



## Self Care among Healthcare Social Workers: An Exploratory Study

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### INTRODUCTION

Earlier, women were only allowed to do housework. They were not allowed to participate in schooling or growth. Women make up half of the population. However, they contribute very little to India's economy. This shows that women in society do not have equal chances and that the tasks assigned do not contribute to the country's GDP. Women's empowerment came as a breath of fresh air because they were not allowed to make decisions for themselves. It taught girls about their rights and how they must forge their path in society rather than relying on a man.

### DESCRIPTION

It is understood that things don't always go in someone's favour merely because of their gender. However, we still have a long way to go when it comes to why we require it. Regardless of how progressive, almost all countries have a history of mistreating women. To put it another way, women all over the world have been stubborn in the pursuit of their current position. Women can be empowered in several different ways. Women's empowerment is critical to India's development as a superpower, and it should be a top priority to provide her with opportunities to do so. We should concentrate our efforts on girls' education to reach this goal. Furthermore, they also need to be paid equally. Most importantly, the stigma associated with divorce and abuse must be discarded; because of the fear of society, many women stay in violent marriages. Parents must teach their daughters that divorce is preferable to death. To empower women, we should also aim to eliminate child marriage and the dowry system throughout the country. The words "women empowerment" are made up of two words "women" and "power." Giving someone power or authority is referred to as empowerment. As a result, women's empowerment entails putting power in their hands. It means that women should have equal opportunities in all fields, regardless of discrimination. They were denied equal access to education and self-sufficiency. Our society comprises men and women. In earlier times, men were considered to be the leading members

of a family. They were the family's decision-makers and were responsible for earning their living. On the other hand, women were responsible for home chores and child-rearing. So, the roles were mainly based on gender [1-5]. There was no involvement of women in decision-making. If we assess our entire sector, then research says that women's issues are either focused on their reproductive role and body or their economic role as a worker. Besides, it has been shown that enabling ladies helps financial development and productivity. Gender equity is the possibility that young ladies, young men, and ladies all have similar open doors, privileges, and obligations.

### CONCLUSION

Equity doesn't suggest that people will become equivalent, yet rather that every orientation's privileges, commitments, and open doors will be autonomous of the orientation they were given upon entering the world. Orientation correspondence stresses that all kinds of people interests, necessities, and needs are considered, regarding the variety of different groupings of people. As well as being a basic freedoms issue, balance among people is likewise viewed as a prerequisite for and an indication of feasible individuals focused improvement.

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None.

### CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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