

## Psychological Empowerment of Women in Dairying in Chittoor District, AP

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### Abstract

Dairying is one of the allied agricultural activities in Chittoor district. In recent times, government has accorded priority to it, due to a number of causes. To bring women equally along with men, in all walks of life, the government has initiated and implemented several programmes for their empowerment since women folk contribute nearly vast of the population. Therefore an attempt is made in this article to assess how far women have psychologically empower through dairying. For this purpose, 250 pourers and 50 palamitras are selected conveniently. Through a structured questionnaire, specially designed for the purpose, data has been collected by personal interview method. It has been analysed with the help of Liker’s three point scale and  $\chi^2$  test. The result shows that the women have psychologically empowered after entering dairying. The issues examined include self-esteem, self-confidence and motivation of respondents.

**Keywords:** Product development, creativity, innovation

### 1. Introduction

Expansion of mental space is one of the essentials of empowerment of women. Human beings are unlikely to pursue their goals without the feelings of competence, self-sufficiency, autonomy and optimism. The perceived change of sample women in terms of their self-confidence, self-esteem and motivation is evaluated. For this purpose, 250 women pourers and 50 palamitras are conveniently brought into the from Chittoor district of Andhra Pradesh. The period of study is 2012-13. The respondents were asked to respond to a three-point scale marked with no increase, increase to some extent and increase to a great extent. The  $\chi^2$  is employed to ascertain the significant difference between pre and post dairying periods. In a modest attempt is made in this article ascertain how far women pourers and palamitras attained psdychological empowerment after undertaking dairying. The issues focused include: self-confidence, self-esteem and motivation.

### 2. Self-confidence

Self-confidence plays an important role in the life of everyone. Self-confidence is the belief in oneself and one’s own judgment. It is rooted in what one believes and achieves. It is extremely vital for women as it helps them to face problems

with a positive and firm approach. It is an indicator of empowerment of women since belief in them will give faith in their ability to make decisions and to take control of their lives. In the present day society, women face many issues, which, in fact, affect their self-confidence. Against this backdrop, an earnest attempt has been made to examine how far dairying has helped women to acquire and enhance self-confidence. A look at the Table 1 reveals that, of the pourers, 69.20 per cent have no self - confidence in the pre-period while such respondents declined to 4.40 per cent in the post-period. The proportion of respondents, marked with self-confidence to some extent rose from 30.80 per cent to 76.80 per cent. The share of women with self-confidence to a great extent was 18.80 per cent in the post-period whereas their representation was nil in the pre-period. Among palamitras, respondents with no self-confidence decreased, those with self-confidence to some extent increased and those with self-confidence to a great extent constituted afresh in the post-period. If both the categories of respondents are considered as a whole, their percentages in terms of no self-confidence, self-confidence to some extent and self-confidence to a great extent were 65.33

**Table 1:** Opinions of Respondents on the Extent of Self-Confidence

Extent of self-confidence	Pre		Total	Post		Total
	Pourers	Palamitras		Pourers	Palamitras	
No self-confidence	173 (69.20)	23 (46.00)	196 (65.33)	11 (4.40)	2 (4.00)	13 (4.33)
To some extent	77 (30.80)	27 (54.00)	104 (34.67)	192 (76.80)	28 (56.00)	220 (73.33)
To a great extent	-	-	-	47 (18.80)	20 (40.00)	67 (22.33)
Total	250 (100)	50 (100)	300 (100)	250 (100)	50 (100)	300 (100)
$\chi^2$	9.90*			10.86*		

**Notes** : \*Indicates significant at one percent level Figures in brackets indicate the percentage to total

**Source:** Sample survey

per cent, 34.67 per cent and nil before entering into dairying. But their share is newly constituted at 4.33 per cent, 73.33 per cent and 22.33 per cent in the post-period sequentially. The decline in the lower option, increase in the middle option and emergence in the higher option is evident. This shows that the self-confidence of women in dairying has increased. The relationship between classification of respondents into pourers and palamitras and their extent of self-confidence is significant at one per cent level in both the periods.

The distribution of respondents on the basis of age, education, Caste, nature of family and monthly income and their views on the extent of self-confidence is furnished in Table 2. It can be observed that, the proportion of respondents in all the age

groups has declined in the post- period over the pre-period leaving 50-59 years. In this category, the respondents have disappeared in the post-period. The share of respondents with self-confidence to some extent has increased in all the age-wise classifications without any exception. The respondents with self-confidence to a great extent have formed in all the age groups in the post-period but they were absent in the pre-period. The proportion of illiterates, those with less than SSC qualification and SSC with no self-confidence declined in the post-period over the pre-period. Further, undergraduates and those having intermediate education have completely disappeared. The

**Table 2:** Select Variable-wise Perceptions of Respondents on the Extent of Self-Confidence

Variable		Pre			$\chi^2$	Post			$\chi^2$
		Extent of self-confidence				Extent of self-confidence			
		NSC	SE	GE		NSC	SE	GE	
Age (years)	20-29	29 (65.91)	15 (34.09)	-	0.97 <sup>NS</sup>	3 (6.82)	27 (61.36)	14 (31.82)	8.54 <sup>NS</sup>
	30-39	72 (62.07)	44 (37.93)	-		5 (4.31)	82 (70.69)	29 (25.00)	
	40-49	69 (67.65)	33 (32.35)	-		4 (3.92)	80 (78.43)	18 (17.65)	
	50-59	19 (67.86)	9 (32.14)	-		-	24 (85.71)	4 (14.29)	
	60 and above	7 (70.00)	3 (30.00)	-		1 (10.00)	7 (70.00)	2 (20.00)	
Education	Illiterate	76 (70.37)	32 (29.63)	-	9.72 <sup>NS</sup>	5 (4.63)	87 (80.56)	16 (14.81)	12.46 <sup>NS</sup>
	Below SSC	64 (67.37)	31(32.63)	-		5 (5.26)	65 (68.42)	25 (26.32)	
	SSC	44 (62.86)	26 (37.14)	-		3 (4.29)	52 74.29	15 21.43	
	Intermediate	10 (55.56)	8 (44.44)	-		-	12 (66.67)	6 (33.33)	
	Under- graduate	2 (22.22)	7 (77.78)	-		-	4 (44.44)	5 (55.56)	
Caste	OCSs	37 (64.91)	20 (35.09)	-	11.4 <sup>NS</sup>	4 (7.02)	39 (68.42)	14(24.56)	8.22 <sup>NS</sup>
	BCs	67 (66.34)	34 (33.66)	-		3 (2.97)	76 (75.25)	22 (21.78)	
	SCs	79 (69.91)	34 (30.09)	-		6 (5.31)	87 (76.99)	20 (17.70)	
	STs	10 (62.50)	6 (37.50)	-		-	10 (62.50)	6(37.50)	
	MCs	3 (23.08)	10 (76.92)	-		-	8 (61.54)	5(38.46)	
Nature of family	Nuclear	130 (69.15)	58 (30.85)	-	3.24 <sup>NS</sup>	10 (5.32)	139 (73.94)	39 (20.74)	1.72 <sup>NS</sup>
	Joint	66 (58.93)	46 (41.07)	-		3 (2.68)	81 (73.32)	28 (25.00)	
Monthly income (Rs.)	Upto 4000	20 (58.82)	14 (41.18)	-	12.6 <sup>1*</sup>	3 (8.82)	24 (70.59)	7 (20.59)	16.13 <sup>**</sup>
	4000-8000	86 (72.88)	32 (27.12)	-		2 (1.69)	95 (80.51)	21 (17.80)	
	8000-12000	45 (68.18)	21 (31.82)	-		3 (4.55)	48 (72.73)	15 (22.73)	
	12000-16000	31 (64.58)	17 (35.42)	-		3 (6.25)	36 (75.00)	9 (18.75)	
	16000 and more	14(41.18)	20 (58.82)	-		2 (5.88)	17 (50.00)	15 (44.12)	

**Note:** \* Indicates significant at one percent level \*\* Indicates significant at five percent level NS: Not significant  
 NSC: No self-confidence; SE: To some extent; GE: To a great extent Figures in brackets indicate the percentage to total  
**Source:** Sample survey

Respondents with self-confidence to some extent have increased in all the levels of education except undergraduates in the post-period. The proportion of these has declined from 77.78 per cent to 44.44 per cent in the aforesaid period. There are respondents whose self-confidence has increased to a great extent in the post-period only. Their share varied between 14.81 per cent and 55.56 per cent. They are absent in the pre-period. The proportion of open categories (OCs), backward castes (BCs) and scheduled castes (SCs) with no self-confidence has declined in the post-period over the pre-period. The scheduled tribes (STs) and minority caste (MCs) in this option are nil. In the next option, there is an increase in the share of all the caste groups except MCs. There is a converse situation in them. With regard to nuclear and joint families, the share of respondents with no self-confidence has decreased, those with self-confidence to some extent increased and self-confidence to a great extent has formed in the post-period alone. The relationship between the segregation of respondents on the basis of age, education, caste and nature of family and their views on the extent of self-confidence is insignificant in

both the periods. This is based on the fact that the calculated value of chi square is less than that of is critical value. It infers that they are independent of each other.

The respondents marked with no self-confidence has declined in the range of income without any exception in the post-period. As against this, women marked with self-confidence to some extent rose in all the levels of income leaving those in the order of Rs.16000 and more. A contrary trend exists in it. The association between the distribution of respondents on the basis of level of income and their opinions on the extent of self-confidence is significant at one per cent and five per cent levels in the pre and post-periods respectively. It means that they are dependent on each other. It may be summed up that, there is a decline in the number of respondents in the lower option, increase in the middle option and newly formed in the higher option in all the categories. However, it may be observed that the relationship between the segregation of respondents on the basis of level of monthly income and their views on the extent of self-confidence is significant in both the periods of study.

After under taking dairying, self-confidence of women has gone up in the study area.

### 3. Self-esteem

Self-esteem is the personal view of one's own self physically, mentally and emotionally. It is the feeling of being happy with one's character and ability. Self-esteem is one of the pre-requisites of empowerment of women. It is the force that is

behind good performance and achievement. Low self-esteem may be detrimental to one's personal work and other spheres of life. The feeling of unworthiness may undermine attempts to register success even in small things/events/occasions. The available literature on the subject reveals that women suffer from low self-esteem due to several reasons. Therefore, to succeed in life, there is a need to build self-esteem.

**Table 3:** Opinions of Respondents on the Extent of Self-Esteem

Extent of self-confidence	Pre		Total	Post		Total
	Pourers	Palamitras		Pourers	Palamitras	
No self-confidence	145 (58.00)	15 (30.00)	160 (53.33)	10 (4.00)	1 (2.00)	11 (3.67)
To some extent	99 (39.60)	34 (68.00)	133 (44.33)	187 (74.80)	37 (74.00)	224 (74.67)
To a great extent	6 (2.40)	1 (2.00)	7 (2.33)	53 (21.20)	12 (24.00)	65 (21.67)
Total	250 (100)	50 (100)	300 (100)	250 (100)	50 (100)	300 (100)
$\chi^2$	13.73*			0.61NS		

**Notes:**\* Indicates significant at one per cent level NS. Not significant Figures in brackets indicate the percentage to total

**Source:** Sample survey

In this context, it is felt that there is a necessity to access the level of self-esteem across the women respondents. It can be observed from the Table 3 that, the proportion of respondents with no self-esteem has declined whereas the share of respondents with self-esteem to some extent and to a great extent had gone up in the post-period over the pre-period. The pourers with no self-esteem have decreased from 58 per cent to 4 per cent, those with self-esteem increased to some extent

from 39.60 per cent to 74.80 per cent and those with self-esteem to a great extent rose from 2.40 per cent to 21.20 per cent in the post-period over the pre-period. A similar trend prevails among palamitras. The association between distribution of respondents into pourers and palamitras and their opinion on the extent of self-esteem is significant in the pre-period at one per cent level and insignificant in the post-period.

**Table 4:** Select Variable-wise Opinions of Respondents on the Extent of Self-Esteem

Variable		Pre			$\chi^2$	Post			$\chi^2$
		Extent of self-esteem				Extent of self-esteem			
		NSE	SE	GE		NSE	SE	GE	
Age (years)	20-29	20 (45.45)	24 (54.55)	-	6.13 <sup>NS</sup>	1 (2.27)	37 (84.09)	6 (13.64)	12.86 <sup>NS</sup>
	30-39	61 (52.59)	51 (43.97)	4 (3.45)		7 (6.03)	77 (66.38)	32 (27.59)	
	40-49	58 (56.86)	41 (40.20)	3 (2.94)		1 (0.98)	78(76.47)	23 (22.55)	
	50-59	14 (50.00)	14 (50.00)	-		2 (7.14)	23 (82.14)	3 (10.71)	
	60 and above	7 (70.00)	3 (30.00)	-		-	9 (90.00)	1 (10.00)	
Education	Illiterate	60 (55.56)	46 (42.59)	2 (1.85)	6.27 <sup>NS</sup>	3 (2.78)	79 (73.15)	26 (24.07)	11.24 <sup>NS</sup>
	Below SSC	52 (54.74)	40 (42.11)	3 (3.16)		6 (6.32)	63 (66.32)	26 (27.37)	
	SSC	38 (54.29)	31 (44.29)	1 (1.43)		1 (1.43)	61 (87.14)	8 (11.43)	
	Intermediate	8 (44.44)	9 (50.00)	1 (5.56)		1 (5.56)	14 (77.78)	3(16.67)	
	Under graduate	2 (22.22)	7 (77.78)	-		-	7 (77.78)	2 (22.22)	
Caste	OCs	29 (50.88)	27 (47.37)	1 (1.75)	4.60 <sup>NS</sup>	2 (3.51)	46 (80.70)	9 (15.79)	6.88 <sup>NS</sup>
	BCs	56 (55.45)	42 (41.58)	3 (2.97)		5 (4.95)	70 (69.31)	26 (25.74)	
	SCs	57 (50.44)	53 (46.90)	3 (2.65)		3 (2.65)	83 (73.45)	27 (23.89)	
	STs	8 (50.00)	8 (50.00)	-		-	14 (87.50)	2(12.50)	
	MCs	10 (76.92)	3 (23.08)	-		1 (7.69)	11 (84.62)	1 (7.69)	
Nature of family	Nuclear	104 (55.32)	81 (43.09)	3 1.60	1.72 <sup>NS</sup>	7 (3.72)	144 (76.60)	37(19.68)	1.17 <sup>NS</sup>
	Joint	56(50.00)	52 (46.43)	4 3.57		4 (3.57)	80 (71.43)	28 (25.00)	
Monthly income (Rs.)	Upto 4000	19 (55.88)	13 (38.24)	2 (5.88)	7.19 <sup>NS</sup>	-	24 (70.59)	10 (29.41)	8.12 <sup>NS</sup>
	4000-8000	65 (55.08)	49 (41.53)	4 (3.39)		8 (6.78)	86 (72.88)	24 (20.34)	
	8000-12000	31 (46.97)	35 (53.03)	-		2 (3.03)	52 (78.79)	12 (18.18)	
	12000-16000	27 (56.25)	20 (41.67)	1 (2.08)		1 (2.08)	37 (77.08)	10 (20.83)	
	16000 and more	18 (52.94)	16 (47.06)	-		-	25 (73.53)	9 (26.47)	

**Notes:** NS: Not significant NSE: No self-esteem; SE: To some extent; GE: To a great extent Figures in brackets indicate the percentage to total

**Source:** Sample survey

Select variable-wise segregation of respondents and their views on extent of self-esteem is given in the Table 4. A glance at the Table shows that the percentage of respondents with no self-esteem has declined in all the age groups in the post-period over the pre-period leaving those in the age group of 60 and more years. In this age group, respondents have completely disappeared from 70 per cent in the pre-period. The proportion of respondents with self-esteem to some extent rose in the post-period upon the pre- period without any exception. The respondents with self-esteem to a great extent have increased in the age group of 30-39 years and 40-49 years while they constituted afresh in the interval of 20-29 years, 50-59 years and 60 and above years in the post- period. The distribution of respondents on the basis of education and their opinions on the extent of self-esteem reveals that there is a decline in the proportion of respondents with no self-esteem in all the classes of education leaving undergraduates. The undergraduates were absent in the post-period. The respondents with self-esteem to some extent have increased in all the levels of education in the post-period but there is no change in the percentage of undergraduates. The share of respondents with self-esteem to a great extent has also increased in all the categories of education except undergraduates. In this option, undergraduates were found afresh in the post-period.

In the case of caste-wise categorization of respondents and their opinions on the extent of self-esteem, there is a decline in all the caste groups except STs, who have completely disappeared in the post-period over pre-period. In the next option, there is an increase in all the caste groups. In respect of higher option, the proportion of respondents among OCs, BCs and SCs has gone up and newly formed in STs and MCs at

12.50 per cent and 7.69 per cent sequentially. With regard to nuclear and joint families, there is a decline in the respondents marked with no self-esteem, increase in the respondents with self-esteem to some extent and to a great extent. The proportion of respondents with an income of less than Rs. 4000 and Rs.16000 with no self-esteem is nil and in the remaining ranges of income was declined. In the next option, the share of respondents has increased in all the levels of monthly income. In the higher option, the share of respondents in the class interval of Rs. upto 4000, Rs.4000-8000 and Rs.12000-16000 has shot up and in the rest of frequencies exists in the post-period only. The relationship between the distribution of respondents according to age, income, nature of family, caste and education and their perception on the extent of self-esteem is not significant in the before as well as post-periods. It means they are independent of each other.

#### 4. Motivation

Motivation influences achievement and success of a person/group. It was rightly pointed out in the previous studies that motivation is a crucial ingredient of psychological empowerment of women. Motivation plays a vital role in almost all activities we undertake in life. Motivation is an internal state of being that activates the behaviour of human beings by giving it a direction. It directs and energizes behaviour towards a goal. Sixty four per cent of pourers were not motivated in the pre-period while they declined to 7.60 per cent in the post-period. A contrary situation prevails in the share of respondents with motivation to some extent and those with to a great extent. It means their proportion has gone up in the post-period over the

**Table 5:** Opinions of Respondents on the Extent of Motivation

Extent of motivation	Pre		Total	Post		Total
	Pourers	Palamitras		Pourers	Palamitras	
No motivation	160 (64.00)	21 (42.00)	181(60.33)	19 (7.60)	2 (4.00)	21 (7.00)
To some extent	84 (33.60)	26 (52.00)	110 36.67)	180 (72.00)	38 (76.00)	218 (72.67)
To a great extent	6 (2.40)	3 (6.00)	9 (3.00)	51 (20.40)	10 (20.00)	61 (20.33)
Total	250 (100)	50 (100)	300 (100)	250 (100)	50 (100)	300 (100)
$\chi^2$	8.99*			0.87NS		

**Notes:**\* Indicates significant at one per cent level NS. Not significant Figures in brackets indicate the percentage to total

Source: Sample survey

Pre-period. An identical trend emerges with palamitras with no motivation have decreased while those with motivation to some extent and to a great extent have gone up in the post-period when compared with the pre-period. When both the pourers and palamitras are considered together the same trend emerges. The share of respondents with no motivation has declined from 60.33 per cent in the pre-period to 7 per cent in the post-period, that of those with motivation to some extent rose from 36.67 per cent to 72.67 per cent and percentage of those with motivation to a great extent rose from 3 per cent to 20.33 per cent in the post-period over the pre-period. The relationship between the distribution of respondents into pourers and palamitras and their perceptions on the extent of motivation is significant at one per cent level in the pre-period while it is insignificant in the post-period.

The segregation of respondents on the basis select of variables and their views on the extent of motivation is provided in Table 6. In all the age groups the percentage of respondents with no motivation has declined in the post- period leaving those in the

frequency of 60 and above years. These have disappeared in the post-period with 50 per cent in the pre-period. There is an increase in the proportion of respondents with motivation to some extent in the post-period upon the pre-period. In the higher option, the proportion of respondents has either increased or has constituted afresh in the post-period. With regard to level of education and opinions on the extent of motivation, there is a decline in the number of respondents marked with no motivation except undergraduates in the post-period. Undergraduates with no motivation have completely disappeared after entering into dairying. In the next option, there is a growth in the share of respondents except illiterates. Their share has declined from 40.74 per cent in the pre-period to 7.37 per cent in the post-period. In the next option, the number of illiterates, below SSC, SSC and undergraduates rose and constituted afresh in the respondents with intermediate education.

More or less, an identical trend prevails in the caste, nature of family and monthly income-wise classification of respondents

and their perceptions on the extent of motivation. There is a decline in the proportion of OCs, BCs, SCs and MCs with no motivation while STs disappeared in the post-period. There is an increase in the share of respondents with motivation to some extent in all the caste groups. There is also an increase in the proportion of OCs, BCs and SCs marked with motivation to a great extent in the post-period. The respondents in this option though are absent in the pre-period. The number of respondents in the nuclear and joint families marked with no motivation

declined and those with motivation to some extent and to a great extent grew in the post-period over pre-period. The respondents with no motivation have declined in all the ranges of income barring those in the level of Rs.6000 and more. They completely disappeared from their option in the post-period. The respondents in the next option in all the groups of income have increased in the post-period. Similar is the case

**Table 6:** Variable-wise Opinions of Respondents on the Extent of Motivation

Variable		Pre			$\chi^2$	Post			$\chi^2$
		Extent of motivation				Extent of motivation			
		NM	SE	GE		NM	SE	GE	
Age (years)	20-29	24 (54.55)	18 (40.91)	2 (4.55)	3.49 <sup>NS</sup>	2 (4.55)	33 (75.00)	9 (20.45)	6.36 <sup>NS</sup>
	30-39	72 (62.07)	40 (34.48)	4 (3.45)		10 (8.62)	83 (71.55)	23 (19.83)	
	40-49	64 (62.75)	35 (34.31)	3 (2.94)		6 (5.88)	77 (75.49)	19 (18.63)	
	50-59	16 (57.14)	12 (42.86)	-		3 (10.71)	16 (57.14)	9 (32.14)	
	60 and above	5 (50.00)	5 (50.00)	-		-	9 (90.00)	1 (10.00)	
Education	Illiterate	61 (56.48)	44 (40.74)	3 (2.78)	12.24 <sup>NS</sup>	8 (7.41)	76 (7.37)	24 (22.22)	4.06 <sup>NS</sup>
	Below SSC	67 (70.53)	25 (26.32)	3 (3.16)		8 (8.42)	69 (72.63)	18 (18.95)	
	SSC	37 (52.86)	31 (44.29)	2 (2.86)		3 (4.29)	55 (78.57)	12 (17.14)	
	Intermediate	13 (72.22)	5 (27.78)	-		2 (11.11)	12 (66.67)	4 (22.22)	
	Under-graduate	3 (33.33)	5 (55.56)	1 (11.11)		-	6 (66.67)	3 (33.33)	
Caste	OCs	32 (56.14)	21 (36.84)	4 (7.02)	7.40 <sup>NS</sup>	4 (7.02)	42 (73.68)	11 (19.30)	10.86 <sup>NS</sup>
	BCs	64 (63.37)	36 (35.64)	1 (0.99)		7 (6.93)	67 (66.34)	27 (26.73)	
	SCs	66 (58.41)	43 (38.05)	4 (3.54)		7 (6.19)	87 (76.99)	19 (16.81)	
	STs	9 (56.25)	7 (43.75)	-		-	13 (81.25)	3 (18.75)	
	MCs	10 (76.92)	3 (23.08)	-		3 (23.08)	9 (69.23)	1 (7.69)	
Nature of family	Nuclear	120 (63.83)	64 (34.04)	4 (2.13)	3.24 <sup>NS</sup>	12 (6.38)	140 (74.47)	36 (19.15)	0.84 <sup>NS</sup>
	Joint	61 (54.16)	46 (41.07)	5 (4.46)		9 (8.04)	78 (69.64)	25 (22.32)	
Monthly income (Rs.)	Upto 4000	17 (50.00)	16 (47.06)	1 (2.94)	8.20 <sup>NS</sup>	3 (8.82)	20 (58.82)	11 (32.35)	11.03 <sup>NS</sup>
	4000-8000	75 (63.56)	39 (33.05)	4 (3.39)		12 (10.17)	83 (70.34)	23 (19.49)	
	8000-12000	35 (53.03)	28 (42.42)	3 (4.55)		2 (3.03)	50 (75.76)	14 (21.21)	
	12000-16000	35 (72.92)	13 (27.08)	-		4 (8.33)	36 (75.00)	8 (16.67)	
	16000 and more	19 (55.88)	14 (41.18)	1 (2.94)		-	29 (85.29)	5 (14.71)	

**Notes:** NS: Not significant

NM: No motivation; SE: To some extent; GE: To a great extent Figures in brackets indicate the percentage to total

Source: Sample survey

Among the respondents with motivation to a great extent. Respondents in the class interval of Rs. 12000-16000 emerged in the post-period only. It may be noted that though there is a decline in the lower option and increase in the middle and higher options, the relationship between distribution of respondents and their views on the extent of motivation is insignificant in all the groups across the variables referred to. It means they are independent of each other.

### 5. Conclusion

It may be concluded that dairying has a resulted in either increase or creating self-confidence among the respondent women in question. The  $\chi^2$  value confirms it. It may be arrived at that there is a decline in the number of respondents marked with no self-esteem as against an increase in the respondents with self-esteem to some extent and to a great extent after entering into dairying. Hence, dairying has promoted self-esteem among women. It may be concluded that the respondents with no self-esteem have either declined or disappeared vis-à-vis respondents with self-esteem to some extent increased and those with self-esteem to a great extent either increased or formed afresh in the post-period. However, the relationship between classification of respondents in terms

of the aforesaid variables and their opinions on the extent of self-esteem is insignificant. Thus dairying has led to empowerment of women in terms of self-esteem. It may be concluded that, there is a decline in the share of respondents with no motivation while there is increase in the share of respondents with motivation to some extent and to a great extent in the post-period. It may be concluded that, by entering into dairying the proportion of women with no motivation has decreased as against an increase in the respondents with motivation to some extent and to a great extent in the post-period. Therefore, the drop in the lower option and increase in the middle or higher option is proof that dairying has facilitated psychological empowerment among the respondents in the study area.

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