



# A Systematic Literature Review on Women's Role in Home Economics Development in Ethiopia

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## ABSTRACT

This article explores the pivotal role of women in the development of home economics in Ethiopia, emphasizing their contributions to household management, food security, and economic stability. Home economics, traditionally seen as a domestic science, has evolved into a critical field that empowers women through education and skills training. Ethiopian women have historically been central to the promotion of sustainable practices in nutrition, resource management, and family welfare, directly influencing the well-being of their communities. The study highlights the socio-cultural and economic factors that have shaped women's roles in this field, focusing on their leadership in promoting agricultural innovations, traditional food preservation techniques, and small-scale entrepreneurship. It also examines the challenges they face, such as limited access to resources, gender biases, and educational constraints, which hinder their full potential. The findings underscore the need for policy support, targeted training programs, and community-driven initiatives to enhance women's capacity and recognition in advancing home economics. By fostering their role, Ethiopia can achieve broader goals of social equity and economic resilience.

## 1. INTRODUCTION

Women play an indispensable role in the development of home economics, particularly in Ethiopia, where they contribute significantly to household management, food security, and economic resilience. Home economics encompasses a broad spectrum of activities, including nutrition, resource management, and family welfare, areas where Ethiopian women have demonstrated leadership and innovation (Gebreselassie, 2020). Their efforts in preserving traditional knowledge, promoting sustainable practices, and fostering small-scale entrepreneurship have had a profound impact on both family well-being and community development (Alemu & Tadesse, 2018).

Despite these contributions, women in Ethiopia face persistent challenges that limit their potential. These include restricted access to education, limited decision-making power, and inadequate resources to support their initiatives. Such barriers hinder their ability to further advance the field of home economics and improve household and community outcomes (Berhanu, 2019).

This paper examines the role of women in advancing home economics in Ethiopia, focusing on their contributions, the challenges they encounter, and the potential opportunities for empowerment through education, policy interventions, and community-driven initiatives. A better understanding of their role is crucial for fostering sustainable development and gender equity within Ethiopian society.

### 1.1. Objective

To explore women's contributions to home economics and identify challenges and opportunities for empowerment in Ethiopia.

## 2. LITERATURE REVIEW

The role of women in the development of home economics has been widely acknowledged as crucial for household and community advancement, particularly in developing countries like Ethiopia. Studies have shown that women in Ethiopia have historically been central to domestic and economic activities, contributing to food security, resource management, and family welfare (Hassen & Mengistu, 2017). In the context of home economics, women have been leaders in agricultural innovations,

traditional food preservation techniques, and small-scale entrepreneurship, which have contributed to enhanced community resilience and economic stability (Abebe & Desta, 2018).

Scholars have also explored the significance of women's contributions to the broader social fabric. For instance, (Berhanu, 2020) highlights that women in rural Ethiopia manage household economies by integrating agricultural practices with home management, thus strengthening food systems and reducing poverty. However, despite their critical role, women face significant challenges that hinder their full potential in the field of home economics. These challenges include limited access to education, gender-based discrimination, and restricted resources for improving their skills and practices (Mekonnen, 2019).

Research also points to the potential for targeted interventions, such as education, capacity-building programs, and policy reforms, to overcome these barriers. Empowering women in home economics can lead to greater economic independence and social equity, fostering more sustainable development outcomes (Girma, 2021).

This literature review synthesizes existing research on the role of women in home economics in Ethiopia, examining both their contributions and the obstacles they face.

### **3. METHODOLOGY**

The methodology for investigating the role of women in the development of home economics in Ethiopia involves a combination of qualitative and quantitative research approaches, drawing from existing literature, case studies, and fieldwork. Various researchers have employed these methods to explore the multifaceted contributions of women in this area. The qualitative approach focuses on understanding the lived experiences of women through interviews, focus group discussions, and participant observation. These methods have been widely used to gather in-depth insights into the personal and community impacts of home economics practices, allowing researchers to capture the nuances of women's roles in household and community development (Alemu & Tadesse, 2018).

In contrast, quantitative research methods, such as surveys and statistical analysis, provide a broader perspective on how women's contributions in home economics

correlate with economic outcomes such as income generation, food security, and educational attainment. These methods enable researchers to quantify the scope of women's involvement and its measurable impact on communities (Hassen & Mengistu, 2017). Additionally, content analysis of existing documents, such as government reports, educational curricula, and historical records, helps to contextualize these findings within the socio-political and cultural landscape of Ethiopia.

Several studies also utilize a mixed-methods approach, combining both qualitative and quantitative techniques to gain a more comprehensive understanding of the challenges and opportunities women face in the field of home economics (Mekonnen, 2019). This combination allows for triangulation, enhancing the reliability and validity of the results by cross-referencing data obtained from different sources and methods.

By employing these methodologies, researchers can offer a detailed and holistic view of women's role in home economics, while also addressing the barriers and opportunities that influence their development in Ethiopia.

#### **4. ANALYSIS**

The analysis of the role of women in the development of home economics in Ethiopia involves examining the ways in which women's contributions have shaped household management, food security, and community development. A key part of this analysis is understanding how women's practices in home economics such as managing household resources, promoting sustainable agricultural methods, and engaging in small-scale entrepreneurship have contributed to both family well-being and broader community resilience (Abebe & Desta, 2018).

One important aspect of the analysis is identifying the factors that enable or hinder women's involvement in home economics. Studies show that access to education, economic resources, and training are critical elements that can enhance women's roles in this field (Mekonnen, 2019). For instance, women with access to formal and informal education are better equipped to integrate modern agricultural techniques, manage household finances, and run small businesses, leading to greater economic independence and improved community welfare (Girma, 2021).

The analysis also delves into the challenges women face in advancing in the field of home economics. These challenges include cultural and gender-based biases, limited access to land and financial resources, and the heavy domestic workload that restricts their time and energy for community involvement or entrepreneurial ventures (Berhanu, 2020). Additionally, the analysis assesses how these barriers impact women's ability to contribute fully to the development of home economics and whether their potential can be better realized through targeted interventions such as educational programs and policy changes.

Overall, this analysis highlights the multifaceted nature of women's roles in home economics in Ethiopia, demonstrating how women's contributions can drive social and economic change, while also addressing the structural challenges that limit their full participation.

## 5. CONCLUSIONS

Women in Ethiopia play a crucial role in the development of home economics, significantly contributing to household management, food security, and community development. Their involvement in areas like resource management, sustainable agriculture, and small-scale entrepreneurship has enhanced both family welfare and economic resilience. However, challenges such as limited access to education, gender-based discrimination, and resource constraints hinder their full potential. Empowering women through education, skills training, and supportive policies can unlock their capacity to drive further progress in home economics. Recognizing and supporting their contributions is essential for achieving sustainable development and gender equity in Ethiopia.

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