

WOMEN'S INVOLVEMENT IN DECISION-MAKING AND MOBILITY IN HOST COMMUNITIES OF OKOMU NATIONAL PARK, NIGERIA

Akinyosola, S., Oyeleke, O. O. and Odewumi, O. S.

ABSTRACT

This study examines the factors influencing women's involvement in decision-making and their mobility within the host communities of Okomu National Park. Data were collected through surveys and interviews with female residents in communities near the park, and the findings were analyzed using descriptive and inferential statistical methods. The results indicate that women's decision-making roles are largely restricted to household matters, with minimal involvement in community governance or leadership positions. Cultural norms that prioritize male authority, along with societal beliefs about women's physical and social roles, are significant barriers to their participation. Women's mobility is similarly constrained by traditional expectations and limited infrastructure, restricting their access to education, healthcare, and economic opportunities. The study recommends targeted interventions, including leadership training, community sensitization programs, and policies that promote safe and accessible mobility for women. By addressing these barriers, women in these communities can be empowered to play a more active role in decision-making, economic activities, and sustainable development.

Keywords: Women, Community-involvement, Decision-making, Women's mobility.

DOI 10.51459/jostir.2025.1.2.021

Department of
Ecotourism and Wildlife
Management, The
Federal University of
Technology, Akure,
Nigeria

Correspondence

omopelolastella@gmail.com

History

Received: 27/03/2025

Accepted: 09/07/2025

Published: 10/11/2025



<https://www.futa.edu.ng>

JOSTIR
JOURNAL OF SCIENCE, TECHNOLOGY
AND INNOVATION RESEARCH

<https://jostir.futa.edu.ng>

1 | Introduction

In recent years, women's empowerment has gained recognition as a crucial aspect of both socio-economic development and the achievement of gender equality (Balasubramanian *et al.*, 2024). As part of global efforts to reduce poverty and promote sustainable development, empowering women has been identified as not only a matter of social justice but also a means of achieving broader economic goals (Kaur, 2024). In many rural and conservation-focused areas, however, women's empowerment remains constrained by various socio-cultural

and economic barriers (Ghasemi *et al.*, 2021). These barriers often limit women's autonomy and participation in decision-making processes, both within the household and the broader community (Kaur, 2024). The concept of empowerment, particularly in rural communities around Okomu national park in Nigeria, includes multiple dimensions, with decision-making and mobility being two critical aspects of women's empowerment (Akpan, 2022; Urhibo and Orhero, 2023; Idowu *et al.*, 2024).

Decision-making refers to the ability of women to have a voice and influence in household, community,

and national decisions that affect their lives (Mazzotta *et al.*, 2019). Mobility, on the other hand, pertains to women's freedom to move independently within and outside their communities, which directly impacts their access to resources, education, employment, and social networks (Kumar *et al.*, 2018; De Bellaigue, 2022). Women, Mobility, and Education in Twentieth-century England and Wales: A New Analytical Approach. Women's involvement in decision-making is fundamental to their empowerment (Kumar *et al.*, 2018). However, in many rural and peri-urban areas, especially in communities surrounding national parks, women remain largely excluded from key decisions about resource management, governance, and household finances (James *et al.*, 2021). These decision-making gaps are often due to entrenched patriarchal norms that place men in positions of authority, thereby limiting women's roles in community leadership and economic activities (Lari *et al.*, 2022).

As observed in various studies, such as Rodriguez (2022), Kosec *et al.*, (2021) and Moore *et al.*, (2022), when women are excluded from decision-making processes, their contributions to both household well-being and community development are often overlooked, reducing their ability to influence positive change. Women's freedom of movement is constrained by a combination of cultural restrictions, safety concerns, and lack of infrastructure (Cole, 2020). In many communities, women are not only restricted in terms of where they can go but also in terms of how far they can travel (Batu & Seo, 2022). This limitation on mobility reduces their access to education, healthcare, economic opportunities, and the ability to participate in social and political activities (Maslen, 2024). Furthermore, in conservation areas, women's mobility is crucial for accessing natural resources,

participating in community meetings, and engaging in income-generating activities (Shrestha *et al.*, 2024). When mobility is restricted, women face increased dependence on others, often reinforcing gender inequalities (Hebert *et al.*, 2019).

While decision-making and mobility are central to women's empowerment, they are also interlinked with broader socio-economic factors such as education, income, and community infrastructure (Ayisha & Latip, 2023; Yu *et al.*, 2023). This study aims to explore these factors in the context of women living in host communities near Okomu National Park. Specifically, it will examine the roles women play in decision-making processes both at the household and community levels and assess how these roles influence their overall empowerment. Additionally, the study will explore women's freedom of movement within their communities and the extent to which restrictions on mobility impact their socio-economic participation. Understanding the factors that influence women's involvement in decision-making and their mobility in these rural conservation areas is essential for designing policies that promote gender equity and enhance women's roles in community development as opined James *et al.*, (2021). The findings will contribute to the broader discourse on gender empowerment, with a focus on sustainable development in conservation contexts, and provide actionable insights for policymakers aiming to improve the lives of women in these areas.

2. | Materials and Methods

2.1 | Study Area

Okomu National Park remains the focus of the study for this research paper as well, located in the Ovia Southwest Local Government Area of Edo

State in Southwest Nigeria. The park spans 1082 km², situated between the rivers Osse and Siluko. The ecological characteristics of the park make it an ideal location for exploring women's empowerment in conservation and tourism areas as opined by (Digun-Aweto *et al.*, 2018).

2.2 | Population and Sampling Procedure

The female population of communities within a 5 to 10-kilometer radius from Okomu National Park, such as Inikoroghua, Iguowan, Udo, Iguofole, Maroghinoba, Ikoka, Ugolo, Hassan, Ofunama, Ajakurama, and Okomu-Ijaw were selected for this research. These communities, which form the target population, are primarily rural with a high concentration of female participants. A sample size of 384 female respondents was determined using Krejcie and Morgan's sampling method. Participants were selected through accidental sampling based on availability and willingness to participate in the study.

2.3 | Data Collection Instruments

Structured questionnaires, in-depth interviews, and focus group discussions were employed as primary data collection methods. These tools allowed for both quantitative and qualitative data to be gathered, providing a comprehensive view of the women's experiences, challenges, and empowerment within the context of national park host communities.

2.4 | Data Analysis Techniques

The collected data were analyzed using SPSS software, applying both descriptive (frequency distributions, percentages, averages) and inferential statistical techniques (such as chi-square and regression analysis) to test the hypotheses and assess relationships between socio-demographic factors, empowerment, and participation in community and economic activities.

Table 1 | Involvement of women in decision-making both in households and communities

Statements	SA	A	U	D	SD	Mean	Rank
I now have control over my own income, cash savings, and property	4	13	18	103	52	4.0	2 nd
I can travel around without my husband's permission	20	53	51	37	30	3.0	6 th
I can independently buy things for myself and my household	7	11	22	112	38	4.1	1 st
My standard of living as well as way of life has improved	10	15	15	111	39	3.8	4 th
I now partake in decision-making process involving my household and the community	7	20	90	36	38	3.4	5 th
I can now seek legal safety against domestic abuse	7	17	17	109	40	3.8	3 rd

Source: Authors research

3 | Result and Discussion

3.1 | Involvement of women in decision-making both in households and communities

Table 1 shows the self-reported perceptions of women on their control over income, independence, and decision-making roles. Women's involvement in decision-making, both at the household and community levels, is a critical indicator of their empowerment as opined by Haque *et al.*, (2022).

The highest-ranked statement, with a mean score of 4.1, indicates that women perceive themselves as capable of independently buying things for themselves and their households. This suggests some level of financial autonomy among women in the study area, which is a positive step toward empowerment and its in alignment with the Makkad, (2020). However, the high number of respondents who disagreed highlights that this autonomy is not universal. Many women still face economic or social constraints that hinder their ability to make even small financial decisions, reflecting persistent gender disparities in control over household resources (Andriamahery and Qamruzzaman, 2022). The second-ranked statement, with a mean score of 4.0, reveals that women moderately agree they have control over their income, cash savings, and property. This is an important dimension of empowerment, as financial control often correlates with greater decision-making authority (Andriamahery and Qamruzzaman, 2022). However, the significant proportion of respondents who disagreed or strongly disagreed emphasizes the continued challenges many women face, including limited access to financial resources and patriarchal norms that prioritize male control over property and finances.

Ranked third, with a mean score of 3.8, is women's

ability to seek legal safety against domestic abuse. While this indicates growing awareness and willingness to take action, the substantial disagreement highlights that systemic barriers such as access to legal services, cultural stigma, or fear of social repercussions might still prevent women from exercising this right (Rahmatifar, 2021). The acknowledgment of legal safety is an important indicator of shifting attitudes toward women's rights but reveals the need for targeted legal and social support systems (Ryspay, 2024). The statement regarding improvement in standard of living and way of life ranks fourth, with a mean score of 3.8. This finding suggests that while some women perceive an improvement in their living conditions, these benefits are not widely shared (Vélez-Toral *et al.*, 2017; Chung *et al.*, 2022). Socioeconomic disparities and limited access to resources likely contribute to the relatively high disagreement scores, reflecting that many women still struggle with poverty and inequality (Oyewunmi & Obayelu, 2022).

Participation in household and community decision-making ranked fifth, with a mean score of 3.4. Although some progress is evident, the responses highlight that a significant number of women are still excluded from key decision-making roles. Traditional gender roles and societal norms may limit their influence in family and community matters, reinforcing the need for advocacy and initiatives that promote gender equality in leadership (Hardacre & Subašić, 2018; Nazrul, 2024). The lowest-ranked statement, with a mean score of 3.0, reveals that many women still face restrictions on mobility, particularly traveling without their husband's permission. This limitation has far-reaching implications, as restricted mobility hinders women's access to education, employment, and participation in community activities (Dangol *et al.*, 2025). It is a clear reflection of entrenched patriarchal norms that continue to constrain women's autonomy and

Table 2 | Regression Analysis

	Coefficient	P-Value
Age	-0.079	0.440
Educational Status	-0.195	0.001
Occupation	-0.196	0.044
Adjusted R-Squared	0.000	0.042
P-Value	0.000	0.011

Source: Author’s Computation, 2024; data from Field Survey

opportunities for empowerment (Nazneen, 2024).

The regression analysis (Table 2) examines the impact of age, educational status, and occupation on women's involvement in decision-making. Educational status emerged as a significant predictor of women's decision-making roles, with a coefficient of -0.195 and a p-value of 0.001. The negative coefficient suggests that women with lower levels of education are less likely to participate in decision-making processes. This emphasizes the critical role of education in empowering women, as higher education levels equip women with knowledge, confidence, and the ability to advocate for themselves in both household and community contexts (Fadliyanti *et al.*, 2023). Occupation was another significant predictor, with a coefficient of -0.196 and a p-value of 0.044. Women engaged in formal or stable occupations are more likely to be involved in decision-making as opined by Dat (2020). This indicates that economic empowerment through employment not only provides financial independence but also enhances women's social standing and ability to influence decisions (Banerjee *et al.*, 2020). The finding emphasizes the importance of creating employment opportunities tailored to women's needs in the host communities and it is in agreement with the works of Breuer & Asiedu (2017); Ariya *et al.* (2020) Baruah & Biskupski-Mujanovic (2023).

Age did not significantly influence women's decision-making roles, as indicated by a coefficient of -0.079 and a p-value of 0.440. This suggests that involvement in decision-making is not strongly correlated with age, and younger women may face similar barriers to participation as their older counterparts. The finding highlights the pervasive influence of cultural and structural factors that limit women's roles across all age groups (Pokharel & Pokharel, 2022). The adjusted R-squared value of 0.042 indicates that the model explains only 4.2% of the variance in decision-making involvement. While the overall model is statistically significant (p-value = 0.011), this low R-squared value suggests that other unmeasured factors, such as cultural norms, family dynamics, or access to support networks, likely play a substantial role in determining women's decision-making power (Pokharel & Pokharel, 2022).

3.2 | Investigating women's level of freedom and mobility

3.2.1 | Hypothesis Testing

Null Hypothesis: There is no significant association between marital status and women's level of freedom and mobility

Alternative Hypothesis: There is a significant association between marital status and women's level of freedom and mobility.

The results of the chi-square test indicate a

Table 3 | Chi-Square Test Result

Chi-Square	40.38
df	12
Asymp. Sig.	0.00

Source: Author's Computation, 2024;
data from Field Survey

statistically significant association between marital status and women's level of mobility. With a chi-square value of 40.38, degrees of freedom (df) of 12, and a p-value of 0.00, the null hypothesis is rejected. This means that women's marital status significantly influences their freedom to move and engage in activities without external restrictions (Badstue *et al.*, 2020). The findings reveal that marital status acts as a critical determinant of mobility, with married women likely facing greater constraints compared to their unmarried, widowed, or divorced counterparts as seen in the work of Gailits *et al.*, (2019).

The significant association highlights the pervasive influence of traditional gender norms on married women's lives (Pessin, 2018). In many patriarchal communities, women are expected to prioritize household responsibilities and seek their husbands' permission before traveling or engaging in activities outside the home (Chen & Hu, 2021). These constraints reflect deeply ingrained cultural beliefs that view married women's mobility as a potential threat to family honor or stability (Carter, 2018). Such restrictions can limit married women's access to education, employment, healthcare, and community involvement, perpetuating economic dependency and hindering their broader empowerment (Chan *et al.*, 2022).

Conversely, unmarried women are likely to experience relatively greater freedom of mobility (Brinton & Oh, 2019). Without spousal control,

these women may have more opportunities to engage in education, employment, and social activities, particularly in supportive family environments (Chen *et al.*, 2022). However, societal pressures to maintain safety and protect family reputation can still impose subtle limitations on their movements. This indicates that while unmarried women may enjoy more mobility compared to married women, their autonomy is not absolute and remains influenced by cultural expectations (Carter, 2018).

The significant relationship between marital status and mobility emphasizes the interplay of cultural and structural barriers that restrict women's autonomy (Soetan & Obiyan, 2019). In many rural contexts, mobility is often linked to societal perceptions of women's roles, with single women expected to remain under parental authority and married women subordinated to their husbands (Atama *et al.*, 2021). These expectations reinforce a cycle of dependency, preventing women from fully participating in public and economic life. Structural barriers, such as the lack of safe transportation and childcare services, further exacerbate these limitations, disproportionately affecting women with caregiving responsibilities (Rufai *et al.*, 2019).

4 | Conclusion

The study concludes that women's involvement in decision-making and their mobility within the host communities of Okomu National Park remain significantly limited by deeply entrenched cultural norms and socio-economic constraints. Women's decision-making power is largely restricted to domestic matters, with few opportunities to participate in key community decisions or in leadership roles within local governance structures. These limitations are exacerbated by societal beliefs that prioritize men's authority and control in both household and public affairs.

Similarly, women's mobility is constrained by traditional gender roles, which restrict their freedom to move freely within and beyond their communities. These mobility restrictions hinder women's access to education, employment, and healthcare, and further perpetuate their dependence on male household heads.

To address these issues, it is recommended that programs be implemented to encourage women's active participation in decision-making processes, both at the household and community levels. This could be achieved by providing leadership training and creating platforms for women to engage in discussions around community development and conservation efforts. Moreover, strategies should focus on empowering women to challenge cultural norms that limit their autonomy and participation. Education plays a critical role in this process, as it not only enhances women's decision-making abilities but also provides them with the knowledge and confidence to assert their rights in the public sphere. Additionally, policies aimed at

improving women's mobility should be introduced, including ensuring better infrastructure, safety, and access to transport, so women can move more freely to participate in economic and social activities. Reducing the domestic workload through community-based support systems, such as childcare facilities, could also alleviate some of the barriers to women's mobility and public participation.

These targeted interventions will be essential to overcoming the socio-cultural and economic barriers that limit women's empowerment in the study area, thereby enabling them to play a more active role in community governance, economic activities, and sustainable development efforts.

5 | Acknowledgements

I appreciate all the entire staff of Okomu National Park. I also appreciate professor Ogunjimi the head of department of Ecotourism and Wildlife Management for his contributions in reviewing this manuscript.

Reference

- Akpan, G. (2022). Government Enterprise Empowerment Programme: Its Effect on Women Development in Rural Communities in Akwa Ibom State. *Ibom Journal of Social Issues*. 11(2): 46-53 <https://doi.org/10.36108/ijsi/2202.11.0250>.
- Andriamahery, A. and Qamruzzaman, M. (2022). Do Access to Finance, Technical Know-How, and Financial Literacy Offer Women Empowerment Through Women's Entrepreneurial Development? *Frontiers in Psychology*, 12: 1 - 16 <https://doi.org/10.3389/fpsyg.2021.776844>.
- Atama, C., Ebingbo, S., Uzoma, C., Iwuagwu, T. and Asadu, N. (2021). Socio-economic status of women and Fertility Outcome in Benue State, North-Central, Nigeria. *Health Care for Women International*, 44:126- 144.
- Ariya, G., Sempele, C. and Simaloi, F. (2020). Local Maasai Women Empowerment Through Employment Opportunity: Lessons from Base Camp Maasai Brand in Maasai Mara, Kenya. In Baumi, T, Ndiuni, A. (eds) *Sustainable Human Resource Management in Tourism. Geographies of Tourism and Global change*. Springer, Cham. pp 143-155. https://doi.org/10.007/978-3-030-41735-2_11.
- Ayisha, M. and Latip, H. A (2023). Sustainable

- Socio-Economic Development of Women: A Blueprint from Vulnerability to Empowerment. *International Journal of Academic Research in Economics and Management Sciences*, 12(2): 168-
- Badstue, L., Petesch, P., Farnworth, C., Roeven, L. and Hailemariam, M. (2020). Women Farmers and Agricultural Innovation: Marital Status and Normative Expectations in Rural Ethiopia. *Sustainability*, 12 (9847): 1-22
- Balasubramanian, P., Ibanez, M., Khan, S. and Sahoo, S. (2024). Does Women's Economic Empowerment Promote Human Development in Low- and Middle-income Countries? A Meta-analysis. *World Development*, 178, 106588, 1-23
- Banerjee, S., Alok, S. and George, B. (2020). Determinants of Women Empowerment as Measured by Domestic Decision-Making: Perspective from a Developing Economy. *Advanced issues in the Economics of Emerging Markets*. Chapter 1, 1-12
- Batu, M. and Seo, B. (2022). Gender Roles and Safety of Women at Home in the COVID-19 Era: Evidence from 101 Countries. *International Review of Applied Economics*, 36: 739 - 761.
- Breuer, A. and Asiedu, E. (2017). Can Gender-Targeted Employment Interventions Help Enhance Community Participation? Evidence from Urban Togo. *World Development*, 96 : 390-407.
- Brinton, M. and Oh, E. (2019). Babies, Work, or Both? Highly Educated Women's Employment and Fertility in East Asia. *American Journal of Sociology*, 125: 105 - 140.
- Carter, J. (2018). Women (Not) Troubling “the Family”: Exploring Women's Narratives of Gendered Family Practices. *Journal of Family Issues*, 40 :2264 - 2287.
- Chan, K., Mie, Ma, S., Naved, R. and Yount, K. (2022). Beyond Girls' Education: Pathways to Women's Post-Marital Education in Matlab, Bangladesh. *Feminist Economics*, 29 :38 - 69.
- Chen, Y. and Hu, D. (2021). Gender norms and marriage satisfaction: Evidence from China. *China Economic Review*, 101627. <https://doi.org/10.1016/J.CHIECO.2021.101627>.
- Chung, S., Candelaria, D. and Gallagher, R. (2022). Women's Health-Related Quality of Life Substantially Improves With Tailored Cardiac Rehabilitation. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 42 :217 - 226.
- Cole, W. (2020). Working to protect rights: Women's civil liberties in cross-cultural perspective. *Social Science Research*, Vol. 91 pp 102461 -
- De Bellaigue, C. (2022). Women, Mobility, and Education in Twentieth-century England and Wales: A New Analytical Approach. *Twentieth Century British History* 33, (2) : 345-368
- Digun-Aweto, O., Fawole, O. and Saayman, M. (2018). Constraints to conservation at Okomu National Park: a ranger's perspective. *International Journal of Comparative and Applied Criminal Justice*, 43: 173 - 187.
- Dangol, R., Bateman, P. and Iyer, D.G. (2025). Virtual Mobility: Mitigating the Adverse Effect of Violence Against Women on the Development of Employment Capabilities. *Information Systems Journal*. O: 1-17
- Dat, K. (2020). Women's Economic Empowerment: An Integrative Review of Its Antecedents and Consequences. *Journal of Poverty, Investment and Development*. 56; 34-41
- Fadliyanti, L., Hernanda, B., Husni, V. and

- Sutanto, H. (2023). Analysis of Women Labour Force Determinants in the Formal and Informal Sectors. *Journal of Economics, Finance and Management Studies*, 6.(7):3173-3179
- Gailits, N., Mathias, K., Nouvet, E., Pillai, P. and Schwartz, L. (2019). Women's Freedom of Movement and Participation in Psychosocial Support Groups: Qualitative Study in Northern India. *BMC Public Health*, 19,(725):1-13
- Ghasemi, M., Badsar, M., Falahati, L. and Karamidehkordi, E. (2021). The Mediation Effect of Rural Women Empowerment; between Social factors and environment conservation (combination of empowerment and eco feminist theories) *Environment Development and sustainability*. 23, 1-24
- Hardacre, S. and Subašić, E. (2018). WhVol.ose Issue Is It Anyway? The Effects of Leader Gender and Equality Message Framing on Men's and Women's Mobilization Toward Workplace Geer Equality. *Frontiers in Psychology*, 9.(2497): 1-15
- Haque, M., Choudhury, N., Ahmed, S., Farzana, F., Ali, M., Naz, F., Siddiqua, T., Raihan, M., Rahman, S., Faruque, A. and Ahmed, T. (2022). Enhanced Women's Decision-Making Power after the Suchana Intervention in North-Eastern Bangladesh: a Cluster Randomised Pre-Post Study. *BMJ Open*, 12;e054148, 1-13
- Hebert, L., Bansal, S., Lee, S., Yan, S., Akinola, M., Rhyne, M., Menendez, A. and Gilliam, M. (2019). Understanding Young Women's Experiences of Gender Inequality in Lucknow, Uttar Pradesh through story circles. *International Journal of Adolescence and Youth*, 25: 1 - 11.
- Idowu, J., Ojima, W., Adetutu, S., Mary, A., Oluwakayode, A. and Alex, O. (2024). Women's Empowerment as A Determinant Of Neonatal Mortality in Sub-Saharan Africa: A Narrative Review Focused on Nigeria. *Global Health Action*, 17. 2394256 1-13
- James, R., Gibbs, B., Whitford, L., Leisher, C., Konia, R. and Butt, N. (2021). Conservation and Natural Resource Management: Where are all the Women? *Oryx*, 55 : 860 - 867.
- Kaur, A. (2024). Women Empowerment and Its Impact on Economic Development. *International women empowerment between social factors and environment conservation (combination of empowerment and ecofeminist theories)*. *Environment, Development and Sustainability*, 23: 13755 - 13777.
- Kosec, K., Mo, C., Schmidt, E. and Song, J. (2021). Perceptions of Relative Deprivation and Women's Empowerment. *World Development*, 138 : 105218.
- Kumar, N., Raghunathan, K., Arrieta, A., Jilani, A., Chakrabarti, S., Menon, P. and Quisumbing, A. (2018). Social Networks, Mobility, and Political Participation: The Potential for Women's Self-Help Groups to Improve Access and Use of Public Entitlement Schemes in India. *World Development*, 114 : 28–41.
- Makkad, D. (2020). A Study of the Role Played By Financial Independence of Women and Digital Media in Empowerment of Women. *Our Heritage* 68: 1304-1316.
- Maslen, J. (2024). The Limits of 'Opportunity': Is There a Clear Labour or Conservative View of Social Mobility? *The Political Quarterly*. 95(2): 308-314
- Mazzotta, F., Papaccio, A. and Parisi, L. (2019). Household Management Systems and Women's Decision Making Within the Family in Europe. *Feminist Economics*, 25: 126- 158.

- Moore, E., V, Singh, N., Serra, R. and McKune, S, L. (2022). Household Decision-making, Women's Empowerment, and Increasing Egg Consumption in Children Under Five in Rural Burkina Faso: Observations from a Cluster Randomized Controlled Trial. , *Frontiers in Sustainable Food systems*, 6; 1034618.1-12
- Nazneen, S. (2024). Women's Struggles for Empowerment in Bangladesh. *Current History*. 123(852): 135-140
- Nazrul, N. (2024) 'Exploring Gender Disparities In Executive Leadership Positions In Norway: A Qualitative Analysis.' *Journal of Economics, Innovative Management and Entrepreneurship*. 2 (2): 26-37
- Pessin, L. (2018). Changing Gender Norms and Marriage Dynamics in the United States. *Journal of Marriage and the Family*, 80 (1): 25-41.
- Pokharel, A. and Pokharel, S. (2022). Women's involvement in decision-making and receiving husbands' support for their reproductive healthcare: a cross-sectional study in Lalitpur, Nepal. *International Health*, 15: 67 - 76.
- Rahmatifar, S. (2021). Legal Protection of Women from Domestic Violence. *Journal of Human Rights*. <https://doi.org/10.22096/HR.2021.526306.1302>.
- Rodriguez, Z. (2022). The power of employment: Effects of India's employment guarantee on Women empowerment. *World Development*. <https://doi.org/10.1016/j.worlddev.2021.105803>
- Rufai, M., Ogunniyi, A., Salman, K., Oyeyemi, M. and Salawu, M. (2019). Migration, Labor Mobility and Household Poverty in Nigeria: A Gender Analysis. *Economies*. 7(101), 1-24
- Ryspay, L. (2023). Domestic Violence Among Immigrant Women: Challenges, Causes And Ways To Overcome. *Baltic Journal of Legal and Social Sciences*. 4:56-62.
- Soetan, R. and Obiyan, M. (2019). Socioeconomic Differentials in Employment Status and Involvement in Household Decision-Making Among Ever-Married Women in Nigeria. *Frontiers in Sociology*, 4. (49): 1-10
- Urhibo, B. and Orhero, A. (2023). Rural Women Empowerment and Development in Nigeria. *Journal of Public Administration, Finance and Law*. Issue 27: 499-513
- Vélez-Toral, M., Godoy-Izquierdo, D., De Guevara, N., De Teresa Galván, C., Ballesteros, A. and García, J. (2017). Improvements in Health-Related Quality of Life, Cardio-Metabolic Health and Fitness in Postmenopausal Women after an Exercise Plus Health Promotion Intervention: A Randomized Controlled Trial. *Journal of Physical Activity and Health*, 14, (5): 336-343.
- Yu, S., Chen, F. and Desai, S. (2023). Aligning Household Decision-Making with Work and Education: A Comparative Analysis of Women's Empowerment. *Demographic Research*. 48, (19): 513-548