INDIAN DEVELOPMENT POLICY REVIEW

Vol. 5, No. 2, 2024, pp. 191-205 © Black Rose Publications (India) URL: www.blackroseindia.com

Empowering Women, Transforming Nations: The Role of Female Participation in Developing Economies

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Abstract: Women population constitute almost half of the world and they contribute a lot in the development of the economies. In developing economies such roles become even more important because the developing economies are running for achieving higher rates of growth and in this regard the roles of women cannot be neglected. For this purpose, women empowerment is even more important for transforming the economies. This paper considers all those aspects by which women ca be and should be empowered in developing economies and what effects it can have on the overall development of the economy. The paper goes on to discuss the barriers that hinder such growth and by the help of few case studies the paper discusses how such barriers can be overcome. The paper finally concludes with several policy suggestions that can change the whole scenario where women, in developing economies, will not only be empowered and enriched at par with men but they will contribute a lot in the national progress.

Received: 28 October 2024
Revised: 30 November 2024
Accepted: 12 December 2024
Published: 28 December 2024

TO CITE THIS ARTICLE:

Shipra Bhattacharjee (2024). Empowering Women, Transforming Nations: The Role of Female Participation in Developing Economies. *Indian Development Policy Review*, 5: 2, pp. 191-205.

1. Introduction

The empowerment of women in developing economies has emerged as a critical factor in driving sustainable economic growth and social progress. This article examines the multifaceted impact of female participation across various sectors, with a particular focus on entrepreneurship and financial inclusion. Recent studies have shown that increasing women's labor force participation by just 1% can lead to significant economic gains, with one analysis indicating a 1.05% rise in participation rates for every 1% increase in domestic credit to the private sector (Mahwish *et al.*, 2024). Women constitute approximately half of the global population, yet their participation in economic activities remains disproportionately low in many developing countries. Historically, cultural, social, and legal barriers have limited women's access to education, healthcare, finance, and employment opportunities. However, recent evidence suggests that empowering women can lead to significant economic gains, poverty reduction,

and social progress. This paper aims to highlight the multifaceted role of women in economic development and argue that investing in women's potential is crucial for the sustainable growth of developing economies.

The empowerment of women in developing economies is a multifaceted issue that encompasses economic, social, and political dimensions. Gender equality, rooted in the capacity of individuals to make independent decisions regarding their well-being, remains a critical challenge in these nations (Mahwish *et al.*, 2024). This disparity is particularly evident in areas such as labor force participation, access to financial resources, and representation in decision-making processes.

The economic participation of women is a critical factor in driving sustainable development and reducing poverty in developing nations. Studies have shown that increasing women's involvement in income-generating activities can lead to significant improvements in household welfare and overall economic growth (Asad, 2024). In Pakistan's Punjab province, for example, research indicates that leadership opportunities and income control are key areas where women face disempowerment, highlighting the need for targeted interventions to enhance female economic participation (Waqas et al., 2023).

Developing economies face unique challenges in promoting women's economic participation, including limited access to education, restrictive social norms, and inadequate legal protections. These barriers are particularly pronounced in sectors such as tourism, where women constitute a significant portion of the workforce but often occupy lower-paying and less secure positions (Mahwish & Nawaz, 2022).

Women's economic participation is a cornerstone for sustainable development and growth in nations worldwide. In developing economies, the inclusion of women in the workforce and entrepreneurship can catalyze transformative changes, driving economic progress and social advancement. This participation not only empowers individual women but also contributes to poverty reduction, improved education outcomes, and enhanced community well-being (Chatterjee, 2024). Developing economies face unique challenges, including limited access to resources, infrastructure gaps, and sociocultural barriers that often disproportionately affect women's ability to engage fully in economic activities.

2. Historical Context

The historical context of women's economic participation in developing economies reveals a complex interplay of cultural, social, and economic factors that have traditionally limited women's opportunities. In many regions, patriarchal norms and gender-based discrimination have restricted women's access to education, property

rights, and formal employment, creating persistent barriers to their economic empowerment (Mahwish *et al.*, 2024). These historical constraints have shaped the current landscape of female entrepreneurship, which often emerges as a necessity-driven phenomenon in response to limited formal employment options (Oluwakemi *et al.*, 2023).

The historical context of women's economic participation in developing economies is marked by significant shifts over the past century. In many regions, traditional gender roles and societal norms have long confined women to domestic spheres, limiting their access to education, employment, and financial resources. The post-colonial era saw gradual changes, with some countries implementing policies to promote gender equality and women's rights. However, progress has been uneven, with persistent gaps in women's economic opportunities across different regions and socio-economic strata. The late 20th and early 21st centuries have witnessed increased global attention to women's economic empowerment, driven by international development goals and grassroots movements advocating for gender equity.

2.1. Traditional Roles of Women in Developing Economies

In many developing economies, women's traditional roles were primarily centered around unpaid domestic labor, child-rearing, and subsistence agriculture. These roles often limited women's access to formal education, skill development, and participation in the formal economy. Cultural norms and societal expectations frequently reinforced these gender-specific roles, creating barriers to women's economic advancement. However, these traditional roles also fostered resilience and resourcefulness among women, who often managed household finances and engaged in informal economic activities to support their families.

2.2. Shift in Perception and Policy

The shift in perception and policy regarding women's economic participation in developing economies has been gradual but significant. International development organizations, governments, and civil society groups have increasingly recognized the untapped potential of women as economic actors and agents of change. This recognition has led to the implementation of various policies and programs aimed at promoting women's education, entrepreneurship, and workforce participation. Many countries have enacted legislation to protect women's rights, combat discrimination, and ensure equal opportunities in the workplace. However, the effectiveness of these policies varies widely, with implementation challenges and deeply ingrained societal norms often impeding progress.

3. Current State of Women's Economic Participation

Recent data from the World Bank reveals significant disparities in female labor force participation rates across developing regions, with South Asia and the Middle East & North Africa showing particularly low rates compared to other areas (Binh *et al.*, 2024). These regional variations underscore the complex interplay of cultural, economic, and institutional factors influencing women's economic engagement in different contexts.

The current state of women's economic participation in developing economies presents a complex landscape of progress and persistent challenges. While there have been notable improvements in women's access to education and employment opportunities, significant disparities remain in terms of wage gaps, job security, and representation in leadership positions. Many women in developing economies continue to face barriers such as limited access to financial services, property rights, and technology, which hinder their full economic potential. Additionally, the burden of unpaid care work often falls disproportionately on women, further constraining their ability to engage in formal economic activities.

3.1. Labor Force Participation Rates

Labor force participation rates for women in developing economies vary widely across regions and countries, reflecting diverse economic structures, cultural norms, and policy environments. In many low-income countries, women's participation in the formal labor market remains significantly lower than that of men, with a substantial portion of women engaged in informal or unpaid work. Recent data from the World Bank indicates that while some regions, such as East Asia and the Pacific, have seen improvements in female labor force participation, others, like South Asia and the Middle East, continue to lag behind. These disparities underscore the need for targeted interventions to address the specific barriers women face in entering and remaining in the workforce.

3.2. Wage Gaps and Employment Quality

Wage gaps and employment quality remain significant challenges for women in developing economies. Despite progress in labor force participation, women often face substantial pay disparities compared to their male counterparts, with the gender wage gap persisting across various sectors and skill levels. This disparity is compounded by the concentration of women in low-paying, informal, or part-time jobs, which typically offer limited job security, benefits, and opportunities for career advancement. Furthermore, occupational segregation continues to channel women into traditionally female-dominated sectors, which are often undervalued and underpaid, perpetuating

economic inequalities and limiting women's potential for financial independence and growth.

3.3. Entrepreneurship and Small Business Ownership

Entrepreneurship and small business ownership represent crucial avenues for women's economic empowerment in developing economies. Many women are turning to entrepreneurship as a means of overcoming barriers in the formal job market, leveraging their skills and creativity to establish micro-enterprises and small businesses. These ventures often operate in sectors such as retail, agriculture, handicrafts, and services, providing essential income for families and contributing to local economic development. However, women entrepreneurs in developing economies frequently encounter obstacles in accessing credit, markets, and business networks, which can limit the growth and sustainability of their enterprises.

4. Barriers to Women's Economic Empowerment

Despite progress in recognizing the importance of women's economic participation, significant barriers persist across developing economies. These obstacles include limited access to financial services, property rights restrictions, and sociocultural norms that constrain women's economic opportunities (Sadiq *et al.*, 2023). A study in Pakistan revealed that financial literacy plays a crucial role in enhancing the link between financial inclusion and women's economic empowerment, underscoring the need for targeted educational initiatives (Sadiq *et al.*, 2023).

Barriers to women's economic empowerment in developing economies are multifaceted and deeply rooted in social, cultural, and institutional structures. These obstacles include limited access to education and skills training, which hampers women's ability to compete in the job market or run successful businesses. Legal and regulatory frameworks often discriminate against women, restricting their property rights, inheritance, and access to financial services. Cultural norms and gender stereotypes continue to reinforce traditional roles, discouraging women from pursuing careers or entrepreneurial ventures. Additionally, the burden of unpaid care work disproportionately falls on women, limiting their time and energy for economic activities.

4.1. Cultural and Social Norms

Cultural and social norms in developing economies often act as significant barriers to women's economic empowerment. These deeply ingrained beliefs and practices frequently reinforce traditional gender roles, limiting women's opportunities for education,

employment, and financial independence (Gupta and Chatterjee, 2021; Chatterjee, 2019). In many societies, women are expected to prioritize domestic responsibilities over career aspirations, which can lead to reduced workforce participation and missed economic opportunities. Moreover, these norms can manifest in discriminatory practices within families and communities, such as unequal distribution of resources, restricted mobility, and limited decision-making power for women.

4.2. Legal and Institutional Constraints

Legal and institutional constraints continue to impede women's economic participation in many developing economies. These barriers include discriminatory laws that limit women's property rights, inheritance, and access to financial services. For instance, in some countries, women face restrictions on opening bank accounts, obtaining loans, or registering businesses without male consent (Donato, 2023). Such legal disparities not only hinder women's entrepreneurial activities but also reinforce gender inequalities in economic opportunities and decision-making power.

Legal and institutional constraints continue to pose significant challenges for women's economic participation in developing economies. Many countries still have laws that discriminate against women in areas such as property ownership, inheritance rights, and access to credit, effectively limiting their economic opportunities. These legal barriers are often compounded by weak enforcement mechanisms and gender-biased interpretation of laws by judicial systems. Furthermore, institutional practices in both public and private sectors can perpetuate gender discrimination, creating obstacles for women in accessing employment, promotions, and leadership positions. The lack of gender-responsive policies and programs in many developing economies further exacerbates these constraints, hindering women's full participation in economic activities.

4.3. Access to Education and Skills Training

Access to education and skills training remains a critical barrier to women's economic empowerment in developing economies. While progress has been made in increasing girls' enrollment in primary education, significant gaps persist in secondary and tertiary education, as well as in vocational and technical training programs. These educational disparities limit women's ability to acquire the knowledge and skills necessary for higher-paying jobs and entrepreneurial success. Moreover, the quality of education available to women in many developing countries often falls short of market demands, further hindering their competitiveness in the workforce. Addressing these educational gaps requires targeted interventions that not only improve access but also enhance the relevance and quality of education and training programs for women.

4.4. Financial Inclusion and Access to Credit

Financial inclusion and access to credit are fundamental for women's economic empowerment, yet remain significant challenges in developing economies. Many women lack basic financial services, such as savings accounts or mobile banking, which limits their ability to manage finances and build assets. The absence of credit history or collateral often excludes women from formal lending systems, forcing them to rely on informal, high-interest sources of credit that can perpetuate cycles of poverty. Microfinance initiatives and digital financial services have emerged as potential solutions, offering women greater access to financial resources and opportunities for economic growth.

5. Impact of Women's Economic Empowerment

The impact of women's economic empowerment in developing economies extends far beyond individual financial gains, creating ripple effects that transform families, communities, and entire nations. When women have greater access to economic opportunities, they tend to invest more in their children's education and health, breaking intergenerational cycles of poverty. This increased investment in human capital contributes to long-term economic growth and social development. Furthermore, women's economic participation often leads to more diverse and innovative business practices, fostering entrepreneurship and driving economic diversification in developing countries.

5.1. GDP Growth and Poverty Reduction

Women's economic empowerment has a substantial impact on GDP growth and poverty reduction in developing economies. Studies have shown that increasing women's labor force participation and entrepreneurship can lead to significant boosts in national economic output. For example, closing the gender gap in workforce participation could increase GDP by up to 35% in some developing countries. Moreover, when women have control over household income, they tend to allocate more resources to children's education, health, and nutrition, which contributes to breaking the cycle of intergenerational poverty. This multiplier effect of women's economic participation not only improves individual family outcomes but also enhances overall human capital development, laying the foundation for sustained economic growth and poverty alleviation at the national level.

5.2. Improved Household Welfare and Child Outcomes

The impact of women's economic empowerment on household welfare and child outcomes is profound and far-reaching. When women have greater control over

financial resources, they tend to allocate a larger portion of household income towards children's education, health, and nutrition. This investment in human capital leads to improved educational attainment, reduced malnutrition rates, and better overall health outcomes for children. Furthermore, economically empowered women often have greater decision-making power within the household, which can result in more equitable distribution of resources and opportunities among family members. These positive effects on household welfare and child outcomes create a virtuous cycle, contributing to long-term social and economic development in developing economies.

5.3. Enhanced Productivity and Innovation

Women's economic empowerment contributes significantly to enhanced productivity and innovation in developing economies. By bringing diverse perspectives and experiences to the workforce, women often introduce novel approaches to problem-solving and product development. This diversity can lead to more creative and efficient business practices, fostering a culture of innovation that drives economic growth. Additionally, as women gain access to education and skills training, they become better equipped to contribute to high-value sectors of the economy, further boosting overall productivity. The inclusion of women in various industries also helps to address skills shortages and talent gaps, enabling businesses to tap into a broader pool of human capital.

5.4. Social and Political Empowerment

Women's economic empowerment is intrinsically linked to their social and political empowerment, creating a mutually reinforcing cycle of progress. As women gain financial independence and contribute more visibly to their economies, they often experience increased respect and influence within their communities. This enhanced status can translate into greater participation in decision-making processes at local and national levels, leading to more gender-responsive policies and governance. Furthermore, economically empowered women are better positioned to advocate for their rights and the rights of others, contributing to broader social change and the advancement of gender equality in developing economies.

6. Case Studies

Case studies provide valuable insights into the real-world impact of women's economic empowerment in developing economies. These examples illustrate the transformative power of initiatives that support women's participation in the workforce, entrepreneurship, and financial inclusion. From microfinance programs in Bangladesh

to women-led agricultural cooperatives in Rwanda, these case studies demonstrate the potential for positive change when barriers to women's economic participation are addressed. They also highlight the challenges that persist and the importance of context-specific approaches in promoting women's economic empowerment.

6.1. Microfinance Initiatives in Bangladesh

One notable example is the Grameen Bank, founded by Muhammad Yunus, which pioneered group-based lending to women in rural Bangladesh, demonstrating significant impacts on poverty reduction and women's empowerment ("Islamic Microfinance as a tool for Women Empowerment and Sustainable Economic Development Goals in Bangladesh," 2022). However, recent research suggests that while microfinance programs have increased women's access to credit, they have not necessarily shifted underlying patriarchal gender norms or financially empowered women in all contexts (Shohel *et al.*, 2021).

Microfinance initiatives in Bangladesh, particularly the Grameen Bank model pioneered by Muhammad Yunus, have been instrumental in empowering women economically. These programs provide small loans to women, enabling them to start or expand micro-enterprises and generate income for their families. The success of these initiatives has led to widespread replication across Bangladesh and other developing countries, demonstrating the potential of microfinance as a tool for poverty alleviation and women's empowerment. However, challenges remain, including high interest rates and the risk of over-indebtedness, prompting ongoing efforts to refine and improve microfinance models to better serve women entrepreneurs in developing economies.

6.2. Women's Cooperatives in India

In India, women's cooperatives have emerged as powerful vehicles for economic empowerment, particularly in rural areas. The Self Employed Women's Association (SEWA) in Gujarat stands out as a successful model, organizing over 1.5 million women workers in the informal sector into cooperatives that provide financial services, skills training, and market access (Bhaskar & Kaushik, 2022). These cooperatives have not only improved women's economic status but also enhanced their decision-making power within households and communities.

Women's cooperatives in India have emerged as powerful vehicles for economic empowerment, particularly in rural areas. These cooperatives often focus on sectors such as agriculture, handicrafts, and dairy production, allowing women to pool resources, share knowledge, and access markets collectively. The Self-Employed Women's Association (SEWA) in Gujarat stands out as a successful example, organizing

over two million women workers in the informal sector. These cooperatives not only provide income-generating opportunities but also foster leadership skills and social solidarity among women, contributing to their overall empowerment and community development.

6.3. Mobile Banking and Financial Inclusion in Kenya

Mobile banking and financial inclusion initiatives in Kenya, particularly the M-Pesa system, have revolutionized access to financial services for women in both urban and rural areas. This innovative platform allows users to transfer money, pay bills, and access savings and credit products using their mobile phones, overcoming traditional barriers such as lack of physical bank branches or formal documentation. The widespread adoption of mobile banking has enabled many Kenyan women to manage their finances independently, save for future investments, and participate more actively in the formal economy. Furthermore, the success of M-Pesa has inspired similar initiatives across Africa and other developing regions, demonstrating the potential of digital financial services to promote women's economic empowerment.

7. Policy Interventions and Best Practices

Effective policy interventions to promote women's economic empowerment in developing economies require a multifaceted approach that addresses legal, social, and economic barriers simultaneously. Recent research has highlighted the importance of tailoring interventions to local contexts, as evidenced by the success of community-based initiatives like the "Srikandi Desa" program in Indonesia, which effectively reduced early marriage rates through targeted education and empowerment activities (Rahman *et al.*, 2023). Such localized approaches, combined with broader national policies, can create a more conducive environment for women's economic participation and advancement.

Effective policy interventions and best practices are crucial for promoting women's economic empowerment in developing economies. These strategies often involve a combination of legal reforms, targeted programs, and public-private partnerships aimed at addressing the multifaceted barriers women face. Successful interventions typically focus on improving access to education and skills training, enhancing financial inclusion, and creating supportive environments for women entrepreneurs. Additionally, policies that address gender-based discrimination in the workplace and promote work-life balance have shown positive results in increasing women's economic participation.

Best practices often include gender-responsive budgeting, which ensures that public resources are allocated in ways that benefit both men and women equitably. Mentorship

programs and networking initiatives have also proven effective in supporting women's professional development and business growth. Furthermore, policies that promote women's land ownership and property rights can significantly enhance their economic security and ability to access credit.

7.1. Gender-responsive budgeting

Gender-responsive budgeting is a strategic approach that integrates gender perspectives into the planning, execution, and evaluation of government budgets. This method aims to ensure that public resources are allocated and spent in ways that address the specific needs and priorities of both women and men. By analyzing the differential impact of budget policies on women and men, gender-responsive budgeting helps identify and rectify gender-based inequalities in resource distribution. Implementing this approach requires collaboration between finance ministries, gender equality institutions, and civil society organizations to collect gender-disaggregated data, conduct gender impact assessments, and develop targeted interventions.

7.2. Education and Skills Development Programs

Education and skills development programs are essential components of women's economic empowerment strategies in developing economies. These initiatives aim to equip women with the knowledge and capabilities necessary to compete effectively in the job market or succeed as entrepreneurs. Many programs focus on bridging the gender gap in STEM fields, providing vocational training tailored to local economic needs, and offering financial literacy courses. Some successful approaches include mobile learning platforms that reach women in remote areas, apprenticeship programs that combine classroom instruction with on-the-job training, and mentorship initiatives that connect experienced professionals with aspiring female leaders.

7.3. Legal Reforms and Anti-discrimination Policies

Legal reforms and anti-discrimination policies are crucial for creating an enabling environment for women's economic participation in developing economies. These measures often include revising labor laws to ensure equal pay and opportunities, strengthening property rights for women, and implementing policies that prohibit gender-based discrimination in hiring, promotion, and access to credit. Many countries have also introduced quotas or incentives to increase women's representation in leadership positions across public and private sectors. Effective implementation of these reforms requires robust enforcement mechanisms, public awareness campaigns, and ongoing monitoring to ensure compliance and measure progress.

7.4. Support for Women Entrepreneurs

Support for women entrepreneurs in developing economies encompasses a range of initiatives designed to foster business creation and growth. These programs often include targeted financial services, such as microloans and credit guarantees, tailored to meet the specific needs of women-owned enterprises (Chatterjee, 2024). Business incubators and accelerators focused on women entrepreneurs provide mentorship, networking opportunities, and technical assistance to help startups thrive. Additionally, governments and international organizations are increasingly implementing procurement policies that set aside a percentage of contracts for women-owned businesses, creating market opportunities and promoting economic inclusion.

8. Challenges and Future Outlook

The challenges and future outlook for women's economic empowerment in developing economies remain complex and multifaceted. While progress has been made in many areas, persistent obstacles such as deeply rooted cultural norms, inadequate infrastructure, and limited access to resources continue to hinder full economic participation for women. The COVID-19 pandemic has further exacerbated these challenges, disproportionately affecting women's employment and entrepreneurship opportunities. However, emerging technologies, innovative financial solutions, and growing global awareness of gender equality issues offer promising avenues for advancing women's economic empowerment in the coming years.

8.1. Persistent Gender Gaps and Stereotypes

Despite progress in addressing gender gaps, persistent stereotypes continue to limit women's economic opportunities in developing economies. These stereotypes often manifest in occupational segregation, with women disproportionately represented in lower-paying sectors and informal work (Mahwish *et al.*, 2024). Additionally, cultural norms in many societies still prioritize women's domestic responsibilities over their professional aspirations, creating barriers to full economic participation (Weimann-Sandig & Sem, 2022).

8.2. Impact of Technological Advancements

Technological advancements, particularly in digital platforms and mobile technologies, are creating new opportunities for women's economic participation in developing economies. These innovations are enabling women to access markets, financial services, and information more easily, potentially overcoming traditional barriers to entry (Noor *et al.*, 2021). However, the digital gender divide remains a significant challenge, with

women in many developing countries having less access to and proficiency with digital technologies compared to men.

8.3. Climate Change and Environmental Factors

Climate change poses a significant threat to women's economic empowerment in developing economies, particularly in sectors such as agriculture where women are heavily represented (Ahmad *et al.*, 2024). The increasing frequency of extreme weather events and changes in precipitation patterns can disrupt agricultural productivity, potentially exacerbating existing gender inequalities in resource access and economic opportunities (Chatterjee, 2023; Mirza *et al.*, 2023).

9. Conclusion

The future outlook for women's economic empowerment in developing economies is shaped by both opportunities and persistent challenges. While digital technologies offer new avenues for financial inclusion and market access, the digital gender divide remains a significant barrier, particularly in rural areas. Additionally, climate change poses a growing threat to women's economic security, especially in agriculture-dependent regions where women are disproportionately represented.

To address these persistent challenges, a multifaceted approach is necessary, combining policy interventions, technological solutions, and grassroots initiatives. One promising strategy is the implementation of gender-responsive climate adaptation programs that specifically target women in vulnerable sectors, providing them with the skills and resources to build resilience against environmental shocks. Additionally, initiatives focused on bridging the digital gender divide through targeted education and infrastructure development can help ensure that women in developing economies are not left behind in the rapidly evolving digital landscape.

Furthermore, initiatives that promote women's participation in decision-making processes at local and national levels can help ensure that policies and programs are more responsive to women's economic needs and priorities (Arshad *et al.*, 2021). However, it is crucial to recognize that empowerment initiatives may have unintended consequences, such as increased household tensions or shifts in traditional gender roles, which must be carefully monitored and addressed.

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