

## Women Empowerment on Food Security for Sustainable Development

Amelia Choya Tia Rosalia<sup>1</sup>, Dwi Prasetyani<sup>2</sup>, Yozi Aulia Rahman<sup>1</sup>, Phany Ineke Putri<sup>1</sup>

<sup>1</sup>Faculty of Economics and Business, Universitas Negeri Semarang

<sup>2</sup>Faculty of Economics and Business, Universitas Sebelas Maret

ameliachoya@mail.unnes.ac.id

### ABSTRACT

*Food security is an essential issue of concern for all countries. Food security is also one of the indicators of successful sustainable development in a country. Food security is also one of the indicators of the success of sustainable development in a country. The role of women is one of the keys to increasing food security. Women are sometimes considered less involved, even though they play an important role in the family. The extensive literature on women's empowerment in the context of food security is limited. This study's contribution is to present a study using the semi-systematic literature review (SSLR) method, which screens articles from various trusted sources using ideas about women's empowerment and food security. The role of women is related to food security at the family to community level. This study's results indicate a consistent positive relationship between multiple ideas about women's empowerment and food security. This study provides new insights and is expected to benefit for other researchers looking at previous studies and seeing the prospects for research that can be done.*

**Keywords:** Women, empowerment, food security.

### ABSTRAK

Ketahanan pangan adalah masalah penting yang menjadi perhatian semua negara. Ketahanan pangan juga merupakan salah satu indikator keberhasilan pembangunan berkelanjutan di suatu negara. Ketahanan pangan juga menjadi salah satu indikator keberhasilan pembangunan berkelanjutan di suatu negara. Peran perempuan merupakan salah satu kunci peningkatan ketahanan pangan. Wanita terkadang dianggap kurang terlibat, meskipun mereka memainkan peran penting dalam keluarga. Literatur ekstensif tentang pemberdayaan perempuan dalam konteks ketahanan pangan terbatas. Kontribusi penelitian ini adalah menyajikan penelitian menggunakan metode tinjauan literatur semi-sistematis (SSLR), yang menyaring artikel dari berbagai sumber terpercaya menggunakan gagasan tentang pemberdayaan perempuan dan ketahanan pangan. Peran perempuan terkait dengan ketahanan pangan di tingkat keluarga hingga masyarakat. Hasil penelitian ini menunjukkan hubungan positif yang konsisten antara berbagai gagasan tentang pemberdayaan perempuan dan ketahanan pangan. Penelitian ini memberikan wawasan baru dan diharapkan dapat bermanfaat bagi peneliti lain yang melihat studi sebelumnya dan melihat prospek penelitian yang dapat dilakukan.

**Kata kunci:** Perempuan, pemberdayaan, ketahanan pangan.

## INTRODUCTION

Nowadays, many countries, both developed and developing, are starting to pay attention to empowerment. Empowerment is the process of developing the independence and welfare of the community by increasing the knowledge and skills of the community. Empowerment aims to make a person or group of people more empowered in improving their financial situation and condition. Empowerment represents the transformation of power relations between men and women in community, family, market, and state, and requires community participation to be implemented. The more developed the era of globalization, the more it supports the desire to uphold gender equality in society. Women hold an important role in the family, raise children and ensure the fulfilment of balanced nutrition. This encourages efforts to empower women to be able to create a generation that is superior and more food secure. The foremost vital fundamental human require and is portion of human rights and ensured within the 1945 Structure is nourishment (Susanti et al., 2022).

Countries are now more concerned with developing research to achieve the goals of the 2030 agenda and change the sustainable food system (Buisson et al., 2022). An important agreement in the UN 2030 agenda for sustainable development goals number 2 is ending hunger and malnutrition. Indonesia optimizes women's empowerment through the Ministry of Women's Empowerment and Child Protection (KPPPA). Women's empowerment shows a broader movement than just the scope of gender equality. Women's empowerment means empowering women to access and control resources, the economy, politics, society, and culture so that they can self-regulate, play roles, and participate actively in problem-solving. It is an attempt to be able to increase self-confidence, build skills and self-concept.

Women's empowerment is an important strategy increasing the role of women in increasing their potency, so they are more capable of being independent and working. The role of women is crucial in agricultural production and food security. They are large farmers and produce 60-80% of food in most developing countries and are responsible for half of the world's food production. Awareness about the role of women began to develop which was manifested in the approach of women's programs in development. The purpose of women's empowerment is to increase the ability of women to involve themselves in, leadership, development programs, and business management, as well as the roles and functions of women's organizations at the local level as a forum for women's empowerment (Nugroho, 2008). Gender equality included in several debates to promote economic growth and food security. Researchers address women's empowerment with food insecurity (Ani et al., 2022; Aziz et al., 2022; Galiè et al., 2019; Kabeer, 2021; Parvin & Ahsan, 2013). Because women are very valuable, their position is included in the development and potential to improve food security and bring social change (Kabeer, 2021). Women make up half of the world's population. empowerment benefits the whole family, not just women (Ebrahimi et al., 2022). great agricultural potential can be utilized (Irene Hanies Salsabella et al., 2024). The main driver of women's powerlessness is the

absence of membership in self-help groups (SHGs) related to agriculture (Gupta et al., 2019).

**Table 1. Women Employment in Agriculture (%)**

Country	% of Female Employment in Agriculture	
	2015	2020
World	27,60	25,30
East Asia & Pacific	25,50	22,10
Europe & Central Asia	8,10	6,80
Latin America & Caribbean	7,20	7,10
Middle East & North Africa	22,30	15,70
North America	0,80	0,80
South Asia	60,80	56,90
Sub-Saharan Africa	54,90	52,60
Low income	65,60	63,20
Lower middle income	46,20	41,70
Upper middle income	20,20	17,80
High income	2,50	2,20

Source: International Labour Organization, 2021.

In picture 1 it shows that the percentage of female workers between 2015 compared to 2020 in various parts of the world generally declined. In 2020 the percentage of female workers has decreased. This is a concern because the role of women according to various previous studies greatly affects the level of food security and agricultural productivity. Not only by country level but also from community income level. In picture 1 also shows that citizen from low income, lower middle income, upper middle income, and high income experienced a decrease in the percentage of female workers in the agricultural sector.

Food is one of the basic human needs, and the lack of food needs will result in malnutrition in the community. According to reports by FAO in 2021 (FAO, 2021) between 702-828 million people face hunger. Hunger is an uncomfortable physical condition caused by insufficient consumption of food energy. Hunger becomes chronic when you don't consume enough calories to lead a healthy life (FAO, 2021). Ending hunger and malnutrition is a key policy goal of the UN 2030 Agenda for Sustainable Development (Aziz et al., 2022). The number of people experiencing hunger has also increased due to the Covid-19 pandemic which has resulted in an increase in the prevalence of malnutrition to 9,9% in 2020, from 8,4% in 2019. Food security is an important issue in Indonesia, the facts show that the achievement of food security at the national level is not usually delegated to the household level (Yuniarti & Purwaningsih, 2017). To answer this research, a semi-systematic literature review (SSLR) was conducted. SSLR was conducted to develop a more

systematic understanding of the effects of climate change on food security. SSLR can describe areas of research, and identify research gaps (Synder, 2019).

Empowerment can be achieved through the agents of development and providing them with the greatest opportunities for autonomy with natural and human resources and tools for mutual prosperity (Monteiro & de Noronha, 2020). Women's financial strengthening has developed as a central issue in economic improvement (Wulandari et al., 2024). Large populations affect welfare levels, but welfare levels collapse when government as a stakeholder fails to make communities more productive and empowered (Prasetyani, Destiningsih, et al., 2022). Human resources are a major supporting factor in the development process, along with natural resources and technology (Cavaliere & Neves Almeida, 2018). Empowerment is an attempt to develop communities, improve quality of life and create opportunities for civic participation (Zimmerer et al., 2008). The emergence of poverty is caused by population growth without optimal empowerment. The existence of poor communities, which occupy mostly urban slum areas, requires empowerment assistance focused on community self-reliance, economic enterprise development, business productivity enhancement and improved community well-being.

Women's empowerment was measured using several indicators. Indicators previously used for women's empowerment include indicators such as: agricultural condition (Aziz et al., 2022), education (Gupta et al., 2019), trading activity and livelihoods (Takaza & Chitereka, 2022). Women play an important role in the food system as producers, hired workers, traders, processors, and consumers but are faced with opportunity access reduced, technology, finance, property and face many constraints and limitations, including weak rights to resources (Njuki et al., 2022). Women has role and contribute to food systems, but their contributions are usually undervalued, unpaid or ignored. Women contributions to the economy, by providing the labor force (Kerras et al., 2022).

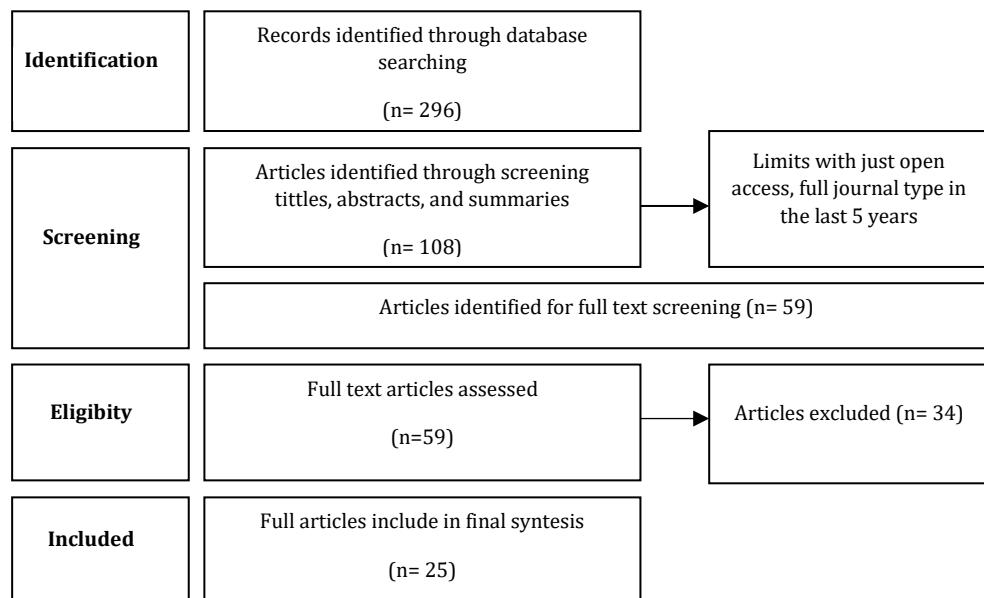
Most women in developing countries work in the informal sector, with a higher proportion informal sector working women, which is an important economic sector, poorer than the formal sector, and more socially vulnerable to material needs (Amran & Abdul Fatah, 2020). The informal sector plays a key role in overcoming inadequate livelihoods around the world (Dhal et al., 2020). Women are more empowered and could help develop employment opportunities. In (Galiè et al., 2019) research women see empowerment related to household food security. The problem of limited sources of livelihood is a constant threat among many women around the world (Takaza & Chitereka, 2022). Empowerment is believed to be useful in alleviating poverty (Prasetyani, Rosalia, et al., 2022). When a person experiences food insecurity and experiences hunger, access to food becomes uncertain. Sacrifices had to be made to eat. Malnutrition and obesity potency is also haunting. The current debate on food security calls for the development of a research agenda that addresses the goals of the UN 2030 agenda and transforms sustainable food systems (Lugo-Morin, 2022). The main areas that contributed to women's empowerment, provided access to counselling services, and led to effective decision-making were negatively

associated with leadership. Lack of participation in the planning process and community is a significant obstacle to the empowerment of women in rice farmers. These results suggest a range of possible interventions and policy recommendations to improve women's empowerment in agriculture.

The ongoing climate crisis threatens already fragile livelihoods, increases poverty, ecosystems, water security, food, and health (Kovaleva et al., 2022). Climate change could affect several aspects that determine people's food security status (De Pinto et al., 2020). This has an impact on the disruption of food security. Climate change that occurs continuously will disrupt the rotation of crop production cycles, especially food crops. In the long run this will have an impact on food security.

### RESEARCH METHOD

The literature review in this article uses a semi-systematic approach. A semi-systematic literature review (SSLR) is a synthesis of multidimensional topics that allows researchers to map themes, theoretical approaches, and commonalities that are limited by the scope of the review objectives (Omazic & Zunk, 2021; Synder, 2019).



**Picture 1. Semi Systematic Literature Review Process**

Source: Data processed, 2023.

The first step in SSLR is the selection of selected keywords by establishing the relevance of the sustainability topic. Keywords cover topics and research questions comprehensively. The SSLR steps in this article are divided into four, there are: identification, screening, eligibility, and inclusion. The first stage is identification, carried out through database selection and keyword selection. The literature search process for SSLR using the Scopus database and literature search was carried out in

2022. The selection of keywords was narrowed down to article titles, abstracts, and keywords. The string used is "women's empowerment" and "food security", with the string detected 296 articles.

Next is the screening stage, at this stage filtering is carried out in the form of restrictions or limits in the form of complete articles that can be accessed (all open access) is detected 133 articles. The feasibility stage was carried out through eligibility step. In eligibility we assessed the articles that passed screening process, in this process we assessed 70 articles based on suitability with research topic. Include high quality and current results, journals are selected. The last is included step, in this step the sample was taken into 25 articles that included in final synthesis. The results were 25 articles with details in 2018 is two articles. In 2019 is one articles. 2020 as many as four articles, in 2021 as many as four articles, in 2022 as many as fourteen articles.

## RESULT AND DISCUSSION

This study synthesizes the results of research with the topic of women's empowerment in food security using the Scopus database. This study identifies scientific journals that contain articles on the topic of women's empowerment in food security from previous studies. The database used in this article is 25 articles to see the relationship between women's empowerment and food security. Many researchers have conducted empirical studies on women's empowerment and food security. There are 25 articles in total to test the correlation between women's empowerment and food security.

Four characteristics of masculinity were revealed. In Salguero-Velázquez et al (Salguero-Velázquez et al., 2022) research informs that the relationship between a man, fisherman, member of a fisheries cooperative, and supporting family, means the expressions of masculinity can be characterized. The results of the study show that the participants define being male according to the context in which they are located, this expression of masculinity. Gender, families working in different communities, education of household heads, growing crops, agricultural activities as the main source of income, access to local government services, access to support from relatives and friends, and social organization based on community membership is the variable that significantly affected to vulnerability (Khan et al., 2021). This study uses an explanatory study with a qualitative approach from both primary and secondary data. Kimanthi et al (Kimanthi et al., 2022) research explores gender and intersectionality from an assemblage perspective makes visible the involvement between human and non-human. Out-of-the-box and innovative thinking on the part of development practitioners a required so that lessons learned can be used productively to generate innovative and adaptive solutions.

In Waid et al (Waid et al., 2022) research performed the calculation of the Women's Empowerment Index in Agriculture to standardize the measurement of women's institutions. It was found that more women in the intervention group found

intimate partner violence unacceptable, had greater asset ownership, better income control, higher group membership levels, and membership in groups they perceive as influential. This shows that the agricultural sector, especially food security, makes women more empowered and supports the welfare of society. Empowerment also be one from many aspect to support the development (Hutagaol et al., 2024). Lugo-Morin (Lugo-Morin, 2022) research using the semi-structured interview with a qualitative approach, found that food identities and memories are highly strategic in coping with adversity.

Ebrahimi et al (Ebrahimi et al., 2022) research is an attempt to identify key aspects of Vocational Education and Training (VET) to empower rural women through non-experimental, applied, survey research. By quantitative approach, it shows that the role of content and educators of rural women's economic empowerment is dominating, this is often still lacking in attention to this aspect. Agricultural mechanism has ended up one of the fundamental column within the modernization of the agrarian segment in Indonesia (Wijayanto & Puspitojati, 2024). There is consistently positive associations between women's empowerment and food security (Aziz et al., 2022). Njuki et al (Njuki et al., 2022) research found the evidence and identify where the evidence is strong and where there are gaps are using the food systems framework customization. Findings show that differences in women's access to resources are shaped and amplified by contextual societal gender norms and the relationship between women's empowerment and maternal education. Social cultural practices that limit the role of women's income creation include women's investment in initiatives, improving livelihood planning between married couples, and contributing to household income and food security by community members. It can be dealt with through greater awareness of the role (Balayar & Mazur, 2022).

Through focus group discussions, Nchanji et al (Nchanji et al., 2021) study found that women's disempowerment was caused by a lack of time for leisure activities and overwork. Females tend to focus on cooking and household chores, and males on farming. Excessive workload is a disincentive to women's participation. Women collectively created personal and collective knowledge and institutions that helped shift discourses on food insecurity to more upstream approaches (Williams et al., 2021).

The study conducted by O'Brien et al (O'Brien et al., 2022) used mixed methods, the results of the empowerment resulted in superior products in the form of products that were enriched with nutrients, innovative with higher values, and using extrusion and fortification techniques. This certainly increases the potential of women and certainly has an impact on improving the economy. Similar to Kovaleva et al (Kovaleva et al., 2022) research women's influence over climate change-related decision-making is increasing, but this study suggests that many barriers need to be overcome, including a lack of knowledge and political will. Research by Kerras et al (Kerras et al., 2022) analyze Explore the global landscape of education and gender inequality and see if these factors influence the achievement of the four Sustainable Development Goals number 2, 4, 5, and 10. The results of multiple linear regression

showed a positive relationship between the elements of SDG no 2, 4, 5, and 10 with gender equality.

Using cross-sectional data, this study examines the relationship between gender, empowerment, and household food security status. The results show that levels of empowerment are generally low, especially among women, according to research in Nigeria (Ashagidigbi et al., 2022; Kehinde et al., 2021; Varshney et al., 2019). In contrast to the major domains that contributed to women's empowerment, access to counselling services, and led to effective decision-making, leadership showed a negative association (Amran & Abdul Fatah, 2020). Lack of participation in the planning process and community in her group is a significant obstacle to the empowerment of women as rice farmers. These results suggest a range of possible interventions and policy recommendations to improve women's empowerment (Shrestha et al., 2021) research also using cross-sectional data with multivariable analysis revealed that women with greater empowerment, from wealthier households, having families, jobs, and having adequate nutritional knowledge had a higher probability of food diversity. Women achieve economic stability by participating in public food procurement programs. The sexual division of labor is increasing in the household context, women are still struggling to have access to the means of production (Brandão et al., 2020). In addition, women are one of the most food-insecure groups. Using cross-sectional regression of instrumental variables on a dataset of 707 corn farm households in western Kenya, we found that empowering women in agriculture significantly increased productivity. Empowering women will not only help reduce the gender gap in agricultural productivity, but also help increase productivity, especially in women-led agriculture (Diiro et al., 2018).

Multi-stage stratified sampling was used by Ngango (Ngango, 2022) to collect data, the result shows that women's empowerment has a positive impact on rice yield and income. Ngango et al (Sariyev et al., 2020) Using qualitative and quantitative methods with descriptive analysis and interviews showed that women do not lack significant participation in domestic decision-making, the relationship between women's participation in decision-making and food diversity is non-linear. Meanwhile, livelihood decisions have a positive effect on the quality of food at the household level. Some aspects of women's empowerment in Bangladesh's agriculture led to diversification and migration from cereal production to other crops such as fruits and vegetables. These results suggest possible avenues for gender-specific interventions that promote plant diversity as a risk management tool and as a way to increase the availability of nutritious plants (De Pinto et al., 2020). There is relationship between the structure, function, and performance of agriculture and the food security of adult women in the region. Individual household members' incomes, self-consumption of agricultural products, and women's empowerment can also mark the path of this impact (Gaillard et al., 2018). Conti et al (Conti et al., 2019) show the relationship between agricultural structure, function and productivity, and the food security of adult women in this region. The income of each household member, self-

consumption of agricultural products, and women's empowerment can also show the pathways of these influences.

## CONCLUSION

Women's empowerment in food security is a topic that researchers are quite interested in, it can be seen from the increase in the distribution of publications in the last 5 years from 2018 to 2022. Increase in publications related to the effect of climate change on the level of food security reflects the interest and motivation in exploring studies and issues related. Women's empowerment is an effort that has been and is being carried out by many countries, especially developing countries to be able to optimize productivity and improve the economy so that it can alleviate poverty. Many methods are used by researchers including qualitative, quantitative, and mixed method. This research shows that women also have potential in various sectors related to increasing food security that are not inferior to men. Gender equality needs to be further improved and not only view women as weak creatures who can't afford it. Through the empowerment of women, it is believed to be one way to improve food security. Women's empowerment policy measures are needed to increase access to control of productive and economic resources by women's gender to ensure the achievement of the Sustainable Development Goals (SDGs) to end hunger and promote gender equality. Future research should attempt to use nationally representative panel data to fully understand the impact of women's empowerment on rice productivity and other income outcomes.

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