



Women's Empowerment through Self-Help Groups in Western Kenya: Savings Growth and Business Strategies Analysis

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Published: 21 November 2006 | **Received:** 10 September 2006 | **Accepted:** 30 October 2006

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DOI: [10.5281/zenodo.18838437](https://doi.org/10.5281/zenodo.18838437)

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Abstract

Women's empowerment through self-help groups has been a focus in several African contexts, including Western Kenya. These groups aim to enhance women's economic participation and social status. No empirical data is provided; instead, a literature review method will be employed to analyse existing research on women's empowerment, savings growth, and business strategies in the context of self-help groups in Western Kenya. The theoretical framework underscores the potential for self-help groups to play a pivotal role in supporting women's economic empowerment, though it highlights the need for improved access to formal financial systems. Policy makers should advocate for increased support and resources for self-help groups, including partnerships with formal banking institutions to enhance their effectiveness.

Keywords: *African geography, empowerment studies, feminist theory, gender economics, qualitative research, social capital, self-help groups*

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