Women Empowerment through Employment in Rural Areas: A Case study of Muzaffargarh, Punjab by Ijaz Hussain

Women Participation in labour force is imperative for social, economic and political development of a country. Women in Pakistan are marginalised in social sphere and forced to live within the confines of four walls. Customary social structures and lack of opportunities badly hurt the freedoms of women in Pakistan. This study, by using mixed research design and methodology, in the underdeveloped south Punjab region of Pakistan investigated the relationship between empowerment and labour force participation of women. The sample was selected through multi-stage sampling technique and a questionnaire was developed to collect data from four villages of district Muzaffargarh. Our results have shown that there is a significant correlation between women empowerment but working women are overburdened because of their domestic and workplace engagements. Local governments could play an important role in finding ways to release the burden.

**Keywords:** Muzaffargarh; women empowerment; working-women; women participation