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### Constraints faced by the rural women in attending the training programme of KVK: Study of Varanasi district

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#### Abstract

This study evaluates the constraints faced by the rural women in pursuing the training programme and entrepreneurship conducted by Krishi Vigyan Kendra. The study focuses on the Varanasi district of Uttar Pradesh; focusing on various challenges encountered during their training and subsequent venture establishment and seek suggestions to overcome or lessen the constraints by using a descriptive survey method. The research gathers data from 120 rural women. Both quantitative and qualitative techniques, such as structured questionnaires and pre-tested interviews were employed. Rural India women spend much of their time in unpaid activities like working in the family, farm and other domestic work still they are recognised as the weaker section of the society and less empowered in economical and psychological sphere. In spite of the fact that women's contribution and role to the country's development is equal to that of men, they still experience a diverse variety of limitations that restrain them from assimilating their full potential for expansion. Realizing this fact, KVK started imparting Vocational training to Farm women. The vocational Training are designed to bridge the gap between technologies awareness and its utilization for increasing supplement in the income for better socio-economic status among the society. In this study, ten keys constraints were identified and ranked based on frequency and perceived severity by respondents. The top constraints include lack of time available to spend away from home, with 96.67% of respondents highlighting this issue as the most significant. Other notable challenges include lack of support from family members, negative societal attitudes towards women's mobility, and financial constraints for supporting new ventures. The finding underscore the multifaceted barriers that individuals in training program encounter, emphasizing the need for targeted interventions to address these constraints effectively.

**Keywords:** Constraints, rural women, KVK, vocational training program, Varanasi district

#### Introduction

The Indian Council of Agriculture (ICAR) in 1973, appointed a committee under the Chairmanship of Dr. Mohan Singh Mehta for formulating the institutional design of KVK for providing vocational training in agriculture and allied sectors for the rural people with emphasis on 'learning by doing' for generating self-employment. The mandate of KVK is Technology Assessment, Demonstration for its application and Capacity Development. Training is one of the important aspects of Human Resource Development. KVKs impart trainings and education with a view to raise the level of Knowledge, Attitudinal and Increase self-employment opportunities. There are total 731 KVK in India. Rural women play a pivotal yet often overlooked role in agricultural and household economies across India. Despite their integral contributions, they encounter numerous constraints that hinder their participation in training programs aimed at enhancing their skills and livelihoods. KVK, recognizing the importance of empowering rural women, conducts various training programs focused on agricultural practices, entrepreneurship, and vocational skills. This introduction

delves into the constraints faced by rural women in attending KVK's training programs. These constraints encompass logistical challenges such as access to transportation and childcare, socio-cultural barriers including gender norms and societal attitudes towards women's mobility, and economic limitations. This study aims to shed light on these constraints. By identifying, analysing and seeking solutions to these constraints, we can pave the way for inclusive growth and empowerment, ensuring that all individuals have equitable opportunities to thrive and contribute to their communities' development.

#### Materials and Methods

The study has been conducted in the state of Uttar Pradesh. Uttar Pradesh has 75 districts. Varanasi region is selected by purposive sampling because the researcher is well acquainted with the culture, social customs, and language. Varanasi district comprises 8 blocks, out of which Arajilne block is selected by purposive sampling. The purpose of choosing Arajilne block is due to its high engagement with training programs by KVK, which provides a significant number of rural women for the study. Arajilne block

consists of 229 villages. From these, two villages are selected through purposive sampling based on the availability of the maximum number of trained women who have participated in KVK training Programs. The selected villages were Kallipur and Khajuri. From both of the Village, 60 respondents were selected through random sampling method. Thus, constitutes the 120 respondents from 2 villages forms the respondents of the study. Data was collected through personal interviews conducted with the selected respondents. The collected data will be analysed using appropriate statistical tools. Descriptive statistics such as frequencies, percentages, means, and standard deviations will be employed to summarize the demographic and socio-economic characteristics of the respondents. To measure the

constraints of the respondents in attending the training programme conducted by the KVK, 10 questions were asked from them and their responses were recorded on 3-point continuum scale as Always, Sometimes and Never respectively.

### Results and Discussion

The Table-1 provides a comprehensive overview of the constraints faced by respondents participating in a training program, as identified through a survey conducted among rural women. Each constraint is quantitatively represented by its frequency, percentage of respondents affected, and ranking in terms of perceived severity.

**Table 1:** Constraints faced by the respondents

S. No.	Constraints	Response		
		Frequency	Percentage	Ranking
1.	Lack of support from family members.	72	60.00	IV
2.	Lack of routine visit by extension personnel to trainees working place.	45	37.50	VII
3.	Negative attitude of society towards women's free movement.	86	71.67	III
4.	The finished product cannot compete with the available company products.	54	45.00	V
5.	Lack of proper facilities at KVK.	15	12.50	X
6.	Little time available to spend away from home.	116	96.67	I
7.	Difficulty in reaching KVK centre.	21	17.50	IX
8.	Language of the trainer was very technical.	29	24.17	VIII
9.	Family does not allow for attending training.	89	74.17	II
10.	Lack of financial resources for starting a new venture.	48	40.00	VI

The most significant challenge reported by respondents was the limited time available to spend away from home, with 96.67% highlighting this issue as their primary constraint (Rank I). Other notable challenges include family restrictions on attending training sessions (74.17%, Rank II), negative societal attitude towards women's free movement (71.67%, Rank III), and lack of support from family members (60.00%, Rank IV). Additional barriers identified include their product cannot compete with existed brands (45.00, Rank V), financial constraints for starting a ventures (40.00%, Rank VI), lack of routine visits by

extension personnel (37.50%, Rank VII), and language barriers with technical training materials (24.17%, Rank VIII). Furthermore, difficulty in reaching the training centre (17.50%, Rank IX) and inadequate facilities at the training centre (12.50%, Rank X) were also highlighted. This data underscores the multifaceted nature of challenges that rural women encounter in accessing and benefiting from training opportunities, emphasizing the need for targeted interventions to address these constraints effectively. Similar findings were also reported by Malabasari and Hiremath (2016)<sup>[3]</sup>.

**Table 2:** Suggestions given by respondents to overcome Constraints

S. No.	Suggestions	Response		
		Frequency	Percentage	Ranking
1.	Branding and Marketing strategy.	45	37.50	V
2.	Training period should not take place at peak agricultural season like during harvesting	63	52.50	III
3.	Transport Facilities	21	17.50	VIII
4.	Offer Flexible training schedules	91	75.83	I
5.	Micro-Financing	38	31.66	VI
6.	Training should be imparted in local spoken language	54	45.00	IV
7.	Market instability should also be mentioned in training	29	24.17	VII
8.	Awareness Campaigns	73	60.83	II

The Table 2 outlines suggestions provided by respondents to overcome the constraints they face in participating effectively in training programme. The most emphasized suggestions, noted 75.83% of respondents (Rank I) was to offer flexible training schedules, such as evening or weekend sessions, to accommodate participants' availability. Additionally, respondents stresses on engaging families through awareness campaigns showcasing success stories of women who have benefited from similar training,

Provide assurances regarding safely and benefits of the training (60.83%, Rank II), followed by the schedule training periods to avoid peak agricultural seasons like harvesting (52.50%, Rank III). Furthermore, respondents suggested in ensuring that training sessions are conducted in the local language (45.00%, Rank IV) to enhance comprehension and applicability followed by the need for Branding and Marketing Strategy (37.50%, Rank V) to facilitate market linkages and partnerships with established

companies for mentorship, Offer financial literacy training and support in accessing micro-finance or small business loans (31.66%, Rank VI) and to facilitate access to government schemes or grants for women entrepreneurs. They also recommended for addressing market instability within the training curriculum (24.17%, Rank VII) to better prepare participants for economic realities, and better Transport facility to attend the training programme for long distance trainees (17.50%, Rank VIII). These suggestions reflect a nuanced understanding of the practical barriers faced by rural women and underscore the importance of tailored approaches in designing and delivering effective training programme that meet the diverse needs of respondents. The finding is in the line of the findings of Chouhan (2015)<sup>[1]</sup>.

### Conclusion

This study underscores the significant challenges faced by rural women in Varanasi district when participating in training programs and venturing into entrepreneurship facilitated by Krishi Vigyan Kendra (KVK). Through a thorough examination of constraints, it is clear that time constraints, family support, societal attitudes towards women's mobility, and financial barriers emerge as primary obstacles hindering their full engagement. The findings highlight the need for targeted interventions to address these multifaceted challenges effectively. Recommendations from respondents, such as improving accessibility through transport facilities, adapting training content to local needs, and conducting sessions in the local language, provide actionable insights for enhancing program effectiveness. By implementing these suggestions and addressing identified constraints, KVK can foster an environment where rural women can more readily access and benefit from vocational training opportunities. This, in turn, can empower them to achieve economic independence, contribute meaningfully to their communities, and advance towards inclusive socio-economic development in rural India.

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