“EMPOWERMENT INFLUENCE OF SELF HELP GROUPS ON WOMEN IN SINDHUDURG - A STUDY”

Introduction:

Throughout history, people have formed groups with others who have something in common with them and oppressed people have joined together to overcome the conditions they face. If we go back to 1930’s when Alcoholic Anonymous was started in USA. There are various Self Help Groups. For e.g., For Addictions - Alcoholic Anonymous, Gamblers Anonymous, For Families – Families of Mentally Ill, Mothers of Twins club, For Illness Disability - National Association of people with AIDS, For Mental Illness- Emotions Anonymous, For Bereavement-The Compassionate Friends, Survivors of Suicide, Widow to Widow, For life styles – Single Mothers by Choice.

Self Help Group is about people coming together with others who are affected by particular issue (experience, disadvantage, discriminations, etc.) to support each other and to work together to change the disadvantage to advantage.

Self help group is a self governed, peer–controlled, small and informal association of the poor, usually from socio-economically homogeneous families who are organized around savings and credit activities. Funds are collected through regular savings deposited by all of its members on a weekly, fortnightly or monthly basis. In the meeting they discuss common problems, share information and make effort to improve their position.

Self Help Groups are not charity or simply community based groups. They are made of and controlled by the people affected. Group members are not volunteers. Members work to change their own situation and the support is mutual. Self help groups builds on the strengths of their members.
Thus SHG movement among the rural poor in different parts of the country is emerging as a very reliable and efficient mode for self growth in particular and social growth in general.