

# Unveiling Strength: The Saga Of Resilience And Empowerment Among Women Entrepreneurs In Ipetu-Ijesha

Olukemi Aluko<sup>1\*</sup>, Hammed Adefeso<sup>2</sup>, Fagbewesa Esther<sup>3</sup>

<sup>1\*</sup>Department of Local Government and Development studies Obafemi Awolowo University, Ile- Ife  
Email: kakemialuko@gmail.com

<sup>2</sup>Department of Local Government and Development studies Obafemi Awolowo University, Ile- Ife

<sup>3</sup>Department of Local Government and Development studies Obafemi Awolowo University, Ile- Ife

**Citation:** Olukemi Aluko et Al. (2024), Unveiling Strength: The Saga Of Resilience And Empowerment Among Women Entrepreneurs In Ipetu-Ijesha: *Theory And Practice*, 30(4), 3087-3094  
Doi: 10.53555/kuey.v30i4.1990

**Funding:** This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

**Acknowledgments:** Not applicable.

**Conflict of Interest:** The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

## ARTICLE INFO

## ABSTRACT

This paper explored the resilience and empowerment of women entrepreneurs in Ipetu-Ijesha, Nigeria, amidst socio-economic and patriarchal challenges. Using a qualitative approach, it focused on interviews with 20 women who had sustained their businesses for over 15 years. The analysis highlighted empowerment as a complex construct, featuring financial and cognitive autonomy, and resistance against traditional gender roles. It detailed the importance of personal determination, adaptability, and community support in overcoming obstacles. The findings revealed that empowerment extended beyond economic success, emphasizing liberation from societal constraints and the significance of social networks in building resilience. Advocating for policies that nurture women's abilities, the study underscored the potential for transformative societal change..

**Key Words :** Women's empowerment, Economic Autonomy, Entrepreneurial resilience, Socio-cultural dynamics, Rural entrepreneurship.

## Introduction

The aphorism "Behind every successful woman is herself" distills the essence of an emerging global ethos, which celebrates the intrinsic strength, resilience, and empowerment that define womanhood in the modern era. This is particularly salient in the Nigerian context where women, against a backdrop of socioeconomic challenges and entrenched patriarchal norms, are scripting narratives of tenacity and self-determination. In Nigeria, a nation grappling with poverty, insecurity, and constrained access to education and healthcare; a situation that disproportionately impacts women; the female populace is progressively shattering stereotypes and redefining the paradigm of success and influence. Scholarly discourse attributes these shifts to a sustained expression of resilience and the strategic harnessing of economic empowerment as a cornerstone for overcoming systemic barriers (Nwokefor, 2020).

The confluence of economic empowerment and emotional resilience constitutes a foundational platform, enabling women to transcend the vestiges of trauma and adversity (Smith et al., 2010). It is the sinew of social support networks and the arsenal of coping mechanisms that enable women to remain steadfast in the face of structural impediments (Platt et al., 2016; Wilson & Davis, 2019). The interplay of cultural norms and gender stereotypes, while shaping the contours of empowerment, significantly influences resilience, embedding within women the fortitude to navigate the societal complexities (Huang & Chen, 2017; Patel et al., 2020). Empirical evidence suggests that the empowerment of women catalyses their propensity to forge and utilize support networks, marshalling the requisite resources to counter structural and cultural adversities, thus engendering resilience (Douglas, 2012).

In the rural Nigeria, academia has delved into the myriad ways through which education, economic resources, and social networks serve as vehicles of empowerment for women (Okeke & Omoruyi, 2017). An augmentation in educational access translates into amplified decision-making power and burgeoning economic prospects for women (Okeke & Omoruyi, 2017). Similarly, economic resources, exemplified by microcredit loans, are posited to bolster financial autonomy and self-regard (Nwokefor, 2020). Robust social networks, moreover, become the framework for emotional sustenance, knowledge exchange, and collective action (Ekezie, 2022).

Despite notable strides, an analytical lacuna persists; chiefly the comprehensive understanding of empowerment dynamics within variegated cultural and geographical milieus. The lived experiences of women, the socio-cultural undercurrents shaping empowerment and resilience narratives, and the intricacies of resilience strategies and empowerment trajectories remain insufficiently illuminated, often eclipsed by dominant discourses centered on vulnerability and limitation. Furthermore, the scholarly tendency to quantify empowerment eclipses the qualitative richness of resilience as experienced by women. Thus, emerges the imperative for an immersive exploration of these personal and societal odysseys.

This paper delves into the resilience and empowerment stories of women entrepreneurs navigating the commercial underbrush of Ipetu-Ijesha, a southwestern enclave in Nigeria. It excavates the profundity of their resolve and the dynamism of their ventures as they chart a course through a thicket of challenges towards a more prosperous horizon. The paper unfolds in four segments: an introduction that sets the stage; a literature review that canvasses the academic landscape of women's empowerment and resilience; a methodological exegesis delineating the study's blueprint; and finally, a synthesis of findings, culminating in a conclusion that weaves together the emergent themes from the women's narratives.

## **Literature Review**

### ***Women's empowerment***

The scholarly dialogue on women's empowerment is deeply rooted in an aspiration for transformation that extends beyond the individual to imprint upon the communal fabric. This vision is emblematic of an experiential metamorphosis, one that facilitates the emergence of once marginalized voices as pivotal agents of societal change and progress, a phenomenon rigorously expounded by thinkers like Kabeer and Sen. Kabeer's seminal work elucidates empowerment as an odyssey of self-discovery and societal engagement, arguing that this transformative process is inherently dualistic—it not only cultivates individual awareness and self-empowerment but also provokes a recalibration of societal structures, thus posing a formidable challenge to the prevailing gender inequalities (Kabeer, 2005; 2011). Ackerly & True (2018) further expand on this premise, portraying empowerment as an active confrontation and reconfiguration of existing power dynamics, empowering women to exercise agency and articulate their autonomy within the multitudinous spheres of their lives.

The scholarly discourse has dissected women's empowerment into multiple dimensions—economic, social, political, and psychological, each with its distinctive characteristics and implications. Economically, empowerment is manifested through the enhancement of women's access to and control over resources, alongside the accrual of benefits that precipitate not just an exodus from poverty but a broadening of their influence within family and community arenas (Duflo, 2012; Kabeer, 2005). Socially, it is represented by the active participation of women in communal dialogues and the public domain, fostering collective efforts and escalating their societal clout (Kabeer, 1999). In the political realm, it signifies the active incursion of women into the spheres of governance and policy-making, subverting the historical imbalances in representation (Duflo, 2012). Psychologically, empowerment is reflected in the internalization of self-worth and efficacy, which in turn bolsters assertiveness and the pursuit of rights (Zimmerman, 2000).

This narrative of empowerment maps a global journey of cultural evolution, charting the passage from oppressive constraints to celebrated milestones of autonomy and representational equity. Traditional patriarchal doctrines that once confined women strictly to the private sphere have been progressively dismantled, spurred by the feminist movements of the 19th and 20th centuries which challenged and disrupted these deep-rooted norms, particularly through the campaigns for suffrage that served as a crucible for the global advocacy of gender equality (Flexner & Fitzpatrick, 1996). Modern feminist discourse has further nuanced this narrative by foregrounding the concept of intersectionality, elucidating how multiple facets of identity, such as race, class, and sexuality, intersect with gender to uniquely contour the empowerment journey (Crenshaw, 1989).

The initiatives led by the United Nations, most notably the Decade for Women and the Beijing Conference, have been instrumental in catapulting women's empowerment to the forefront of international policy dialogues, integrating these tenets within the overarching framework of the Sustainable Development Goals (United Nations, 2015). Despite these strides, the path remains fraught with entrenched impediments, ranging from persistent gender-based violence to inequitable employment practices and political underrepresentation. The accumulated scholarly works highlight the imperative for culturally attuned empowerment strategies, bespoke to the nuanced realities of local contexts and the idiosyncratic challenges they present (Moser, 1993). These strategies must be crafted with a nuanced understanding of the local socio-cultural landscapes, ensuring that they are not only contextually relevant but also sufficiently robust to dismantle the enduring edifices of gender disparity.

### ***Resilience revisited***

Resilience, as a scholarly pursuit, encompasses a vast array of gendered dimensions including adversity, leadership, and economic self-sufficiency. It draws on a diverse palette of academic disciplines, from psychology to gender studies, each contributing to a richer, more nuanced understanding of the concept. Researchers have consistently found that social support networks act as crucial bastions for individuals facing the twin specters of gender discrimination and violence. These networks, intricate tapestries of interpersonal connections, provide not just emotional sustenance but also practical assistance, reinforcing individuals' capacity to withstand and recover from the tribulations of marginalization (Bott et al., 2005).

A robust sense of self-worth, coupled with a fortified self-confidence, has been identified as fundamental to the construct of gendered resilience. Such psychological resilience empowers women to navigate and eventually transcend the myriad barriers erected by a gender-biased society. It facilitates a form of personal empowerment that enables women to challenge and mitigate the effects of entrenched gender norms (Bandura, 1997). Furthermore, resilience within marginalized gender identities is complex, often necessitating a confluence of communal support and fervent self-advocacy to negotiate the obstacles presented by societal structures (Poteat et al., 2016).

### ***Assessing resilience in gender studies***

The process of assessing resilience within the field of gender studies requires sophisticated and sensitive instruments, capable of capturing the variegated nature of gender-related challenges. Tools such as the Gender and Resilience Scale (GRS) offer comprehensive assessments across individual, relational, collective, structural, and cultural dimensions of resilience, thus contributing to a holistic grasp of gendered experiences within diverse socio-cultural matrices (Johnson & Zlotnik, 2009). Additionally, qualitative methodologies, such as in-depth interviews and participant observation, are indispensable for delving into the subtleties of gender power dynamics. They provide a canvas for the detailed portrayal of resilience strategies and pathways to empowerment that quantitative measures might overlook.

### ***The interplay of empowerment and resilience***

The symbiosis between empowerment and resilience is intricate and multifaceted. On one hand, empowerment engenders resilience by equipping women with the tools and agency necessary to face and adapt to adversity, thus significantly enhancing their contributions to familial stability and the welfare of the broader community (Kabeer, 2005). On the other hand, the very act of successfully adapting to adversity can embolden women, consolidating their empowerment and initiating a virtuous cycle of resilience that spawns further empowerment. This cycle is invariably influenced by an array of contextual and structural dynamics, with the resilience and empowerment of women often reflecting the degree of patriarchal entrenchment within a given society (Johnson et al., 2018).

Conversely, the presence of gender inequalities has the potential to corrode the foundations of resilience, thereby stalling or even reversing the journey towards empowerment. Persistent disparities can severely constrain the avenues available for women to exercise and experience empowerment, underscoring the critical need for strategies that directly address and dismantle these inequalities (Ellsberg et al., 2015).

Thus, the dual processes of combating gender disparities and fostering women's rights emerge as central pillars for enhancing resilience and advancing empowerment. Effective social support networks are particularly salient in this regard, playing an instrumental role in not only constructing resilience but also in paving the way for empowerment. These networks often advocate for and facilitate access to critical resources, knowledge exchange, and solidarity, which are indispensable for women as they navigate the complexities of empowerment in a world still rife with gender-based challenges.

### ***Theoretical Framework***

The theoretical foundation of this study is predicated on an integrative application of both feminist empowerment theory and resilience theory, with the objective of providing a comprehensive and multifaceted interpretation of the elements influencing the entrepreneurial triumphs of women within the locale of Ipetu-Ijesha. By harmonizing these dual theoretical lenses, this research captures a rich tapestry of gendered experiences while simultaneously bringing to light the remarkable resilience and strategic sagacity that female entrepreneurs exhibit in overcoming hurdles. The amalgamation of feminist empowerment and resilience theories equips us with a sturdy scaffold upon which we can construct interpretations of the narratives spun by these women, narratives steeped in resilience and empowerment. This fusion acknowledges the pivotal contributions of social support networks and adaptive stratagems in the cultivation of economic self-empowerment.

The pivot of resilience theory lies in its ability to offer an incisive understanding of how women entrepreneurs deftly navigate the labyrinth of challenges and adversities that are enmeshed in their quest for economic self-determination. Resilience, as the theory proposes, is not a monolithic trait but rather a continuum of inherent

personal strengths, resourceful coping mechanisms, and an inherently constructive outlook towards life's vicissitudes. Drawing from Masten's (2018) nuanced articulation, resilience is understood not solely as the ability to withstand the onslaught of adversities but, more critically, as the capacity for adaptation and flourishing in their aftermath. This suggests that resilience in the entrepreneurial domain is marked by persistence, creative innovation, and ultimately, prosperity in spite of the myriad gender-specific impediments that may arise.

In a parallel vein, Weldon's (2013) exposition on feminist empowerment theory underscores the critical imperative of empowering women across all life spheres, with a particular emphasis on the economic realm. It provides us with a vantage point from which to examine the ways in which societal constructs and power structures impinge upon and shape the empowerment and resilience narratives of women entrepreneurs. This theoretical perspective posits that empowerment is not merely the sum of individual achievements but rather a collective phenomenon. As women in Ipetu-Ijesha engage with the entrepreneurial landscape, they are actively contesting and reconfiguring societal norms and expectations, thereby forging for themselves a pathway towards economic self-reliance and autonomy. In effect, they are redrafting the societal script traditionally ascribed to them.

In synthesizing the aforementioned theories, it is crucial to acknowledge that the concepts of resilience and empowerment are not stand-alone entities; instead, they are deeply intertwined, each enriching the understanding of the other. While resilience theory delves into the individual strengths and coping strategies that women entrepreneurs mobilize, feminist empowerment theory illuminates the collective dimensions of empowerment and the necessity of challenging entrenched societal norms. In concert, these theories engender a layered and profound perspective through which the entrepreneurial journeys and narratives of women in Ipetu-Ijesha are not merely recounted but deeply comprehended. This synergistic framework thus serves as a powerful analytical tool for dissecting the myriad experiences and strategies deployed by these women, and it provides an expansive vista for understanding their entrepreneurial endeavors

### **Methodology**

This study employs a descriptive qualitative research design to delve into the underpinnings of entrepreneurial success among women in Ipetu-Ijesha, a predominantly agrarian community nestled in Nigeria's southwestern region. The research specifically targeted women who have demonstrated entrepreneurial tenacity by maintaining business continuity for over 15 years.

An initial pilot study, conducted on a non-traditional market day to mitigate commercial activity's impact, identified 64 female-owned businesses. Of these, a subset of 22 women met the criterion of having sustained their business ventures in Ipetu-Ijesha for a minimum of 15 years. Subsequently, 20 women consented to participate in the research, forming the study's cohort.

Data was gathered using semi-structured interviews, which were meticulously crafted to foster rich, in-depth dialogues, thereby ensuring a breadth and depth of insight. The interviews were strategically designed to be adaptive, allowing for the exploration of emergent themes while maintaining focus on the study's core areas of interest.

The analytical framework employed was thematic analysis and content analysis, they are robust qualitative tool that facilitates the distillation of patterns and themes from narrative data.. Through this approach, the research elucidates the multifaceted dynamics that characterize women's empowerment and resilience within the context of rural entrepreneurship. The synthesis of thematic findings aims to contribute to a holistic understanding of the factors that undergird and propel sustained entrepreneurial success in the region

### **Findings and Discussion**

#### ***Discussion on content analysis***

##### **Lived Experiences and Socio-Cultural Undercurrents: A Deeper Dive**

The qualitative data derived from in-depth interviews cast a penetrating light on the lived experiences of women entrepreneurs in Ipetu-Ijesha, experiences that are deeply rooted in and reflective of the socio-cultural fabric of the society. The narratives unearthed during these interviews are emblematic of the intricate matrix of socio-cultural forces that shape, and sometimes dictate, the contours of women's empowerment and resilience within this community. For instance, consider the testimony of a woman entrepreneur whose journey of empowerment was charted through the trials of managing her business and familial obligations while supporting her ailing husband. Her story is one of myriad others that serve to illustrate the complex symbiosis of personal agency and the potent socio-cultural forces at play.

Further, the tale of a mat weaver who, in the wake of widowhood, braved the gauntlet of societal scrutiny and the weight of tradition, is indicative of the socio-cultural headwinds faced by these stalwart women. Such narratives do more than just recount experiences; they expose the often invisible socio-cultural undercurrents



that form the backdrop against which these women strive for empowerment and resilience. The collective conscience of the community, the impediments erected by entrenched gender roles, and the invaluable role of community support networks emerge as recurrent motifs in these stories. Here, empowerment is cast in a broader socio-cultural light, moving beyond mere economic success to a realm where the rending of traditional shackles and the attainment of personal aspirations are the true markers of empowerment.

### ***Resilience strategies and empowerment: an analytical elaboration***

This research further delves into the strategies of resilience that these women entrepreneurs employ to steer through the often-turbulent waters of their entrepreneurial endeavours. The adaptive strategies are not merely reactions to immediate challenges but are indicative of a deeper, strategic engagement with the environment. For example, the resilience of a respondent manifested in her tactical response to dwindling sales and infrastructural inadequacies. By diversifying her business activities and leaning on the support of her community and family, she illustrated a strategic adaptation that goes beyond mere survival.

Additionally, the collective financial mechanisms such as 'ajo' (local savings collectives), highlighted by several of the women, underscore the strategic ingenuity embedded within community-based practices. These practices are not simply economic tools; they are woven into the social fabric and represent a collective approach to resilience and economic empowerment. The empowerment that emanates from these strategies is palpable in the personal milestones celebrated by these women—be it the completion of a residential project or the support of a family during a financial downturn. These achievements are far from trivial; they are the embodiment of empowerment, marking significant waypoints in an often arduous journey characterized by a nonlinear progression, where setbacks and learning experiences pave the way for strategic recalibrations. This dynamic progression underscores the evolving nature of empowerment as these women face and overcome adversities in their path

## **Discussions on the Thematic Analysis of Interview Responses**

### ***Empowerment as a multifaceted construct***

The construct of empowerment emerged vividly from the narratives, presenting a kaleidoscope of definitions that underscore its subjectivity. Financial autonomy surfaced as a pivotal element, with a distinct emphasis on the liberation from having to justify expenditures, signifying a departure from traditional gender roles that often relegate financial decision-making to men. One participant's recount of establishing her own business crystallises this aspect of empowerment, transforming economic autonomy into a tangible milestone (37, divorced, technical education, food vendor). Concurrently, empowerment is not solely economic but also psychosocial. The notion of 'having the brain to make money' (63, widow, primary education, artisan) accentuates the cognitive autonomy and self-efficacy components of empowerment, suggesting a need for policies that catalyse women's intrinsic capabilities as much as their financial opportunities.

### ***Journey to empowerment***

The journey towards empowerment is punctuated by stories of personal tenacity and resilience against socio-economic adversities. Individual narratives highlighted transformative moments, often tied to personal achievements, or overcoming family or societal challenges. This was particularly poignant in instances where women had to navigate through the absence of spousal support, illuminating the intersectionality of empowerment with emotional well-being and the significance of supportive relationships. A widowed participant's experience with bereavement and subsequent empowerment through external validation (49, widow, secondary education, trader) exemplifies the emotional dimension of empowerment.

## **Synergy of Thematic Analysis and Content Analysis**

### ***Empowerment: a catalyst for role transformation***

Empowerment, as narrated by the women of Ipetu-Ijesha, transcends the conventional boundaries of economic autonomy, embedding itself within the fabric of socio-cultural and political empowerment. The act of entrepreneurship, in this context, becomes a conduit for asserting individual against the backdrop of traditional gender norms that often delineate the roles and spaces accessible to women. For example, the narrative of a woman who defies societal expectations by sustaining her family during her husband's financial crisis not only highlights economic empowerment but also underscores a shift in gender dynamics, challenging the traditional patriarchal structures.

Furthermore, these narratives of empowerment illuminate the intersectionality of gender, economic status, and social capital. The strategic navigation through socio-economic barriers, leveraging community support systems such as 'ajo' (local savings groups), illustrates an intricate relationship of resilience and empowerment that redefines women's roles in their community. This redefinition extends beyond the economic realm, fostering a sense of communal solidarity and challenging the societal norms that traditionally confined women's roles to the private sphere.

### **Resilience: shaping public and private identities**

The resilience demonstrated by these women entrepreneurs does more than merely facilitate survival; it actively shapes their identities within both the public and private spheres. The capacity to adapt and thrive in the face of adversity; be it economic downturns, societal stigma, or infrastructural deficiencies speaks to a form of political resilience that transcends individual success stories, embodying a collective narrative of resistance against oppressive socio-economic and political structures.

The resilience strategies employed by these women; ranging from diversification of business ventures to the establishment of informal support networks also highlight the critical role of social capital in facilitating both economic and political empowerment. These strategies not only ensure economic sustainability but also contribute to the formation of a resilient community that collectively challenges and renegotiates the gendered divisions of labour and power hierarchies within the local political economy.

### **The Intersection of Empowerment, and Resilience**

The empowerment and resilience of women entrepreneurs in Ipetu-Ijesha have significant implications for understanding the broader knowledge of economy in rural Nigerian contexts. The entrepreneurial journey of these women is emblematic of a broader struggle for autonomy, dignity, and recognition within a socio-political landscape marked by gender inequality and economic disparities. Their stories of empowerment and resilience illuminate the potential for grassroots economic initiatives to catalyse socio-political change, challenging entrenched power dynamics and fostering a more inclusive and equitable political discourse.

### **Conclusion**

In conclusion, the narratives of women entrepreneurs from Ipetu-Ijesha provide insight for examining the complex dynamics of empowerment and resilience. These narratives not only challenge conventional understandings of women's roles within the socio-political and economic spheres but also offer insights into the transformative potential of entrepreneurship as a vehicle for socio-political empowerment. By critically engaging with these lived experiences, we can better understand the multifaceted nature of empowerment and resilience as forces for reshaping gender roles and contributing to socio-political change in rural African contexts.

### **Methodological Reflections and Policy Implications:**

The study's thematic analysis and content analysis while revealing, presents a delimited view into the multifaceted experiences of Nigerian women's empowerment. The analysis, although evocative, is not exhaustive and calls for further research that embraces the complexities of women's lives across broader Nigerian society. To comprehend the spectrum of empowerment more fully, future studies must incorporate a wider array of voices and experiences. The findings underscore the need for policies that are not merely reactive but proactive in recognising and fostering the capabilities and resilience that women already demonstrate. Therein lies the potential for transformative change that is both grounded in and propelled by women's lived realities.

### **References**

1. Kabeer, N (2011). Between Affiliation and Autonomy: Navigating Pathways of Women's Empowerment and Gender Justice in Rural Bangladesh. *Development and Change* 42 (2): 499-528.
2. Ackerly, B & Jacqui T (2018). With or Without Feminism? Researching Gender and Politics in the 21st Century. *European Journal of Politics and Gender* 1 (1-2): 259-278.
3. Bandura, A (1997). *Self-efficacy: The Exercise of Control*. New York: Freeman.
4. Bott, S, Andrew M, & Ellsberg M. (2005). Preventing and Responding to Gender-Based Violence in Middle and Low-Income Countries: A Global Review and Analysis.
5. Bousquet, F, Alessandra B, Alinovi L, Barreteau O, Bossio D, & Brown K, (2016). Resilience and Development: Mobilizing for Transformation. *Ecology and Society* 21 (3).
6. Platt S, Brown D, & Michael Hughes. (2016). Measuring Resilience and Recovery. *International Journal of Disaster Risk Reduction* 19: 447-460.
7. Crenshaw, K (2013). Demarginalizing the Intersection of Race and Sex: A Black Feminist Critique of Antidiscrimination Doctrine, Feminist Theory and Antiracist Politics In *Feminist Legal Theories*, 23-51. Routledge.
8. Hall D, (2012). Battered Women's Experiences of the Criminal Justice System: Decentring the Law. *Feminist Legal Studies* 20: 121-134.
9. Flexner E & Fitzpatrick E. (1996) . *Century of Struggle: The Woman's Rights Movement in the United States, Enlarged Edition*. Cambridge, MA: Harvard University Press.
10. Huang, C, Yi Chen, Shu Cheung, Linda Greene, & Shwu-Yong Lu, (2019). Resilience, Emotional Problems, and Behavioral Problems of Adolescents in China: Roles of Mindfulness and Life Skills. *Health & Social Care in the Community* 27 (5): 1158-1166.
11. Audretsch D (2012). Entrepreneurship research, *Management Decision* 50, no. 5: 755-764.

12. Busenitz, W., Plummer L, Klotz A, Ali S, & Rhoads Kevin (2014) Entrepreneurship Research (1985–2009) and the Emergence of Opportunities. *Entrepreneurship Theory and Practice* 38, no. 5 1-20.
13. Johnson D., & Zlotnick C (2009). Hope for Battered Women with PTSD in Intimate Partner Violence Shelters. *Professional Psychology: Research and Practice* 40 (3): 234–241.
14. Johnson M., Edwards E, Gardner J, & Diduck J (2018). Community Vulnerability and Resilience in Disaster Risk Reduction: An Example from Phojal Nalla, Himachal Pradesh, India. *Regional Environmental Change* 18: 2073-2087.
15. Kabeer N (1999). Resources, Agency, Achievements: Reflections on the Measurement of Women's Empowerment. *Development and Change* 30 (3): 435-464.
16. Offen K (1988). Defining Feminism: A Comparative Historical Approach. *Signs: Journal of Women in Culture and Society* 14 (1): 119-157.
17. Nwankwo O., & Okeke C (2017). Rural Entrepreneurship and Rural Development in Nigeria. *Africa's Public Service Delivery and Performance Review* 5 (1): 1-7. doi:10.4102/apsdpr.v5i1.152.
18. Omoruyi M., Olamide S., Gomolemo G., & Donath A. (2017). Entrepreneurship and Economic Growth: Does Entrepreneurship Bolster Economic Expansion in Africa? *Journal of Socialomics* 6 (4). doi:10.4172/2167-0358.1000219.
19. Shilpa P, Satterthwaite D, Archer D, Colenbrander S, Dodman D, Hardoy J, & Mitlin D, (2020). Building Resilience to Climate Change in Informal Settlements." *One Earth* 2 (2): 143-156.
20. Fothergill, A., Enarson, E., & Peek, L. (2018). Gender and Disaster: Foundations and New Directions for Research and Practice. In H. Rodríguez, W. Donner, & J. E. Trainor (Eds.), *Handbook of Disaster Research* (pp. 205-223).
21. Kabeer, N. (2005). Gender Equality and Women's Empowerment: A Critical Analysis of the Third Millennium Development Goal 1. *Gender & Development*, 13(1), 13-24.
22. Zimmerman, B. J. (2000). Self-efficacy: An Essential Motive to Learn. *Contemporary Educational Psychology*, 25(1), 82-91.
23. Poteat P., & Scheer R. (2016). GSA Advisors' Self-efficacy Related to LGBT Youth of Color and Transgender Youth. *Journal of LGBT Youth*, 13, 311–325. <https://doi.org/10.1080/19361653.2016.1185757>
24. Sen A. Gender Equity and the Population Problem. *International Journal of Health Services*. 2001;31(3):469-474. doi:10.2190/9EPF-CWCM-DHE5-KA68
25. Smith W., Tooley M., Christopher J., & Kay S. (2010). Resilience as the Ability to Bounce Back from Stress: A Neglected Personal Resource? *The Journal of Positive Psychology*, 5(3), 166-176.
26. United Nations. (2015). <https://www.un.org>
27. Davis W., & Wilson, C. (2021). *Racial Resentment in the Political Mind*. University of Chicago Press.
28. Zimmerman, M. (2000). Empowerment Theory: Psychological, Organizational and Community Levels of Analysis. In J. Rappaport & E. Seidman (Eds.), *Handbook of Community Psychology* (pp. 43-63). Springer US.
29. Zimmerman, C., & Watts, C. (2011). WHO Ethical and Safety Recommendations for Researching, Documenting and Monitoring Sexual Violence in Emergencies. World Health Organization.
30. Malhotra, A., Schuler R., & Boender, C. (2002). Measuring Women's Empowerment as a Variable in International Development. *World Bank*, 29(5), 783-803.
31. Jones, N., Presler-Marshall, E., & Sabates-Wheeler, R. (2014). Transforming Gender Relations in Agriculture in Sub-Saharan Africa: Promising Approaches. *World Development*, 63, 243-257.
32. Duflo, E. (2012). Women's Empowerment and Economic Development. *Journal of Economic Literature*, 50(4), 1051-1079.
33. Kabeer, N. (2005). Gender Equality and Women's Empowerment: A Critical Analysis of the Third Millennium Development Goal 1. *Gender & Development*, 13(1), 13-24.
34. UN Women. (2020). Progress of the World's Women 2019-2020: Families in a Changing World. United Nations.
35. World Bank. (2012). Gender Equality and Development: World Development Report 2012. World Bank Publications.
36. International Center for Research on Women (ICRW). (2015). Empowerment and Equity: A Framework for Assessing Women's Empowerment and Gender Equality Programming. Retrieved from <https://www.icrw.org/publications/empowerment-and-equity/>
37. Masten S. (2001). Ordinary Magic: Resilience Processes in Development. *American Psychologist*, 56(3), 227-238.
38. Kabeer, N. (2019). Empowerment and the Politics of Evidence: From Lessons Learned to Lessons Framing. *World Development*, 117, 284-294.
39. Chen, H. (2012). Education as Resilient Investment: The Case of Taiwan. *Adult Learning Quarterly*, 45(1), 33-48.
40. Peek, L., & Fothergill, A. (2014). Women, Gender, and Disaster: Global Issues and Initiatives. *Gender & Society*, 28(5), 709-731.

41. Johnson, P. A. (2017). Contextualizing Gender Relations: Challenges for Empowerment. *Gender & Development*, 25(2), 163-178.
42. Ellsberg M., Arango, D. J., & Morton, M., (2015). Prevention of Violence Against Women and Girls: What Does the Evidence Say? *The Lancet*, 385(9977), 1555-1566
43. Ekezie, W (2022). Resilience Actions of Internally Displaced Persons (IDPs) Living in Camp-like Settings: A Northern Nigeria Case Study. *Journal of Migration and Health* 6: 100115.
44. Nwokeafor, C (2020) Examining the Impact of Patriarchy on the Development and Advancement of Yoruba Women in Southwest Nigeria. (unpublished field work) Nigeria
45. Uzoamaka P., and Nzube C (2021). Impact of Entrepreneurial Resilience on Entrepreneurial Success: Evidence from Women in Developing Economies. *Journal of Entrepreneurship and Innovation in Emerging Economies* 7 (1): 45-63.