressed her feeling saying that:

When I started to make economic progress, I also began to gain respect in my neighborhood, so I can say I'm a fully empowered and respectful woman. I am also going on a good financial path, which I did not had it before. It is a blessing for me to be able to spend the evening together with my neighbors performing different events. Since I

have money, now there is nothing bad about discrimination and stigma related to HIV.[Participant codes 09]

The other participants also continued expressing her feeling as follows:

I think the financial crisis has chopped my weight rather than HIV/AIDS before I got the support from the organization. My spiritual strength was also low as the result of which, there was a strong feeling that I was discriminated. But after getting support from the organization, I really started to think that my weight has improved as if it reached a 100 kg. I started to improve my socialities because I had money. Once again, I began to improve my daily life, and I began to acquire knowledge, I added to my knowledge and started to grow as a young plant and I can say that at present, I am fully human being.[Participant codes 08]

The researcher has understood the statement of “*financial crisis has gone down my weight rather than HIV/AIDS before I got support from the center*” according to the respondent, the absence of money or income or economic empowerment is the root cause of every problem of women living with HIV/AIDS. But if they economically empowered, it leads them as they will start to think about themselves & properly defined themselves in their ways of life.

The results of this study indicated that the role of economic empowerment on the psychosocial life of women living with HIV/AIDS. This result is related or congruent with the reviewed literature. For example, according to Skarlatos (2004), economic empowerment can increase women's status in their families and societies. The lack of empowerment, on the other hand, eventually slows down economic and political development, just as the lack of progress in meeting people's basic needs will limit empowerment because poverty itself is disempowering.

For the question which I addressed as do you think that you are important for your family and neighbors?

One of the participants[Code 01] reported as follows:

I'm an important person for my family and my neighbor. Because I asked myself that getting money will shape the human behavior? Today I am a mediator/negotiator for my family and my neighbor. When someone asks me about some contribution for social life in the past, it makes me angry, because I don't have money to contribute it. But now I can participate in social life properly with nice contribution. For instance, last time I bought and put water tanker and floods soap for the community in front of my home to fight corona virus together. I should have to share what I have with my neighbors. Thus, I'm important person for my family and neighbors.

The implication of the participants' statement or response for the stated question is that, at any level and time economy has a great role to determine individual's behavior, to develop the acceptance of people not only women living with HIV/AIDS, but also develop a sense of empathy to ensure the issue of equality and empowering women in terms of economy is directly or indirectly empowering others. The result of this study is congruent with the literature reviewed related with the idea of Germaine and Alex Gitterman which (1980) was argued that the empowerment theory is underlines the increase self – esteem and problem solve skills can help to function normally and design to increase self-esteem and problem solving and coping skill. It also helps to facilitate group functioning and influence organizational structure, social network and physical settings.

Among the ten participants in the semi- structured interview, two of them had the attitude of the role of economic empowerment is not this much for the development of psycho-social life in their daily life.

One of the participants [Code 02] expressed this feeling saying that:

In fact, in the past, I had self-confidence because I didn't believe that having much money is not the root cause of self-confidence and well social integration. However, after the support from the organization I have good job and have saving of 100 birr weekly and my self-confidence is also good.

The other participants [Code 07] continued saying:

In my previous life, I had never been approached by anyone, because I was one of those who are living with HIV/AIDS and was not doing anything. My friends were not interested to socialize with me. But now, they know as I have income per month or per a day from my business. So, nowadays if I have no money, they will have borrowed me because, they know as I repay it. This mean 'ካለክትኖራለክሌለክየለህም' Mean that, if you have money you can survive, if you don't have it you don't survive. So right now my friendship with everyone has increased incredibly.

The view of this participant can be supported by the idea of War man and Kennedy (1998) who argued that economic empowerment has a role to play in alleviating different shocks, and paving the way towards recovery that is socially and economically and psychologically sound and

sustainable. Ultimately, economic empowerment can create a safe environment where women increase their self-confidence, identify their own challenges, make decisions and manage risks.

#### **4.3 The role of economic empowerment related to social integration**

The interview result indicates that the interviewed women living with HIV/AIDS have multiple social cohesion problems such as discrimination, lack of participation in different social life and lack of empathy from others before the support they gained from IGA. The absence of having enough monthly income is one factor why the women living with HIV/AIDS have a higher rate of social participation/cohesion problems in their daily life with community/society.

For the question “how do you assess your social relationship with individuals before and after your engagement in the economic empowerment support program?”

One of the participants [Code 06] who was living with HIV/AIDS told that:

I was participated to fight corona virus at community level by providing and different materials for my local community or neighbors’. They thank me by saying she is a role model for other people. If she doesn't join us in every social event, we are not happy they said. So my social relationship is getting better.

According to the results of the interview from women living with HIV/AIDS those who got the opportunities to help others after they themselves received support from the organization is acknowledged by literature as noted by the World Bank, (2001 p 243). According to the World Bank “women’s empowerment is essential because in most cases women are responsible for their children and for their family, thus empowering women is empowering the society in large.” The response of the above respondent showed that living with HIV/AIDS is nothing and the only

problem is when it is compounded with lack of economy or income, which hinders the proper participation in different social events and also to get acceptance from society.

For the question “do you feel that you are more accepted by your neighbors or community members after your engagement in the economic empowerment support compared to the time when you were not part of the support?”

Twenty-four years ‘old woman [Code 10] living with HIV/AIDS reported the following.

I have good acceptance and the honor to live in peace with my neighbors and the community. If there is any problem, they say that ‘እሷ የጎረቤት አለቃናት እሷ ጋር እንህድይላለች’ means she is the boss of the neighborhood, and they said we have to tell her to go ahead and let her talk. I have good communication skills with my neighbors at all. After I engaged in business and start to having good income, the degree of my acceptance and respect from the society has increased.

The researcher understood the word ‘የጎረቤት አለቃናት’ is gives her good grace for her acceptance. In our society when we say ‘የጎረቤት አለቃ’ meaning power full person, decision maker, and important person is an indicator of having high acceptance in the community. As the interview results showed from the participants, the majority of the respondents also argued that, after they engaged in a business and start to earn good income, the degree of their acceptance and level of respect from the society was increased. The implications from the message is that, before people living with HIV/AIDS were not engaged in the income generating activity, the relationship between them and their community or neighbors was low and the economic empowerment support play a great role for the changes occurred as reported by the participants.

The view of these participant can be supported by the idea of Hansen and Lensink (2011), who reported that women's empowerment is an important goal in achieving sustainable development worldwide. On the other hand, Kabeer (1999) argued most women in developing countries do not have access to productive resources and other services and discrimination hampers them not to earn incomes and not to actively participate in socioeconomic and political conditions.

The other participants continued:

For the question "how do you assess your social relationship with individuals before and after your engagement in the economic empowerment support program? How do you describe the changes in your social relationship?"

One of the participants [Code 03] reported as follows.

Before I got support from the Organization, sometimes I had to hide or be discouraged from participating in social life because I had no money. As I said before, but now we have an interesting relationship between me and the community; because I can do what is expected from me financially equal to them. So that, I can do it now.

What the researcher understood from the views of a twenty years old woman who is married and living with HIV/AIDS response, due to lack of income, she couldn't participate in social life which needs money contribution. So, she was chosen concealment or hide when her friends or neighbors asked her to participate in their social life. It has a huge negative impact on her social life for the time. But she explained that after she engaged in the business and capable

of participating in every social issue with her neighbors, the social relationship between her and her neighbors was changed or increased. This finding is congruent with the literature as summarized in the section this paper presents its conceptual frame work. In the conceptual frame work section, it is stated that, women economic empowerment directly or in directly linked with human relationship, decision making, self-esteem and financial capacity issues.

#### **4.4 The Roles of Economic Empowerment in Changing the Social life of Women**

The interview result showed that, the interviewed women living with HIV/AIDS have income problems such as the result of which they were unable to cover home expense including lack of food to eat three times a day and having different important materials in the home which are the major problem in each family. The absence of having enough monthly income onethe factors why women living with HIV/AIDS have a higher rate of economic problems or discrimination before the support they have been rendered.

For the question, are there changes in your monthly income after you got economic support? If yes, please explain and if no why not?"

Twenty-fiveyears old ‘married women [Code 11] living with HIV/AIDS reported that:

Yes, income is increased and my life is changed. I am able to save up to 12,000.00 amount of birr from my business and I have been saving 100 birr per a month for more than two years. I expanded my business in to coffee tea business to be earn more for the future & I have started to feed my family 3 time per a day now. She said.

Similarly, for the question “could you please explain how you improved your family livelihood after the engagement in the economic support?”

Another woman [Code 01] who was a 25 years, married and living with HIV/AIDS respondent that....

At this time, the life of our family is relies on my business. Of course my husband also earns some amount of money who is working as a guard. After I engaged in the business, I bought a Tele Vision, G- pass tape and a big shelf for the house. Thanks to God, we started to eat three times per a day. My husband appreciated me after my successful business life.

Participant expressed how their life is changed after their engagement in the business. For another question which asked “how do you describe your business success? And ability to make your business successful”

Twenty-two years old [Code 09] married women living with HIV/AIDS respondent that:

I ‘m a successful person in my business. I have acquired basic business training and life skill training when I was joined the organization. This training helped to be more profitable from my business and I had learned how to save money, how to expand business, how we can be handling customers. Because of that, currently, I have saved 13,000 birr in the National Bank of Ethiopia and also my social life is improved after the life skill training and now thanks to God I’m full of a skilled person.

The view of this participant is supported by Louise and Stephen (2010) who wrote about cognitive behavioral approach. Cognitive behavioral approach is an important technique empowering or enabling clients that uses cognitive behavioral approach is assertiveness training. In the above interviews made with participants, getting basic business skill and life skill training from the organization help them as they are profitable from their business and promote their social life within the community.

#### **4.5 Results of Semi-Structured interview from professionals**

The professional interview result shows that, the role of economic empowerment plays a great role to increase the self-confidence, social relationship and in the change of monthly income. According to the program manager of the organization response during the professionals' semi-structured interview, the absence of having enough monthly income is one factor why the women living with HIV/AIDS have a higher rate of economic, psychological & social relationship problems. According to the response of BGWCSSC program manager [Code 12] for the question "how do you understand and explain the issues of economic empowerment for Women living with HIV/AIDS? ....

The manager [Code 12] explained that:

The economy is a crucial issue for health care. It is designed to increase their psychological strength and value for themselves by providing them with a variety of income-generating skills and training after being incorporated into the organization. Economic empowerment plays a great role to determine the life of women living with HIV/AIDS especially in poor countries like Ethiopia. So if women who are living with

HIV/AIDS are economically empowered, in the areas of income, their acceptance in social relationship, and other life concern will be ok.

Another [Code 13] staff of the organization added that:

Lack of income for women living with HIV/AIDS leads them to other social problem. Accordingly, when they were joined our center the status of their social interaction and the value they given for themselves were very low. Lacking positive thinking about themselves was by itself a problem for women. Additionally, lack of economic empowerment will increase the degree of vulnerability. There is something the community wants from them to support themselves. There is also lack of economy puts them in a position where society does not expect from them; at this time their participation in the society well developed. Accordingly, after they participate in income generating activity, they started to save some amount of money with the community by becoming members of local Iddirs and their social relationship was increased.”

Another employee continued to say:

We will provide job readiness preparation counseling when they joined our organization; we provide awareness about empowerment and the empowerment process will not only undertake by the organization. The empowerment approach adopted by our organization is more focused on the strengths and efforts of clients and we work with them to solve their problem as much as possible. Another issue to be considered during the empowerment process is that service users should be within the catchment area of the organization where it operates. In addition, we provide the basic business skills and life

skills training for clients before they engage in the business to develop their capacity to operate their business in a modern manner.

The result of this study is congruent with the Strength Theory. According to Strength Theory, it respects the unique strength, ability, and aspiration of clients and recognizes resources that exist in the natural environment. The theory also focuses on people's innate capacity and motivation for growth and change and also views difficulties in life as a source of challenge and opportunity. This finding is supported by the idea of strength perspectives or theory.

## **Chapter 5: Conclusion and Social Work Implication**

### **5.1 Conclusion**

The findings and results of this study showed that women living with HIV/AIDS in the study area face many problems before they joined the economic support of the organization. Some of the problems they encountered include psychological problems, weak social ties or social relationship problems, such as discrimination, lack of engagement in different social events and being dependent on others. Economic empowerment plays significant roles to develop the psycho-social life of women living with HIV/AIDS. Through the provision of economic empowerment for women living with HIV/AIDS particularly to the poor, uneducated and who are not able to fulfill their basic needs, economic empowerment enables them to be self-employed. The above findings indicate that, the delivery of economic empowerment had positive impacts in the psycho-social life of women living with HIV/AIDS and their income was increased better. However, being empowered economically for women living with HIV/AIDS has significant changes for their psychological, social and economic capacities at household level and the attitudes of the husbands towards women's contributions for the household. The role of economic empowerment to enhancing decision making power was high. Almost the results or the findings of this study shown that, the supports of economic empowerment had positive impacts on the psycho-social life of women living with HIV/AIDS. Engaging in economic empowerment program has also enhanced the women's self-confidence and enables them to ensure their potentials to engage in petty trade or small business activities and improved the household which is a good example of empowerment. Generally, the role of economic empowerment to women living with

HIV/AIDS plays crucial roles or unlimited roles to change the psycho social life of the study participants.

## **5.2 Social Work Implication**

The issue of economic empowerment to Ethiopian population presents social, economic and political implication for both the social worker profession and the nation. The results of this study helpsocial workers, other professionals, agencies, social work research, and future research on their work of implementations. Social workers, who work across economic empowerment, health and behavioral change in diverse setting such as women development protection agencies, employee assistance program will benefit from the findings of this study.

Furthermore, this study identified psychological, social and health issues, of people living with HIV/AIDS in relation to the roles of economic empowerment support. This information has the potential to call for increased opportunities to develop and promote women focused social work content and training in all level of social work education. The implication of this study helps the social work practitioners, agencies, social work research & future research.

### **5.2.1 Implication for Social Work Practitioners**

The economic empowerment program has to focus on aspects of psychological components during women economic empowerment. These include assertive trainings such as life skill training during women economic empowerment support program.

### **5.2.2 Implications for Agencies**

Through the economic empowerment process, many agencies are enforcing their clients as they develop a sense of saving money from their small business skill income up to the period

of termination. During the discharge or termination of the clients from the organization or agencies, they will have some amount of money saved from their business. So it is better to connect those discharged clients with government stakeholders such as credit and lending money affairs office as clients will get more credit from this office. Because, credit and lending money affairs office gives priority of money credit for women those who have some amount of money in their account.

### **5.2.3 Implication for Social Work Research**

In the case of women economic empowerment process, I didn't see the research done on the role of women economic empowerment specifically women living with HIV/AIDS. So it needs further research.

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## **Annexes**

### **Consent Form**

My name is Robson Etefa. I am a social work student in Addis Ababa University in a graduating class. Currently, I am conducting a study as a partial fulfilment for my Master; s Degree training in social work. The focus of the study is to understand the role of economic empowerment support on the psycho–social life of women living with HIV/AIDS.

The main purpose of the study is to investigate the role of economic empowerment support on the psycho–social life of women living with HIV/AIDS. In order to get the necessary information for my study.I developed checklists, using which I will gather the required data. Each interview will take about an hour to complete. All what you provide as information will not be disclosed to others and it is only used for the purpose of the study.You are free to respond to questions you like and you are not forced to respond to questions you don't want to. In addition, you have the right to withdraw at any time in case you want. Your collaborations and responses for the study will be highly appreciated and respected.

Thank you in advance!

Researcher's Signature\_\_\_\_\_

Participant's Signature\_\_\_\_\_

Date \_\_\_\_\_

## Semi-structured Individual Interview

### Part I:

#### Socio-demographic Characteristics of Participants

1. Age: \_\_\_\_\_
2. Place of Birth: \_\_\_\_\_
3. Religion: \_\_\_\_\_
4. Ethnicity: \_\_\_\_\_
5. level of educational attainment: \_\_\_\_\_

### Part II

#### A. Questions on psychological aspects.

1. What do you think are your strengths before and after economic empowerment support rendered to you? Please describe to me in comparison.
2. Do you think that you are important for your family and neighbors? If yes, how? And if no why? Tell me specifically a) to your family, and b) to your neighbors
3. How do you describe you react with friends and colleagues when you meet them at different social event? a) Positive reaction (please describe), b) negative reaction (please describe)
4. Would you describe your decision making role in the family? Why do you think you have the role position as you stated in the family?

## B. Questions on social aspects

1. Do you participate in different social affairs with your neighbors? If yes, please explain the areas of social participation you have been participating?
2. Do you feel that you are more accepted by your neighbors or community members after your engagement in the economic empowerment support compared to the time when you were not part of the support? Please describe your level of acceptance.
3. How do you assess your social relationship with individuals before and after your engagement in the economic empowerment support program? Is it getting better? How do you describe the changes in your social relationship?

## C. Questions on economic aspects

1. Are there changes in your monthly income after your got economic support? If yes, please explain and if no why not?
2. How do you describe your business success? And ability do you developed to make your business successful?
3. Could you please explain how you improved your family livelihood after the engagement in the economic support?
4. After your engagement in the economic support, what are the changes brought in your personal needs? Are these needs successfully achieved?

Introduction for Semi – Structural Interview for Professionals.

In Brothers of Good Work Counseling and Social Service Center, Social and Economic Empowerment program is the focus area program of the researcher. And under this program,

three professionals will be included in the individual interview. These professionals are, livelihood program officer, program coordinator and IGA (Income Generating Activity) officer will be included in individual interview because, they are professionals those who has been working with women living with HIV/ AIDS to ensure the women empowerment by providing different services.

Semi – Structural Interview for Professionals.

5. How do you understand and explain the issues of economic empowerment for Women living with HIV/AIDS?
6. How do you see the role of economic empowerment on the physical improvement of women living with HIV AIDS?
7. What roles do you think can economic support play in the social dimensions of women living with HIV AIDS? Please explain.
8. Do you think the economic empowerment support for women living with HIV AIDS can bring economic change in their lives? Please explain the possible change
9. What are your opinions towards improving the lives of women living with HIV AIDS and economic empowerment support?
10. What do think are the major role that economic empowerment support play in regard to changing the psycho – social aspects of women living with HIV AIDS?
11. What do you think are issues to be considered in giving economic empowerment support for women living with HIV AIDS?

*Thank you for your time*